



# MAKE A WINNING GAME PLAN

## WHAT YOU SAY MATTERS!

**Coaches play a key role** in helping athletes make healthy choices and stay substance-free. Don't underestimate your influence - **IT ONLY TAKES A MINUTE TO HAVE A LIFETIME OF IMPACT!**

### FACTS:

- Alcohol and drug use **reduce performance potential** as much as 15-30%.
- Electronic vapor products **release toxic chemicals and nicotine** into the lungs
- You are **2x more likely to be injured** if drinking
- Marijuana and alcohol use **slow reaction time** and **inhibit coordination**
- Smoking marijuana can **decrease aerobic capacity** and cause **respiratory problems**

### SCENARIO TIPS:

#### POST FRIDAY NIGHT GAME SPEECH:

"Stay safe, make sure you are not using or in a position to be around others using alcohol, marijuana or other drugs!"

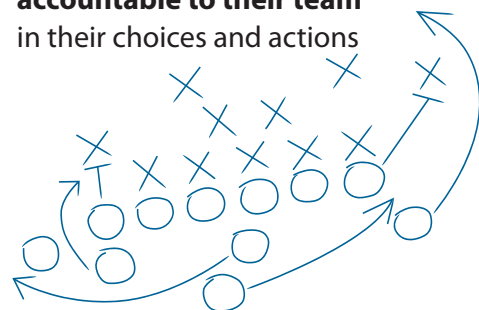


#### YOU FIND OUT ONE OF YOUR ATHLETES IS USING MARIJUANA:

- Confront them immediately (make sure he/she knows that you know)
- Explain that marijuana is illegal for anyone under 21, and that there are legal, team and school consequences for use
- Tell them that you care and are concerned
- Ask them how you can help

## YOUR BEST DEFENSE

- **Communicate expectations** often with a clear and consistent message that there is no place for substances on your team and reference policies and codes of conduct
- **Be proactive** - address the subject of substance use before it comes up
- Emphasize that sports are about being a team player and being **accountable to their team** in their choices and actions



#### YOU OVERHEAR PLANS FOR A WEEKEND PARTY THAT INVOLVES SUBSTANCE USE:

- Don't ignore it - immediately let them know their plans are inappropriate, illegal and unacceptable as a team member
- Reassure them that you are concerned and that you care
- Ask if they need help

# LIFE OF A STUDENT ATHLETE TIPS

*Marijuana compromises judgment and affects many other skills necessary to be a proficient athlete. These skills include alertness, concentration, coordination and reaction time.*

*Alcohol suppresses training hormones for up to 4 days. You may show up to practice but there will be little improvement or gains.*

**Be a leader and make your own choices. Set an example for your peers and choose to surround yourself with those making healthy choices. Show your leadership by choosing not to use drugs or alcohol.**

*Athletes who sleep at least 8 hours per night are 68% less likely to sustain an injury compared to those who get less sleep.*

*Exercise, healthy eating, sleeping well and maintaining close relationships are important in stress management. Quick fixes like drugs or alcohol may temporarily mask stress but the long-term effects are unhealthy.*

Contact Casco Bay CAN or your AD to be on the e-mail list to receive weekly tips to share with your student athletes

## RESOURCES

- ▶ Send an anonymous, encrypted tip online on your local police department website or at [www.cascobaycan.org](http://www.cascobaycan.org) or Text "UCANTIP" with your tip to 274637
- ▶ [www.cascobaycan.org/coaches-educators/](http://www.cascobaycan.org/coaches-educators/)
- ▶ John Underwood – <http://www.lifeofanathlete.us/>
- ▶ Jeff Janssen *Team Captain's Leadership Manual*

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**Casco Bay CAN**

CREATE AWARENESS NOW  
TOGETHER, PREVENTING YOUTH SUBSTANCE USE

 [www.cascobaycan.org](http://www.cascobaycan.org) 

Project adapted from

  
Cumberland County

