



Oklahoma Life of An Athlete is a free program offered through the generosity of the Whitten-Newman Foundation and F.A.T.E. (Fighting Addiction Through Education).

OKLOA includes dynamic, interactive on line training for your athletes about the impact of alcohol and other drugs on athletic performance. The program also includes live presentations and assistance on re-writing your athletic code, developing student leadership, and promoting coaching effectiveness and community support.

OKLOA has been endorsed by The Oklahoma Athletic Trainers Association, The Oklahoma Secondary Schools Association, The Fellowship of Christian Athletes, The Jim Thorpe Association and the Oklahoma Department of Mental Health and Substance Abuse Services.

According to a 2011 study sponsored by the National Institute on Drug Abuse (NIDA) high school athletes are more likely than other students to drink alcohol and binge drink.

Young athletes should be sent the message that "being a competitor and being at the top of your game does not have to mean high alcohol consumption," said Yvonne Terry-McElrath one of the study's authors from the University of Michigan in Ann Arbor. "High school coaches should be educated about this issue as well."

Source: Reuters Health

**YOU CAN HELP SEND
THE MESSAGE!**

For more information about Oklahoma Life of An Athlete, a free substance abuse education program contact Jim Priest at F.A.T.E. (Fighting Addiction Through Education)

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www.changeyourfate.org



OU Sooner and NFL Star Roy Williams

HEY COACH!

**Are your athletes
underperforming because
of alcohol or other drugs?**

IMPORTANT INFORMATION BROUGHT TO YOU BY F.A.T.E.





The American Athletic Institute (AAI) has researched the effect of alcohol and other drugs on elite athletic performance and here's what was found:

- Alcohol can impair an athlete's blood glucose system for up to 36 hours
- Alcohol reduces the immune system capability Athletes who drink get sick more often
- Drinkers are twice as likely to become injured as non- drinkers
- Alcohol reduces performance potential by up to 11.4% in elite athletes (and perhaps by as much as 15-30% in high school athletes)
- Alcohol impairs reaction time up to 12 hours after consumption
- Alcohol negatively affects heart lungs and muscle performance (<VO2 > Lactate < Ventilation >H.R.)
- **Binge drinking can result in losing up to 14 days of training**



CHRIS CHAMBERLAIN



In 2003, when Chris Chamberlain was a senior on the Bethany, Oklahoma high school football team, he exercised leadership and persuaded his fellow teammates to abstain from alcohol, drugs,

tobacco and anything else that would harm the team's performance and ambitions. They agreed. That year, Bethany won the State Football Championship. Chris now plays for the St. Louis Rams and addresses the problem of alcohol and other drugs during an interview in the Oklahoma Life of An Athlete on line program.



HERE'S WHAT YOU CAN DO:

- Set a good example in your life and in learning about abused substances.
- Don't "wink" at partying. Enforce the rules with tough love.
- Be alert to abnormal or suspicious behavior by your athletes that may be caused by alcohol or other drugs.
- Talk to your athletes about the impact alcohol and other drugs have on performance.
- Set high expectations for your athletes. Talk with them about the use of alcohol and other drugs and tell them it won't be tolerated.
- Explore the Oklahoma Life of An Athlete program (www.okloa.org available September 26, 2011) and encourage or require your athletes to complete the on line program (app. 50 Minutes).
- Invite a representative of Oklahoma Life of An Athlete to address your school or school district.

