

Wasted Days/Collegiate Athletes and Underage Drinking COLLEGE DATA (This can be your athletes...)

- ❖ The studies show that: 63% OF COLLEGE CRIMINAL ACTS COMMITTED BY FRESHMAN
- ❖ 1,700 college students die every year in alcohol-related incidents. NEARLY HALF FRESHMAN
- ❖ More than 600,000 college students are assaulted each year by other students who have been drinking.
- ❖ More than 500,000 college students are injured each year in alcohol-related accidents.
- ❖ There were 30,517 campus arrests for liquor law violations in 2002.
- ❖ About 5 percent of college students are involved with the police or campus security as a result of drinking.
- ❖ More than 70,000 students annually are victims of date rape or sexual assault in incidents where alcohol is a factor.
- ❖ Two of five college students are binge drinkers.
- ❖ ATHLETES 82.2% drink 3-5 6-9 10 OR MORE drinks when they drink.
- ❖ 84% of Athletes drink 1-2X 3-4X or 5X or > in a normal week
- ❖ About 2.1 million students between 18 and 24 drive while intoxicated.
- ❖ More than 150,000 students develop an alcohol-related health problem each year.
ATHLETES ARE ONE OF THE LARGEST POPULATIONS INVOLVED IN THESE PROBLEM AREAS

SOURCES: THE NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM, THE CAMPAIGN FOR ALCOHOL-FREE SPORTS TV, SECURITY ON CAMPUS INC. AAI

NCAA STUDY DATA Athlete Drinking Dynamics

of drinking occasions in typical school week (7 days)

- None 15.1%
- 1-2x 69.4%
- 3-4x 13.2%
- 5x > 2.4%

of drinks usually one sitting

- 1-2 drinks 17.8%

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- 3-5 drinks 38.9%
- 6-9 drinks 29.8%
- 10 or more drinks 13.5%

- 68.7% 3-5 or 6-9 drinks
- 82.2% total use with (- effect)

Competitive season vs. Off-season and alcohol use

- I don't use during the competitive season. 18.0%
- Less use during the competitive season. 65.0%
- No difference between competitive or off-season. 15.9%
- More use during competitive season 1.1%

Do you drink at the following times?

- Before practice 1.2%
- After practice 31.3%
- After competition 66.4%

AAI RESEARCH BULLETS

The American Athletic Institute has conducted recent significant studies that have more to say to your athletes than “partying will hurt your performance potential.”

Listed below are some of those findings:

- ❖ Each time an athlete drinks to intoxication, it negates as much as fourteen days of training effect
- ❖ Training hormones are diminished for up to 96 hours (4 days)
- ❖ Drinking alcohol after training negates training effect (33% of NCAA athletes report consuming alcohol after training)
- ❖ Residual effect of alcohol from elite athlete lab test shows negative effect on Heart Rate, Lactic Acid / Muscle Performance and Respiratory/ Ventilation levels. (from a 23 year old National Team Member)
- ❖ Muscle protein synthesis (repair of muscle fiber) is diminished, predominately in your fast twitch muscle fibers
- ❖ B vitamin deficiency resulting from diuretic effect of alcohol and subsequent dehydration affects recovery and conversion of hormone precursors into androgenic training hormones
- ❖ Reaction time can be affected even twelve hours after alcohol consumption.