The program in which you are about to participate is sponsored by Fighting Addiction Through Education (F.A.T.E.), a non profit organization with a mission to educate the general public on substance abuse and addiction in Oklahoma and to motivate individuals and groups to work to change the culture of substance abuse and addiction in our state.

We believe the #1 problem facing the state of Oklahoma is substance abuse and addiction. Statistics from the State Department of Mental Health and Substance Abuse Services confirm both drug and alcohol abuse and addiction pose a tremendous economic burden and health risk to the people of our state.

We think one place to begin is in the arena of athletics. High School and College athletics is an important part of Oklahoma and student athletes tend to be leaders in their schools. Athletes remain one of the highest risk groups to abuse alcohol and their use of other drugs is also a cause for concern. Thousands of Oklahomans are engaged in high school and
college athletics through playing, coaching, or the participation of family member who plays or coaches. That’s why FATE has targeted high school and college athletes with the program Oklahoma Life of An Athlete.

Throughout this program and through FATE’s other programs we ask the question “What’s your fate?” We think asking a question is more thought provoking than making a statement such as “You should not abuse alcohol or other drugs.” We want people to think for themselves, armed with accurate information, and decide to be free from substance abuse. When we ask “What’s your fate?” we’re really asking “What choices are you going to make that will affect your life, long term?” The dictionary defines “fate” as “an inevitable and often adverse outcome, condition, or end; a disaster, especially death.” But we think Oklahomans can choose a better fate and we hope to be of assistance in helping young athletes make smart choices.

**How to use this Discussion Guide**

This discussion guide is intended to be used with the on line training program found at [www.okloa.org](http://www.okloa.org). The discussion guide can be used individually as one person goes through the program, or, it can serve as a guide to a group going through the on line program in a class room setting. Viewers may choose to break up the program into several segments, depending on the time available. **A word of caution: if you break the course into too many sections you will lose continuity.** But incorporate the course into the time you have available before or after a practice or in a class room setting. Remember you an also assign student athletes sections to watch on their own time. The course
permits users to interrupt the course and later return to the point where they left off. We think the most logical breaks are as follows:

(1) You can take a break at the end of Unit 2, after the Chris Chamberlain video about positive peer pressure. This occurs after about 15 minutes into the program.

(2) You can take a break after Unit 3 and lead a discussion about “decision making”, using the Charles Howell video and the decision making quiz as the basis for discussion. This occurs about 20 minutes into the program.

(3) You can take a break after Unit 4 and discuss the impact of substance abuse on how the brain works, including a discussion of the Logan Martin video. This occurs about 25 minutes into the program.

(4) You can take a break after Unit 6 and lead a discussion over Units 5 and 6 about the negative impact of alcohol and other drugs on body systems, including the DI (drug intelligence) test. This occurs about 35 minutes into the program.

(5) You can take a break after Unit 8 and combine Units 7 and 8, Training and Performance, leading a discussion about the need for athletes to pay attention to lifestyle choices, including sleep, and the adverse impact of substance abuse on how athletes train and perform, concluding with a discussion of the Tommie Harris and Roy Williams videos. This occurs at the conclusion, about one hour into the program.

For more information about how to maximize the impact of this discussion guide and the on line program please contact Jim Priest by email at jim@changeyourfate.org.
Introductory Survey Questions

___1. Alcohol is a drug.

___2. An athlete could lose up to two weeks training from getting drunk one time.

___3. Athletes who drink or use drugs are more likely to be injured.

___4. Marijuana is harmless.

___5. Taking prescription drugs that belong to someone else is a safe and effective way to deal with pain and increase athletic performance.

___6. The ten most dangerous years of life are ages 14-24.

___7. On average, teens take their first drink at age 12.

___8. Alcohol and other drugs interfere with messages your brain sends to your muscles.

___9. My decisions about using alcohol or other drugs should be left up to me because I am the only one affected.

___10. Steroids can increase athletic performance with little or no risk.

___11. My friends have tried to pressure me or influence me to drink or use other drugs.

___12. My coach has talked to me or our team about the use of alcohol and other drugs.

___13. Athletes at my school drink more than non-athletes.

___14. My parents or guardians have talked with me about the use of alcohol or other drugs.

___15. I am being required to take this course.
Introductory Survey Questions and Answers

1. **Alcohol is a drug.**

   True. Alcohol is a drug, although we don’t often think of it that way. A drug is defined as anything that alters your body and brain chemistry. One of the dictionary definitions of drug is “something, and often an illegal substance, that causes addiction, habituation, or a marked change in consciousness.” Alcohol does that and it is the most misused and abused drug in our society.

2. **An athlete could lose up to two weeks training from getting drunk one time.**

   True. Research conducted by the American Athletic Institute indicates the effect of alcohol (and other drugs) can affect your body so much that you essentially throw away two weeks a training if you become intoxicated or stoned one night.

3. **Athletes who drink or use drugs are more likely to be injured.**

   True. Research conducted by the NCAA indicates those who use alcohol are more than twice as likely to be injured than those who do not use alcohol.

4. **Marijuana is harmless.**

   False. Brain studies and spec scans clearly show the negative impact of marijuana on the brain and on body function. It is also a leading cause of car crashes in the United States.

5. **Taking prescription drugs that belong to someone else is a safe and effective way to deal with pain and increase athletic performance.**

   False. Taking prescription drugs that do not belong to you is very dangerous and can lead to death.
6. **The ten most dangerous years of life are ages 14-24.**

True. Young people in this age range suffer more injuries and deaths than any other age cohort because of risky behavior.

7. **On average, teens take their first drink at age 12.**

True. The average age of first alcohol use for a male is 11.9 years old and for females it’s 13.1 years old.

8. **Alcohol and other drugs interfere with messages your brain sends to your muscles.**

True. Your brain runs your body and alcohol and other drugs slow down or interfere with the messages your brain has to send to your muscles in order for them to work properly.

9. **My decisions about using alcohol or other drugs should be left up to me because I am the only one affected.**

False. You are not the only one affected by your decisions to use alcohol or other drugs. Your family, friends, coaches and teammates are all impacted by your decision to use or not to use.

10. **Steroids can increase athletic performance with little or no risk.**

False. Steroid use has a number of very serious risks, some of which cannot be reversed.

**The remainder of these questions must be answered individually.**
Introduction to OKLOA by Executive Director of FATE, Jim Priest

Oklahoma has a long and rich tradition of great athletes. And at the Oklahoma Sports Hall of Fame you can see many of those athletes showcased. You can see the Heisman trophy won by Steve Owens, the gold medals won by Bart Conner, Shannon Miller and Wayne Wells. Oklahoma likes to be near the top or number one in athletic performance. Unfortunately, Oklahoma is also at the top, or number one, in a number of categories where we don’t want to be at the top or number one. Areas involving the use of alcohol and other drugs.

We at F.A.T.E. (Fighting Addiction Through Education) wanted to bring to you the program you are about to participate in called Oklahoma Life of an Athlete so that you would have important and truthful information about the impact of alcohol and other drugs on your athletic performance.

F.A.T.E. has entered into a partnership with John Underwood, President and Founder of The American Athletic Institute (AAI). John was a NCAA long distance runner and is a trainer of Olympic athletes and of Navy Seals.
You’re going to hear about the results of John’s research into the impact of alcohol and other drugs on athletic performance. And you’re also going to hear from Oklahoma athletes telling you about their decision not to use alcohol or other drugs.

The state of New Mexico was the first state to produce an online Life of an Athlete program and we want to gratefully acknowledge the contribution of the New Mexico Activities Association, and the New Mexico Department of Transportation Traffic Safety Bureau for their generous contribution in making the content of their program available to us.

Emmy award winning sports broadcaster Toby Rowland will be our guide through the Oklahoma Life of an Athlete program.

**Unit 1 Welcome**

**Introduction to OKLOA by sports broadcaster, Toby Rowland**

Hi everybody! I’m Toby Rowland. For years I’ve been involved in athletics, first as an athlete and now as a sports broadcaster. Over those years I’ve seen what alcohol and other drugs can do to the lives of athletes and Oklahoma Life of An Athlete wants to share important information with you that can change your thinking, save your life and improve your athletic performance.

You may have logged onto this course thinking it's just another program about saying no to drugs. But it's really about the decisions you make 24/7 — on the field and off — decisions that affect not only you but your friends, your family and the rest of your life.

In this course you'll learn facts and myths about alcohol and other drugs, you'll hear messages from athletes about the choices they made—and you'll hear the story about a young athlete who got involved with alcohol and other drugs and paid the ultimate penalty.

Throughout this course you’ll be hearing the story of a young athlete named Brandon Whitten. Brandon attended West Moore High School and was a high school athlete with a promising future. He played college football on the national championship football team at
Southwestern Oklahoma State University. He was a good kid who made some bad choices and ultimately alcohol and drugs destroyed the life of his girlfriend, ended his own life and devastated his family and friends. Brandon and his dad didn’t think there was any way Brandon could get hooked on drugs and alcohol. But he did. Brandon’s life and his death contain an important message and we’ll be sharing his story with you throughout this course.

Brandon’s story begins (video)

Reggie Whitten, Brandon’s father:
Brandon was born eyes wide open – they were huge – that’s what I remember – he had these huge black eyes. He was a real people person. He always had a smile on his face.

Ryan Eustace, Brandon’s college football teammate and best friend:
Full of life, easy going, man, that dude had a laugh that could change the atmosphere in any room.

Reggie Whitten:
That’s why everybody kind of loved him. He ended up being a star football player at West Moore High School. He punted, he played offense and he played on the defensive line – he never left the field.

He played football at Weatherford and they won the national championship.
He wanted to get his degree, he wanted to go to law school and he wanted to come back and hang with me. The idea that he would do drugs was ridiculous. Brandon was such an athlete, he didn’t want to mess with that stuff because he was not a follower, he was not the kind of guy that would follow peer pressure. In college somehow, he became a follower. These guys were telling him it’s okay to do this, it’s cool to do it, it’s fun to do it – whatever – and he gave in and he did it.

As the years went by I began to research this and find anything I could study. I talked to doctors, I talked to experts – I learned that our brain is a chemical machine. Why should that be so surprising? I mean when we get scared, what happens? We get adrenaline in our bloodstream. It’s a chemical. Who hasn’t been in love and felt the powerful chemistry of that. Why should we be so surprised that there are chemicals in your brain that can reach out and grab a hold of you and say – you need more of this drug – and that’s what he was describing to me when he said “I feel anxious and I can’t stop”. It was because the chemistry in his brain had changed, and yes, he had become a slave.

Discussion Questions:

Reggie says that Brandon was not a follower but that in college, somehow, he became a follower and allowed peer pressure to start him down a path of alcohol and drug use. What do you think happened to Brandon that caused this change?

How does your circle of friends or your teammates influence your decisions about alcohol and other drugs?
Do you think it’s possible for someone to become a slave to alcohol or other drugs? What are some of the characteristics of such a person?

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**The Most Dangerous Years of Your Life: ages 14-24**

![Image of someone climbing a cliff]

**Toby Rowland narration**

The period from age 14 through 24 are the 10 most dangerous years of your life. It is filled with all sorts of problems: accidental deaths, crimes and negative teen behavior. More young people die during this time from accidental deaths than all other age groups combined.

The number one cause of those deaths is car crashes. And it’s almost always related to alcohol or other drugs. The age at which students start drinking alcohol or experimenting with drugs for the first time gets younger each year.
On average, at what age do you think teens start to drink alcohol?

**MALES**

**FEMALES**

Regular drinking in which teens drink at least once a month starts at around age 15.9. What is most troubling about these numbers is that many of these kids are drinking at excessive levels.

Young people who begin drinking before age 15 (early onset drinking) are five times as likely to develop alcohol dependence and are more than twice as likely to become abusers of alcohol as those who begin drinking after age 21. (NSDUH Report)

**Discussion Question:**

Why do you think people who start out drinking young have a higher chance of becoming a long term abuser of alcohol?

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**Unit 2 Peer Pressure**

**Athletes remain one of the highest “at risk” groups for drug and alcohol abuse.**

Athletes remain one of the highest “at risk” groups for drug and alcohol abuse. Do you know why? Athletes train hard, work hard and are naturally competitive. Most athletes – and most young people -- are willing to take risks. Especially if a friend or a group of friends encourage them to take that risk.

Athletes tend to hang out with other athletes. When they win... it’s time to celebrate. And when they lose... they feel the need to blow off steam. Alcohol and other drugs are often involved in both of these situations.
Peer pressure is something every young person knows about. In the next video you will learn about both negative peer pressure and positive peer pressure.

**Video presentation on negative peer pressure**

**Ryan Eustace:**
Drug use and alcohol use in sports is rampant. If you’re making the decision to play at that level it’s going to be there and that conscious choice is going to be yours – to either participate or not participate.

**Reggie Whitten:**
He said that all the guys in the weight room during football practice, they take valiums and they actually were carrying a flask of whiskey in the weight room -- and he said “That’s what our buddies said to do and it would help with the aches and pains of football and we didn’t do it before practice, we did it after practice so it was okay”.

**Ryan Eustace:**
You got up early for breakfast check, you ate breakfast, you went – you worked out. You either took a pill, smoked some pot in-between that and lunch and then you went back and worked out. You're doing three-a-days to get your body in excellent condition and here you are contradicting that with the alcohol at night, or whether it was his Ritalin prescription that we were crushing up, or weed. There was always under the influence of something at that point.

I can tell you know now how big of a decision it was, but at that time I couldn’t. It was just – you know we're all going to drink after practice it’s no big deal. You know, we’re all doing it.

Brandon really just thought that he had it under control. I know he did. He told me, he said “I can quit if I wanted to quit.” He said “I don’t have any reason to quit. There’s no reason for me to do anything other than have fun.”
Discussion questions:

Why would athletes do what Ryan talked about—doing three a days to get your body in excellent condition and then contradicting that with alcohol and drugs?

Do you think Brandon really thought he could quit anytime he wanted or did he just say that to get people to leave him alone? What made him think that?

Toby Rowland narration

There’s negative peer pressure like Brandon experienced—pressure to party, experiment with drugs, to drink or to take some pills.

But there’s also positive peer pressure, where you can make a difference in the life of your friends and teammates by making smart decisions about alcohol or other drugs and encouraging others to do the same.

It’s your choice to make the right decision. You get to choose your fate.

Watch the video from NFL player Chris Chamberlain, who attended high school in Bethany, Oklahoma and played college football at the University of Tulsa. In this video Chris discusses the influence of positive peer pressure on the Bethany State Championship football team.
Chris Chamberlain:
My name is Chris Chamberlain and I play linebacker for the St. Louis Rams.

As I’ve been a part of many teams in my career, I find that one person who is passionate and positive can affect those around them. In high school I was fortunate to play quarterback free-safety and won a state championship. We had seen in previous years how the abuse of alcohol and other drugs had hurt our team and we thought that we would have a chance to go further in playoffs and win more games. So we came up with the idea that we wanted to sign a pledge -- to not drink, to not smoke, do any of those things that might hinder our chances on the field. We all signed it and those of us that didn’t have a problem with alcohol gave up soda. So we’d be sacrificing and giving up something like everyone else.

Coach Rob Renshaw: Chris and the guys were committed to a clean lifestyle. There was not going to be any drugs, any alcohol, any pot. They got everybody on board and everybody was committed to it. When practices weren’t very good, they knew it and the next day was a better practice.

Chris: It’s something that I don’t think has ever been done here at the school and we got a State Championship – something that had never been done before.

Coach Rob Renshaw: The group of guys on our football team changed the entire attitude of the school.
**Chris:** By us group of Seniors presenting this pledge and committing ourselves to do this, we affected not only ourselves but really had a positive influence on all of our teammates around us.

So you sitting there at home may be faced with this decision right now. Are you going to go along with the partiers and are you going to fall into that lifestyle, or are you going to be disciplined and obedient and do what you need to do to give yourself the best chance to succeed?

I’m Chris Chamberlain. What’s your fate?

**Discussion questions:**

In what kinds of situations have you experienced negative peer pressure?

________________________________________

What could Brandon have done differently to avoid the peer pressure he faced in the locker room?

________________________________________

Have you ever experienced positive peer pressure like Chris Chamberlain talked about? How well did it work?

________________________________________

What would be some good ways to engage in positive peer pressure?

________________________________________
Unit 3  Decision Making  
Toby Rowland narration

All of us have to make decisions about how we are going to live our lives. You can make poor decisions and use alcohol and other drugs or you can make good decisions to live a healthy lifestyle. Listen to what Oklahoma State grad and PGA golfer Charles Howell has to say about making decisions.

Charles Howell:
My name is Charles Howell. I’m 31 years old. I play golf on the PGA tour. I was always attracted to the fact that it’s an individual game, that I’m my own coach, my own boss, my own mentor if you will. I got all the credit, but with that I got all the blame.

The game of golf as many of you all know, is the only professional sport in which the players call penalties on themselves. So in an instance in my rookie year on the PGA tour, I’m playing, I’ll never forget. It was actually in Dallas at the Byron Nelson. As we all know, it can get quite windy in Dallas, and I set my putter-head down behind the ball, and the ball oscillated (rotated) just slightly. Nobody ever would have known, nobody ever would have seen it. And I had to call the penalty on myself.

Just to clarify and bring things in perspective, the first place just for that tournament was a million dollars, and in golf-trust me-every stroke counts. That being my rookie year, I had to make as much money as possible to earn my status or earn my job on the PGA tour, so that one stroke could’ve been the difference in a million dollars, it could’ve been the difference in having a job or not having a job. There were plenty of motives in there for me not to call the penalty on myself.
Golf is a game of character. There are so many parallels to the game of golf and the game of life. And I know that I’m my own boss, just as that I’ve made a decision to stay free of drugs and alcohol. It’s right there, it’s available, and it’s not always the easiest decision to make, the easiest call to make. But remember you are your own boss, just as I’m my own boss on the golf course and you can make that decision.

You know, it’s very easy for big decisions to be made where there’s a lot of people around, where your parents are around, or your mentors are around, it’s easy to make the right call then. The biggest decisions in life are, more times than not, decisions nobody ever sees but yourself. And just knowing that you are accountable to yourself in that quiet moment, or in that quiet moment when you’re by yourself or it’s just you and “I could just try it one time. What is this like?” Just know that if you can make that decision and be strong that one time, just know that it will be easier the next time and easier the next time. And then it won’t even be a discussion.

I’m Charles Howell. I play golf on the PGA tour. What’s your Fate?

**Discussion questions:**

What do you think about Charles Howell’s decision to call a penalty on himself? Did it make practical sense in light of how much money he might stand to lose? Was he being too concerned and cautious about the rules? Would you do the same or differently?

Charles says the biggest decisions you make are, more often than not, the ones nobody sees? Do you think that’s true? Charles says if you make right decisions it gets easier the next time. Do you think that’s true?
DECISION MAKING EXERCISE
CIRCLE THE BEST ANSWER

What’s the best thing I can do to make good decisions about alcohol or other drugs?

1. Just use your will power
2. Tell your parents to constantly nag you
3. Don’t hang with others who misuse alcohol or other drugs

What should I do if I see underage drinking or drugs at a party?
1. Just leave
2. Stay around and use your will power to resist
3. Yell out to everyone “I’m calling the police!”

What do I say to friends who pressure me to drink or use other drugs?
1. “Not now, maybe later.”
2. “I’m not that kind of person.”
3. “No way. I learned that stuff wipes out all the training I’ve been putting in.”

What if one of my friends passes out from drinking or using drugs?
1. Leave them and let them sleep it off
2. Let an adult know right away or call 911
3. Check their pulse and breathing every hour but don’t bother them

What if I’m having trouble with my current alcohol or drug use and want help?
1. Talk to your parents or an adult you trust.
2. Call or email F.A.T.E.
3. Check out the resources at the end of this program
4. All of the above
DECISION MAKING EXERCISE
Questions With Answers

What’s the best thing I can do to make good decisions about alcohol or other drugs?

4. Just use your will power
5. Tell your parents to constantly nag you
6. Don’t hang with others who misuse alcohol or other drugs

Correct answer: 3
The single best thing you can do is to not hang around people who drink or use other kinds of drugs. Most young athletes who hang out with people who drink or use drugs are going to end up drinking or using. It also helps to have a friend that you partner with. Find someone who wants to make good decisions and reinforce each other. Encourage each other. Call each other if you’re having a problem. Who you hang with is the number one thing that determines what kinds of choices you make about alcohol and drugs.

What should I do if I see underage drinking or drugs at a party?

4. Just leave
5. Stay around and use your will power to resist
6. Yell out to everyone “I'm calling the police!”

Correct answer: 1
The best thing to do is leave immediately and take as many friends with you as you can. Underage drinking and illegal use of drugs is against the law. If the police arrive you could go to jail even if you aren't drinking or using. This is not a time for compromise or allowing your friends to talk you into staying. You wouldn't stick around if a rattlesnake slithered into the party.
What do I say to friends who pressure me to drink or use other drugs?

4. “Not now, maybe later.”
5. “I’m not that kind of person.”
6. “No way. I learned that stuff wipes out all the training I’ve been putting in.”

Correct answer: 3
Actually, if any of these responses works, use it. But the best answer is to talk about what you've learned in the Life of An Athlete program. Using hurts performance. Also remember, friends who pressure you into drinking or using drugs are not really your friends. Make up your mind ahead of time what you're going to say or do and picture yourself saying it. Rehearse it in your mind. Something like: "I'm not doing that because I've learned how much it hurts my athletic performance." If they keep pressuring you, leave and start looking for some new friends.

What if one of my friends passes out from drinking or using drugs?

4. Leave them and let them sleep it off
5. Let an adult know right away or call 911
6. Check their pulse and breathing every hour but don't bother them

Correct answer: 2
Never leave a friend who has passed out from drinking or taking drugs, even if you think you might get in trouble. Many young people have died because their friends left them alone thinking they would "sleep it off". If your friend has passed out or is looking or acting very sick, call 911 or get an adult involved who can help.

What if I’m having trouble with my current alcohol or drug use and want help?

5. Talk to your parents or an adult you trust.
6. Call or email F.A.T.E.
7. Check out the resources at the end of this program
8. All of the above
Correct answer: 4
It’s easy to feel scared or unsure what to do if you’re having problems with alcohol or other drugs. There are many people willing to help. At the conclusion of this program is a list of websites and information that can help you.

Unit 4  All in your head

3 Things A Brain Needs

• Must be rested.
• Must have sufficient blood sugar levels.
• Cannot be affected by drugs or alcohol.

Toby Rowland narration:
Everything you do as an athlete starts right up here — in your brain.

In order for your brain to work at optimal levels there are three requirements:

It must be rested, it must have sufficient blood sugar levels and it cannot be affected by alcohol or other drugs.

Notice that I said “alcohol and OTHER drugs”. That’s because alcohol IS a drug. It affects your body and brain chemistry. Most people don’t think about alcohol as being a drug---but it is—and it affects your body and your brain.

The brain sends messages or impulses to your muscles. Alcohol and other drugs interfere with the messages between your brain and your muscles. When you use alcohol or take drugs, the proper movements — or biomechanics — needed for sports performance get interrupted. Your athletic performance and school work suffer when you use alcohol or other drugs.
We used to think that most brain development took place during the first 3 to 5 years of life. Recent studies, however, show that more brain development occurs from age 13 until age 21 than the entire first 13 years of your life.

During those years, the parts of your brain that help with making good, smart decisions are going through a critical growth period.

Parts of the brain associated with athletic abilities are also being perfected during this time. Unfortunately, the damage caused by alcohol and drug use may be lifelong — and irreversible. In other words, using alcohol or other drugs is like pouring sand into the machinery of your brain.

The areas of pink represent brain activity. That’s a good thing! Notice how much brain activity is generated by a non-alcohol user versus a heavy alcohol user at age 15. Your brain has to work harder to do less.
The skills you learn early in your athletic career are stored in a very small part of your brain.

Once you master a skill such as shooting a free throw or swinging a tennis racket, the skill stays with you.

It’s called **skill cataloging** or **skill acquisition**. Through practice and repetition, the skill becomes automatic and you do it the same every time.
A good example of this is throwing a baseball. The timing and techniques you use to get the ball where you want it are recalled from the cataloged part of your brain.

A heavy alcohol user must use more brain energy to perform the same actions.

Checkout this image; as you can see, the person’s brain that has been subjected to alcohol use is using more brain energy for the same motion.

Alcohol and other drugs are so taxing on your central nervous system because they block the ability to send signals from the place where you learned a skill to where you need it to perform the action.

The brain has to rewire itself to compensate for damage caused by alcohol and other drugs.
I'm Logan Martin and I am the point guard here at Southern Nazarene University. I've played basketball really for as long as I can remember. I've been playing on teams since I was 5 or 6 and then continued. I've been point guard since, as long as I've been playing. That's pretty much what I've...the position I love the best.

As the point guard you have to make very quick decisions. There's constantly cutters. Do I pick and roll? Do I shoot it? Do I pass it? You have to analyze it know where the defense is and what they are running and you also need to know where your teammates are where they are going.

You've got to be able to get by the defenders and basically the obstacles in life.

If you let them get to you and you let people stand in front of you, then you are not going to win the game and you really have to be sharp every night. You really have to know where each teammate is within the play. So you will know all of your options and you can make split decisions.

The defense wants to stop you. Your goal is to score and it's the same in life. There's going to be people who enter your life and that you are around that could really have a negative affect on you. And you really
have to be able to stay focused and put that aside and really be
dedicated to what you believe in and your goal in life.

I spend many hours practicing as many athletes do, shooting thousands
of free throws and shots and just one night of drinking can really set you
back. You can lose up to 2 weeks of practice. And just thinking about
losing all that time that you’ve put into something it’s just really not
worth it.

When you use alcohol, it really disrupts your muscle memory. Your
brain functions slower and your muscles won’t react the way that you
have been practicing your whole life. You want to be as sharp as you can
be and with drugs and alcohol, all of that can slow you down. You don’t
want anything that can prohibit you from playing to the best of your
ability because you need every advantage you can get. And by using
drugs and alcohol it can slow down your thought process and your
decision making. It can really affect every way that you play.

I’m Logan Martin...what’s your FATE?

**Discussion questions:**

Logan says that, just like in basketball, there are people who want to
stop you from achieving your goals in life. Who are those people and
why does using alcohol and other drugs keep young athletes from
achieving their goals?

The use of alcohol or other drugs disrupts your muscle memory and
your brain functions slower, slowing you down. Even athletes who
understand this sometimes continue to use alcohol and other drugs.
What kinds of things would cause someone to keep using and ignoring
the negative effects on performance?
Unit 5 Body Systems

Earlier in this course we studied the negative impact of alcohol and other drugs on the brain.

When you're in top physical condition nerve impulses from your brain are telling your muscles what to do. ALL your body systems are working together as they should be. These systems can be negatively impacted when alcohol or drugs are added.

Let’s take a tour of the human body to learn more.

How does alcohol negatively impact vision?

The ability to track and follow moving objects is critical in most sports. Alcohol decreases this capacity in the visual system making it difficult to maintain focus making it difficult to keep your eye on the ball or follow your opponent’s movements.

Lungs and Oxygen intake

How does alcohol negatively impact the lungs?

With exercise your lungs try to get oxygen to your working muscles and clear carbon dioxide (CO2) out of your system.

Alcohol makes this very difficult. Less breathing means less O2 and more CO2. As a result, your muscles begin to suffocate. You experience a decrease in speed, power and endurance.

When the lungs are infected or injured, heavy alcohol consumption can increase the susceptibility of pneumonia or acute respiratory distress.

Heart

How does alcohol negatively the heart?

Mild use of alcohol can be harmful to some people and heavy use is certainly harmful. Long-term and excessive alcohol use can raise your blood pressure to an unhealthy level, sometimes resulting in stroke or
death. Recent studies reveal that 19% of youth now have high blood pressure and alcohol raises your blood pressure even further!
Alcohol pushes your heart rate higher and over time the amount of blood your heart can pump out will decrease.
Oxygen rich blood will be unable reach your working muscles causing you to slow down and become weaker.
Alcohol also affects your heart beat rhythm.

Liver
How does alcohol negatively impact the liver?
The liver filters the body of poisons and makes muscle fuels called glycogen.
Alcohol is a metabolic poison, which your liver must deal with before it will make fuels for your muscles.
As result, you will run out of muscle fuels early causing muscle fatigue.
Chronic and long-term alcohol use can inflict severe damage to the liver. Alcoholic liver disease (ALD) takes various forms including cirrhosis, which is the most serious and final form of the disease.

Fast / Slow twitch muscles
How does alcohol negatively impact fast and slow twitch muscles?
Fast twitch muscles are called into play with explosive movements such as heavy lifting or sprinting. This is anaerobic exercise, meaning the muscles don’t require oxygen to do their work. A substance called creatine increases the work output in fast muscle fibers. Prolonged alcohol use, however, works against any benefits gained by creatine.
Slow twitch muscle fibers are aerobic, meaning they require oxygen to generate force. These muscles are called into play for long distance running

Muscle repair
How does alcohol negatively impact muscle repair?
Your ability to repair damaged muscle is reduced.
When we train muscle becomes damaged. We repair it by making protein into new fibers. Drinking slows down this repair process. This process is most reduced in your speed and power muscles.

HGH Human Growth Hormone

How does alcohol negatively impact Human Growth Hormone?
Human Growth Hormone (HGH) is the second most important hormone an athlete has for repairing damaged muscle. Normal HGH output keeps a certain amount of muscle on your skeleton and allows you to burn fuels for physical work. You reduce HGH output by about 70% if you drink heavily.

Muscle fuels and energy systems

How does alcohol negatively impact muscle fuels and energy systems?
When you finish a workout or competition you have little or no fuels left in the muscles. Normally we can reload our muscles with fuels in 8-12 hours. After drinking alcohol, it can take 16-24 hours for the body to reload muscle fuels (glycogen).

Stress hormone

How does alcohol negatively impact the release of cortisol?
Two triangular glands, called adrenal glands, sit on the top of each kidney and, among other things, produce cortisol (the stress hormone) and epinephrine (adrenaline), which, once released, speed up heart rate, blood pressure, and other bodily functions that help you cope with stress.

Alcohol greatly increases the release of cortisol. Higher and more prolonged levels of cortisol can interfere with the body’s ability to recover from a workout or game which can lead to poor athletic performance, lowered immunity and can undo some of the benefits gained during training.
**Testosterone**

**How does alcohol negatively impact testosterone levels?**

Everything you do as an athlete – both men and women - is determined by testosterone. Alcohol decreases testosterone to levels that do not support gains in training effect or condition for up to 96 hours (four days) after heavy drinking.

Basically you are at practice but the hormones you need to gain training effect and condition are not sufficient. You practice but no improvement comes. Your opponents are pulling away from you.

Males have ten times as much testosterone as females. Drinking alcohol causes testosterone levels to go down. Some teen males who drink and train heavily have testosterone levels similar to girls. Girls who drink are even more susceptible to the damaging effects of alcohol because they have less testosterone to begin with.

**The Importance of Hydration**

**Toby Rowland narration**

Making healthy lifestyle decisions will have a positive impact on your athletic performance and your life. When you exercise, you lose water through sweat from your tissues, including your muscles and your brain.

If the fluid is not replenished, your athletic performance and health will suffer.

Alcohol is not an effective way to replenish fluids. Alcohol consumption raises the rate of urination, which depletes water and essential vitamins from the body.

The morning after heavy drinking, the body sends a desperate message to replenish its water supply - usually manifested in the form of an extremely dry mouth. Headaches result from dehydration because the body’s organs try to make up for their own water loss by stealing water
from the brain, causing the brain to decrease in size and pull on the membranes that connect the brain to the skull, resulting in pain.

While a strong cup of coffee may wake you up, it is not a good way to hydrate. Caffeine acts as a diuretic, causing fluids to be drawn away from muscle tissues, leading to cramps and muscle pulls.

Energy drinks don’t help with hydration either. In fact, they can cause overstimulation of the central nervous system, which eventually results in chronic fatigue. Energy drinks actually limit the ability to maintain high level mental or physical performance rather than increase it.

You need water before, during and after exercise to replenish lost fluids.

**The First Crash (video)**

**Reggie Whitten:**
So one night, I’m in bed. I’m sound asleep and I get a call after midnight and they said “Come to the hospital”. He had driven to Oklahoma City with his girlfriend and somewhere along the way Brandon had taken a valium and drank liquor on top of that. So they are driving back to Weatherford and his car runs off the road.

As the days went by, his girlfriend did not get out of the hospital. Brandon was too hurt to visit and I never told him she was getting worse until one day I got a call from her parents. I talked to her mom and she said, “Reggie, you need to bring Brandon up here so they can say goodbye”.

He kept saying “Tell me she’s going to be okay”. And I said “Well I don’t know son. I don’t know if she’s going to make it”... and sure enough that day she died and I had to break the news to him -- and he was never the same after that. It just killed him.

**Ryan Eustace:**
He didn’t see himself as worthy to be breathing at that point. He felt like he had killed his one true love, the girl he was supposed to be with, and that’s how he saw Caprice. He didn’t feel that there was a way out at that
point. Up to that point he felt like he did have control of it. “I can quit whenever I want to, you quit when you wanted to, I can do the same thing. There’s no reason for it”... and then after that he realized he couldn’t.

**Unit 6 Prescription Drugs, Steroids and Marijuana**

**Toby Rowland narration**

Most of us have seen on television, on the internet or read about the use of prescription drugs, the use of steroids by athletes and the use of marijuana.

Recently, our state suffered the loss of an outstanding college athlete because of lethal combination of prescription drugs. Sometimes athletes use these drugs to make pain go away. That's what Brandon Whitten was trying to do.

Sometimes drugs are used to try and increase performance or bulk up. And sometimes they're used because people think it's exciting and fun to experiment and that there is no big danger involved. But the truth you need to know is taking or smoking these drugs is very dangerous and can have fatal consequences. Taking prescription drugs that have not been prescribed for you is like picking up a rattlesnake that you thought was a garter snake. And contrary to what you may have been told, steroids can affect you in ways that are dangerous and irreversible. Even smoking marijuana is not as risk free as you may have been led to believe. Take a look at the following information about prescription drugs, steroids and marijuana. You may be surprised by what you learn.

“What’s your D.I?”

(your drug intelligence)
1. **True or False?** Getting high on prescription drugs is safer than taking street drugs.

2. **True or False?** This is an actual photo of Barry Bonds.

3. **True or False?** Steroids can actually make young men feminine.

4. **True or False?** Steroids have no harmful effect on young women.

5. **True or False?** Steroids affect only your body.

6. **True or False?** Marijuana is a harmless way to relax and feel good.

**ANSWERS TO DI QUIZ**
1. **True or False?** Getting high on prescription drugs is safer than taking street drugs.

False

There is a perception that use and abuse of prescription drugs is “safer” than other drugs or even alcohol. Wrong!

In Oklahoma far more people die from prescription drugs than die from “street” drugs like cocaine or heroin. Don’t take drugs prescribed for someone else! This pie chart from the Oklahoma Bureau of Narcotics shows far more Oklahomans died from prescription drug overdose (taking too much) in 2010 than from street drugs.
This chart from the Oklahoma Bureau of Narcotics shows the 90% increase in drug overdose deaths in the past ten years.

2. True or False: This is an actual photo of Barry Bonds
False. But steroids did affect his career and his body

With continued use of anabolic steroids, both young men and young women can experience the following:

- Acne
- Bloated appearance
- Rapid weight gain
- Clotting disorders
- Liver damage
- Premature heart attacks and strokes
- Elevated cholesterol levels
- Weakened tendons

Source: espn.go.com

3. **True or False: Steroids can actually make young men more feminine?**

True

Although anabolic steroids are derived from a male sex hormone, men who take them may actually experience a “feminization” effect along with a decrease in normal male sexual function. Some possible effects include:
• Reduced sperm count
• Impotence
• Development of breasts
• Shrinking of the testicles
• Difficulty or pain while urinating

Source: espn.go.com

4. **True or False: Steroids have no harmful effect on young women?**

False. Some of the dangers facing young women from the use of steroids include heart disease, liver cancer, depression, hostility and aggression, eating disorders, stunted height, beard, acne and risk of HIV.

5. **True or False? Steroids affect only your body**

False

- Research shows steroid users often suffer from paranoid jealousy, extreme irritability (sometimes called ‘roid rage’), delusions, and impaired judgment stemming from feelings of invincibility.
• Although steroids may increase lean muscle mass, strength, and the ability to train longer and harder, the serious side effects of steroids are many and may not be reversible.

6. True or False? Marijuana is a harmless way to relax and feel good.

False

While marijuana may relax some people and make them feel good, it is not harmless.

What are the short-term effects of marijuana? Short-term effects include problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety. These effects are even greater when other drugs are mixed with weed. A user may also experience dry mouth and throat.

What are the long-term effects of marijuana? Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day. Source: The Partnership at drugfree.org

**Unit 7 Training**

We can’t overemphasize the importance of training to athletic performance. Effective training requires dedication, focus and time. Time matters and people waste a lot of it.

Back in the 1950s a Russian scientist named Leo Matveev said, “You can’t achieve in competition what you haven’t achieved in training.”
How do you think you will measure up to someone who has put more effort and focus into training?

Matveev also said: “When you're not training, somewhere someone IS training, and when you meet them they will beat you.”

Between competitions and training sessions your body and your brain need time to recharge and heal. If you're pushing the envelope, you're stressing your body. That puts you at risk for injuries and decreases the ability of your immune system to fight sickness.

Adequate sleep and good nutrition are essential to good athletic performance and must be factored into every training regimen

**Sleep**
Everyone – drinkers and non-drinkers alike – need at least eight hours of sleep to recharge and function properly. You can’t go out drinking Friday night, get 2 or 3 hours of sleep and expect to play at your best the next night.

Here are some facts about sleep, alcohol and athletic performance you need to know.

- Rapid Eye Movement (REM) sleep is a normal state of sleep characterized by the rapid movement of the eyes. This is a period when your brain actually has an opportunity to rest. Humans normally experience about four or five periods of REM sleep per night, with shorter periods at the beginning of the night and longer periods at the end. If you don’t get eight hours of sleep, you don’t get an adequate amount of REM sleep, which is about 1.5 to 2.5 hours. As a result, your brain doesn't have a chance to recharge, which can lead to brain fatigue and memory-related problems.

  **Source:** American Psychiatric Association (2006)

- Brain scans indicate good blood flow around the front (the thinking part of the brain) and the sides (where skills are stored) for the person who got eight hours of sleep. And very low blood flow for the person who got no sleep.
• You cannot make up for sleep deficit by napping or through stimulants such as energy drinks.
• Getting drunk and passing out does not count as sleep because you do not get any REM sleep.
• Drinking voids REM sleep. It’s like getting no sleep at all.
• 50% of your brain’s energy is drained just from your visual system. Watching TV or playing video games puts your central nervous system into hyper drive. Just closing your eyes and listening to music on your Ipod is a better way to save the mental energy you’ll need in athletic competition.

**A night of drinking**
If you drink alcohol from eight to midnight, for how long might you still have traces of alcohol in your system?
• 12 hours
• 24 hours
• 48 hours
• 4-5 days
• 3 – 8 weeks

**4-5 days and 3-8 weeks**
There are two possible answers to this one, Studies have shown that traces of alcohol may be found in urine four or five days after drinking one beer.

Traces of alcohol may be found in blood three to eight weeks after drinking.

Source: American Athletic Institute

**A night of drinking**
Learn how alcohol affects your system over 19 hours after a night of drinking.

• **(8PM)** The evening starts at 8 PM. Over the course of the next four hours, you will have consumed 10 beers.
• **(Midnight)** You stop drinking at midnight. Even before that you reached the legal limit for Blood Alcohol Concentration (BAC), which measures the amount of alcohol in your body. **

• **(Between Midnight and 2 AM)** Even though you have stopped drinking, your BAC continues to rise over the next two hours.

• **(2 AM)** At 2 AM your blood alcohol concentration has finally reached its peak and starts to go down.

• **(4 AM)** Although your BAC is still coming down, you are still over the legal limit for DWI.

• **(8 AM)** 12 hours have passed since you started drinking and you are still over the legal limit. It would be foolish to try to drive under these circumstances.

• **(10 AM)** It's 10 AM. You wake up with a hangover. You feel horrible and breakfast doesn't look too appetizing. You're still legally intoxicated.

• **(Noon)** It's been a full 12 hours since you stopped drinking, you are no longer considered legally drunk, however you could still be charged with a DWI because alcohol is still in your system.

• **(4 PM)** 19 hours after you started drinking, your blood alcohol level is back to where it was when you started drinking. (You probably don't feel much like doing going to practice to condition

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**Unit 8  Performance**

**Toby Rowland narration**

After a night of heavy drinking, a hangover is the least of your problems. You're still messed up for several days afterward.

How much do you really lose as an athlete when you party? A muscle study that was done by the American Athletic Institute showed that you could lose up to 14 days of training effect every time you get drunk.

Think about it.
You just took 14 steps backward instead of 14 steps forward. You train but you don't get any better. It's a waste of everything you set out to do.
You get to choose your fate--for today and for the future. You can use alcohol or other drugs and lose. Or you can abstain and gain. Are you really at your best or just some shadow of what you could be? If you drink alcohol or use other drugs, you are giving away your talent ... giving away your game. If your teammates drink alcohol or use drugs your team is giving away your chance to succeed at your best.

Studies show that the heavy use of alcohol or other drugs results in losses of many key capacities that you use during practice or in competitions. These studies were done on highly talented athletes.

**Decreased physical capacities related to heavy alcohol consumption.**

**Decreased brain activity**

**Non alcohol user teen**

**Heavy alcohol user teen**

The spaces shown here are not holes in your brain. They are areas of decreased brain activity. Note the damage that has been done to the brain of someone who is a heavy weekend alcohol user.

Which brain do you want? Which brain will function better as an athlete and student?

**Speed**
A study conducted with adult football players showed that alcohol drinkers had diminished performance in all modes of speed: These are the most important kinds of speed you have that give you the edge on an opponent whether you are on offense or defense.

<table>
<thead>
<tr>
<th>Startup speed (0-10 yards) - Speed needed to push off from the starting blocks</th>
<th>Breakaway or acceleration speed (0-20 yards) - Speed needed to get by or go around someone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td>↓ 8%</td>
<td>↓ 6%</td>
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</table>

**Agility**

Decrease in the ability to move side to side, which is necessary for avoiding a tackle in football or making a sudden directional change in sports like soccer, volleyball and tennis.

Side-to-side or lateral agility capabilities ↓ 6%
Explosive power and force

Weakening in the ability needed to push off in order to dunk a basketball or sprint out of the starting blocks.

↓

11%

Power endurance

Lactic acid levels (the substance that makes our muscle fatigue and feel heavy and slow) will increase, greatly affecting performance. As a result, the ability to maintain speed over time, such as in distance running, or the number of bench press reps when lifting weights is lowered.

Loss of power endurance over time.

↓

9%
Injury rate

Studies have shown that the injury rate is twice as high for athletes who drink than for non-drinkers.

- **54.8% for drinkers**
- **23.4% for non-drinkers**

(NCAA Football Injury Rate Study)

Sickness

Your immune capability is compromised if you drink alcohol. Because athletes stress their bodies, they are more prone to sickness than people who aren’t athletes.

Are you willing to miss a big game because you are too sick to compete?

Reaction time

Alcohol affects reaction time (to both sight and sound) and hand eye coordination (two of the most important functions in any sport) up to 12 hours after consumption.
Psychological factors
Use of alcohol lowers motivation, focus, ability to control distractions, levels of expectation and arousal. These are the factors needed to think on your feet, anticipate and keep your mind on the game.

Total Physical Performance Lost

11.4%
15.0%
30.0%

Toby Rowland narration

Here’s the bottom line on these studies. The total physical performance lost by elite world-class athletes when they used alcohol or other drugs is 11.4%. Just think, if some of the top athletes in the world lose 11.4% from their performance, how much would a middle school, high school or college athlete lose? For sure it would be much more. It is not unrealistic to think that it might be as much as a 15% to a 30% loss of total performance potential. How would you like to improve to a whole new level as an individual or together as a team?

Individual decisions affect group outcomes. Are you all at your best?

Watch the video from NFL player and former OU Sooner Tommie Harris

I’m Tommie Harris, I play professional football. When I was younger my father used to always tell me, “If you hang around trash long enough,
you'll start smelling like it.” So one of the biggest things I do is I try to keep myself around positive people. People that are headed in the same place that I’m going, have the same goals or visions.

A lot of times in this league, you’re in a league that’s full of money, fame, women, all kinds of things, but you have to step up and choose to be different. What do you want to do? What do you want to be? And that’s the biggest thing, that I choose to be different.

Basically with my relationship with Christ and also my moral beliefs of how my parents raised me and what I believe in. A lot of times in life I think about how far I’ve come, and I made it all the way through middle school, through high school, through all the different levels, and I’m at this highest level of my life that I’ve always wanted to get to. I’m fulfilling my dream. And I always think back of all the stuff that I went through, the peer pressure, all the different things, and the times that, what if I would’ve did that? What if I woulda drunk that alcohol, what if I woulda smoked that weed, what if I woulda? You can’t live life with excuses. No excuses, just results.

I try to live my life day to day where, if I do this, would that be an excuse for me later? If I go out smokin’ weed, or if I go out drinking, or if I go out doing this tonight, will it affect me tomorrow? If you get into heroine, if you get into meth, all these horrible drugs, these are some things that can take your life, you become a whole nother person. Then you have to start over once you decide to come back from where you’re going. Don’t let your life be fooled by a night-time of passion for a lifetime of pain. And that’s what a lot of us do—we buy into fun, and enjoy yourself, and all this, and that can cost you your life.

When I step out on the field, and I go out there amongst all the crowds like a modern day gladiator, and I’m hitting Brett Favre, I’m hitting Donovan McNabb, Michael Vick, I’m living my dream, and I think about, all the time, what I went through to get to this place, how many people that I had to turn down, or how many other friends that were running different directions that are not living their dream, not fulfilling their dream. And every Sunday I get a chance to live my dream, because I made the right choice.
I’m Tommie Harris, what’s your fate?

Discussion Questions:

What do you think about Tommie Harris’ statement “You start hanging around with garbage you start smelling like it?” How does that relate to making smart decisions about alcohol and other drugs?

What point is Tommie trying to make when he says, “Don’t let your life be fooled by a night time of passion for a life time of pain.”? Do you think that’s a real danger? Why or why not?

Toby Rowland narration

Chances are your athletic career will end after you leave high school.

Approximately 2% of high school athletes go on to play college sports and of those who play in college only about 2% will ever become professionals in a sport. That’s a very small number.

So while sports is important, you need to think about what else is going on in your life. How are you making decisions? Who are you letting influence you? Are you a positive influence on others? And who will be affected by the choices you make concerning alcohol or other drugs? Your family? Your friends? Your coaches and teammates?
Unlike TV, there are no replays in life. The decisions you make about alcohol and other drugs affect not only you. They affect those around you.

Listen to how Brandon's decisions impacted not only HIS life, but changed the life of his family and friends forever.

**Impact of Brandon’s decisions on his friends and family (video)**

**Ryan Eustace:**
If he could’ve quit on his own, that would’ve been it. He would’ve quit. I've never seen him hurt like he was hurting. He felt like he had killed his one true love. It was a downward spiral for sure. It was not pretty to sit there and be a part of or watch, you know. I mean, it got to the point in my friendship with him that it was hard for me to go to him.

**Reggie Whitten:**
Will power wasn't enough. This kid had a lot of willpower and he could not stop. He said nobody told me that you could get into this stuff and you couldn’t get out. And so, Brandon wasn’t a bad person, he was a great kid. But the decision to take the first valium, was really the most important decision. It wasn’t the last valium that killed my son, it was the first one.

He and I had been avid motorcyclists forever. He was an excellent driver, but not when he was taking valiums. And so, he got on that bike. It’s a twenty mile an hour speed limit, and he was probably, they told me, going 65. And he hit a brick mailbox, and it just exploded. When I got to the hospital, they told me he’d passed away. And I got to see him that last time. And, you know, I held him, and I held the back of his head- the back of his head was just crushed in. So there’s no way I can describe to you what I was feeling it was just, surreal. There was no way this happened to Brandon. And it all happened just because they said take one of these, and he didn't know that he couldn't stop.

All of our lives changed. Brandon’s sisters, his little brother, all these people that loved him.

**Ryan Eustace:**
It was the saddest day of my life. I truly intended on knowing that guy for the rest of my life, and not just thinking about him the rest of my life. I truly intended on knowing him. You don’t find friends like that everyday. You don’t find people that every aspect of your life you want to share with them.

**Reggie Whitten:**
After Brandon died, for a while there, I just kind of lost my mind. It’s a strange feeling when you lose a child. I kept telling my friends, “I’m on fire.” It felt just like somebody poured gasoline on me and lit me.

**Ryan Eustace:**
When your friendship is with this guy that was nothing but good times, and your saying goodbye to him and it’s nothing but sorrow because of how it happened and why it happened, there’s no way to describe that loss. You can’t tell someone what that feels like. You have to live it. And if you haven’t lived it, be grateful because it’s tough.

**Reggie Whitten:**
I remember I had to pull myself together because I had kids. I kept thinking, “How am I going to raise these kids to where they get old enough to take care of themselves? So then maybe I could just die and quit being on fire.”

**Ryan Eustace:**
My 6 year old boy is named Whitten Eustace. He influenced my life a lot. His love of life and his happy attitude helped me through a lot of hard times.

**Reggie Whitten:**
My daughter Chrissy told me that she had a friend who’d had a real struggle with drugs, and she asked me if I would talk to him and tell him about Brandon, so I did. And you know what? This kid turned his life around. And I started thinking, “You know, maybe if I could talk to people and tell them what happened to this ordinary kid, maybe that would help them.” I began to talk to various people, and tell them the story. And ultimately I began to talk to schools, and ultimately colleges, and by now I’ve lost count how many times I’ve told this story. Those words he said haunt me, “Dad, I never knew you could do this and not
be able to stop.” I tell them, “I don’t want you to end up like my boy. I want you to at least know before you do the first, whatever it is, alcohol, cigarettes, drugs, whatever, you need to know that you could become a slave.”

**Ryan Eustace:**
There’s several choices you make in your life on a day-to-day basis that you feel are critical, but I guarantee you that not one of those choices affects the outcome of your life anymore than the first time you decide to either do or not do drugs. You have to realize that this one decision is going to affect every other decision for the rest of your life.

**Discussion questions:**

Do you think Brandon’s experience is unique or do you think it is similar to the experience of young people you know?

If you had been Brandon’s friend, what would have done to try to help Brandon?

We’d like to wrap up the program with a message from former OU Sooner and NFL Player Roy Williams talking about making those right decisions and asking you to think about YOUR fate.
Roy Williams:
I’m Roy Williams. Drug and alcohol abuse could’ve affected my life, but I chose to go another route. In life you have choices, decisions, then after your decisions you have consequences.

I was playing a game, which you guys know, the Red River Shootout. The stadium was split, and you have all these fans going crazy, yelling. It was the fourth quarter, everybody’s screaming, the fans, you know. Chris Simms is doing his cadence, you know, about to snap the ball, and your heart beating fast and I knew that I would make the play. Something spoke to me and said, “Roy, jump.” The play happened so fast, I jumped, knocked the ball out of Chris’s hands, and Teddy Lehman was right there to seal the deal and walk the ball in the endzone. That’s how the Superman play became the superman play because I made the play. Sometimes making the right decision will help you win in life. And that play, with all those distractions, just like kids at school asking you to try things, but you’re staying on the straight and narrow, you have your mind on what you want to do in life, on what you want to do that day and you’re not going to let anything distract you. Because you have a goal in mind just like the Superman play. Boom! It happens. I jump, you make the play, everybody’s cheering, everybody’s excited. But sometimes when you’re making these decisions, nobody will be cheering for you, but inside you know that you made the right choice, that you turned something down when normally other kids don’t, and they try, and sometimes when you make the right decision, nobody’s going be cheering, but you know that you made the right decision. Do I wanna partake in my friends using drugs, weed, alcohol, pills?
I'm Roy Williams, what’s your fate?

**Discussion Questions**

Roy says sometimes when you’re making decisions about using alcohol or other drugs nobody will be cheering for you, but inside you know you made the right choice? Do you think people need someone “cheering” for them to encourage them to make smart decisions about alcohol or other drugs or is it enough to know, inside, you made the right choice?

What are some ways people could help “cheer”, support or encourage those who make smart decisions about alcohol or other drugs?

**Host:**
Your decisions affect your fate. So as you think about your fate, think about the impact the decisions you make today will have in the future. On you as well as on your family and friends. The good news is you can choose your fate. You can make the decision to LIVE THE LIFE OF AN ATHLETE. The choice to make good decisions is yours and we hope this program will help you make the right decisions.

**Post course survey**
1. ____ After taking this course I have a better understanding about the danger of taking prescription drugs that don't belong to me.

2. ____ After taking this program I can see that the decision to drink or use drugs doesn't just affect me---it affects a lot of people around me.

3. ____ The way I think about and the way I use alcohol and other drugs is likely to be different after taking this course.

4. ____ After taking this course I feel better prepared to make smart decisions about the use of alcohol or other drugs.

5. ____After taking this course I feel better prepared to deal with negative peer pressure.

6. ____After taking this course I intend to be a positive influence with my teammates and friends about not using alcohol or other drugs.

7. ____The information I learned in this program will influence my thinking and my behavior in a positive way.

8. ____I'm glad I took this course.

Congratulations!

You have completed the Oklahoma Life of An Athlete course. We hope you found this information helpful and that it will change the way you think about the use of alcohol and other drugs. If you believe you have a problem with alcohol or some other kind of drug, there is help available. You can talk to your coach, your doctor, or simply contact FATE at www.changeyourfate.org and we will find people who can help you.

Brochures and other downloadable items
Drug and Alcohol Self help guide and quiz:  
www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm

Information on ESPN.com on athletic performance and drugs:  
http://espn.go.com/special/s/drugsandsports/

UC San Diego paper on effects of alcohol on athletic performance:  
http://www.nmnathletics.com/attachments1/507.htm?DB_OEM_ID=5800

Information on steroids and young athletes:  

Information about over the counter drugs and teens:  

Information about marijuana and teens:  
http://www.nida.nih.gov/MarijBroch/teens/

Helpful links

Fighting Addiction Through Education  
www.changeyourfate.org

American Athletic Institute’s Facebook page  

American Athletic Institute  
www.aaisport.com

Oklahoma Department of Mental Health and Substance Abuse Services:  
www.ok.gov/odmhsas
Oklahoma Fellowship of Christian Athletes
http://www.okfca.org

Oklahoma Secondary School Activities Association
http://www.ossaa.com

Oklahoma Coaches Association
http://www.oklahomacoaches.org/

The Jim Thorpe Association
www.jimthorpeassoc.org