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 (5 or more drinks at one time).

Overdosing on prescription drugs (that are not prescribed for you) is now one of the leading causes of death in Oklahoma.

Research shows steroid users often suffer from paranoid jealousy, extreme irritability (sometimes called ‘roid rage’), delusions, and impaired judgment stemming from feelings of invincibility.

The use of marijuana or spice causes problems with memory and learning, distorted perception, 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.

Oklahoma Life of An Athlete is a free program offered through the Whitten-Newman Foundation and FATE (Fighting Addiction Through Education). OKLOA includes both dynamic online training about the impact of alcohol and other drugs on athletic performance, as well as live presentations.

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.

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

jim@changeyourfate.org
(405) 202-8863
www.changeyourfate.org
www.okloa.org
HERE’S WHAT YOU CAN DO:

• Decide right now that you are going to be an impact player and live the life of an athlete by not allowing alcohol or other drugs to affect your performance or your team.

• Talk to friends and teammates about doing what Chris Chamberlain did: take a pledge to not use alcohol, other drugs or do anything that would limit your performance or the performance of your team.

• When you are with friends who bring out alcohol or other drugs, do a very simple thing: LEAVE! Who you hang with affects your decisions about alcohol and other drugs.

• Tell your coach or principal you want your team or school to participate in the Life of an Athlete program. (www.OKLOA.org)

Check out the website www.changeyourfate.org

KNOW THE TRUTH ABOUT ALCOHOL AND OTHER DRUGS!

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

• One night of getting wasted can result in you losing up to 14 days of training.

• Using alcohol or other drugs hurts your immune system. Athletes who use get sick more often.

• Drinkers are twice as likely to be injured, on the field and off, as non-drinkers.

• Alcohol use can reduce your performance potential by as much as 15-30%. When you drink or use drugs, you’re less than your best.

In 2003, when Chris Chamberlain was a senior on the Bethany, Oklahoma high school football team, he was an IMPACT PLAYER. Chris 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 online program.

Chris Chamberlain

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