



# ATHLETE COMMITTED

*Compete with Excellence On and Off the Field*



# Athlete Committed Meetings

**ATHLETE  
COMMITTED**  
TO STOPPING UNDERAGE DRINKING

**Tuesday's @ Lunch // Room: J-218**

**ATHLETE  
COMMITTED**  
TO STOPPING UNDERAGE DRINKING

**Wednesday's @ Lunch // Room: 0-2**



## 2024-2025 AC EVENTS

***Flag Football***

***3x3 Basketball***

***Color Run***

***Glow in the Dark Capture the Flag***

***Half Court Challenge***

***Dodgeball***

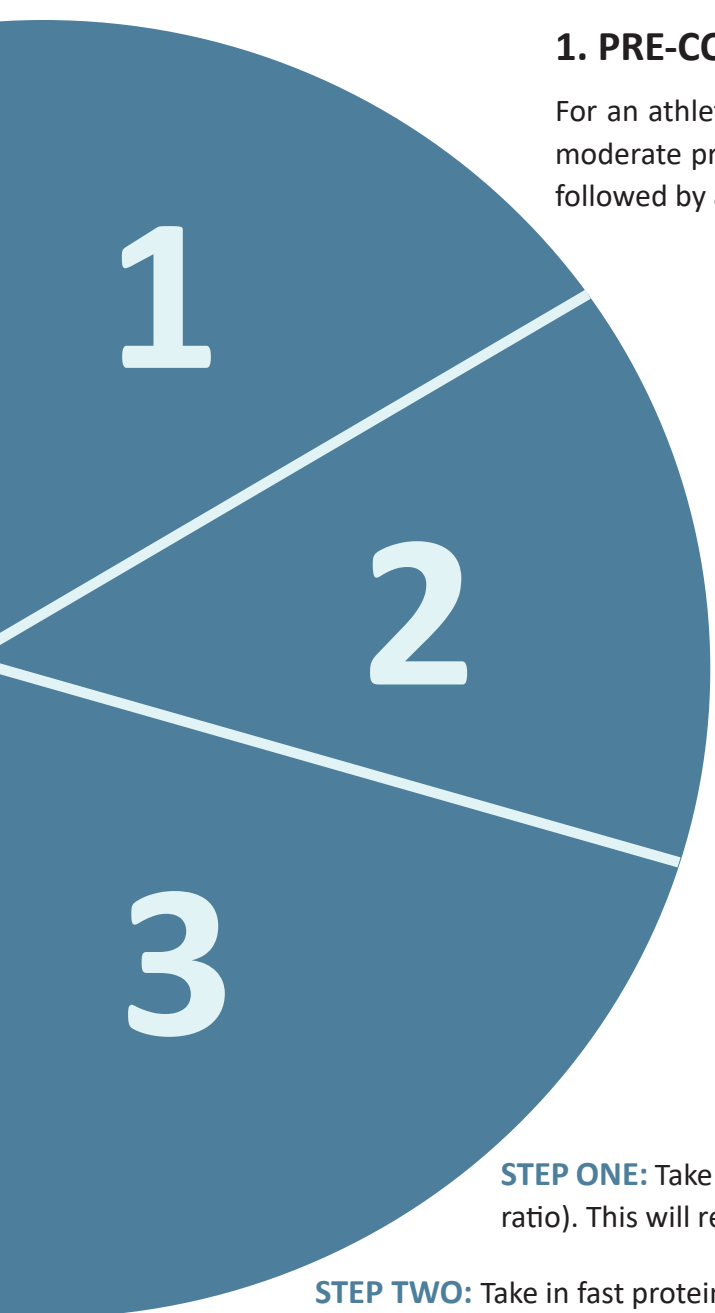
***Volleyball***

***Archery Tag***

Follow us on Instagram @athletecommitted for More Information

# NUTRITION AND PERFORMANCE

## *Quick Facts for Athletes*



### 1. PRE-COMPETITION:

For an athlete to perform at their best, it is important to eat a high-carb, moderate protein, low-fat meal three hours before training or competing, followed by a snack every hour.

### 2. DURING COMPETITION:

Athletes lose 10% of their overall performance for every 2% they are dehydrated.<sup>2</sup> Athletes must stay hydrated during competitions. Preventing dehydration is a key to sustained performance, especially when competing for long periods of time and in multiple events in a day. During competition, athletes should stay hydrated with at least 10 oz. of a water/sports drink mix in a 50/50 ratio. It is important to sip, not gulp, this mixture throughout the competition or workout.

### 3. POST-COMPETITION:

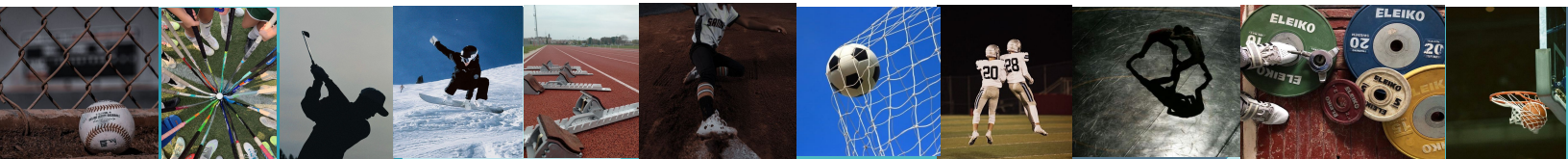
Nutritional recovery should occur immediately after competition. Waiting after training to take in nutrients causes a lost training effect. When a workout is done, training is not done. Until an athlete recovers from the stress of training, their muscles cannot adapt properly.

**STEP ONE:** Take in 4-6 oz. of a sports drink (glucose mixed with water in a 50/50 ratio). This will release insulin to refuel depleted muscles.

**STEP TWO:** Take in fast protein (liquid form) such as protein drink, protein shakes, or yogurt. It is easier for the body to use liquid forms of protein than solid forms such as a protein bar.

**STEP THREE:** Take in 75g of carbohydrates. This is important to prevent muscle damage.

**STEP FOUR:** Within one hour eat a nutritional meal. The plate should be filled 1/2 with fruits or vegetables, 1/4 with lean protein, and 1/4 with complex carbohydrates.



# SLEEP AND PERFORMANCE

## *Central Nervous System Readiness*

“Athletes who get 8 to 10 hours of sleep are more likely to improve their performance in the game. It’s not common knowledge, because if people understood how much of a difference (getting more sleep) could make athletically, they’d incorporate it more into their lives and not focus solely on nutrition and exercise.”

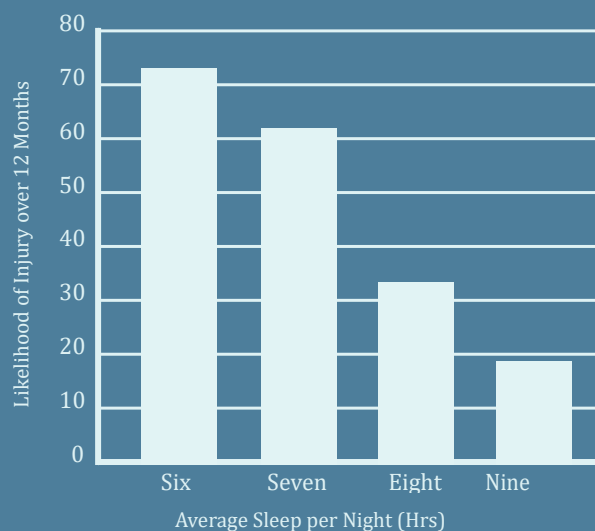
-Cheri Mah

(Stanford Researcher,  
Stanford Sleep Study)

## SLEEP IS THE EQUALIZER

If the brain doesn’t work, the body doesn’t work. Sleep is the fatigue factor in brain function for both mental and physical performance. Research by Cheri Mah, Stanford Researcher, indicates that the more athletes sleep, the better they perform. After a night of sleeping 8 to 10, hours athletes store up roughly 14 hours of central nervous system readiness. When athletes sleep less than 8 hours, readiness decreases dramatically which reduces the athlete’s pre-movement, movement, balance, and reaction time. When this occurs, chances of injury increase. The graph pictured below compares an athlete’s time sleeping to their injury rate.

Likelihood of Injury Based on Hours of Sleep per Night

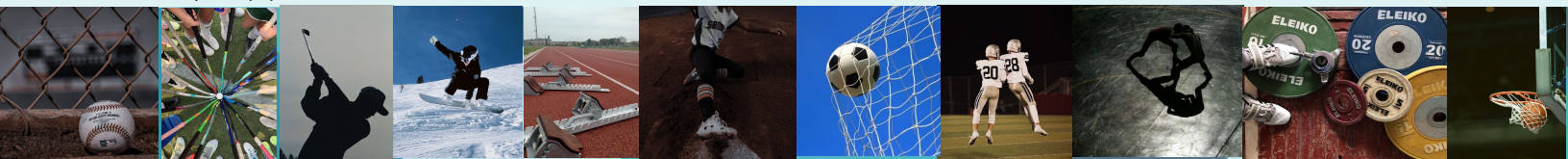


## Six Reasons Why We Need to Sleep:

- 1. BOOSTS MEMORY** - Sleeping strengthens the neural connections that form memories.
- 2. IMPROVES THE HEART** - A lack of sleep increases calcium build-up in arteries, which increases the risk of heart diseases.
- 3. DECREASES DEPRESSION** - Sleeping releases melatonin and serotonin, which help eliminate stress hormones, adrenaline, and cortisol, which in turn makes us happier.
- 4. INCREASES CREATIVITY** - With memory at its peak, the mind restored, and hormones balanced, the mind has a healthier imagination, resulting in increased creativity.
- 5. SUPPORTS WEIGHT LOSS** - A lack of sleep creates a lack of the hormone leptin which is stored in the fat cells and tells us when to stop eating.
- 6. MAKES YOU HEALTHY** - Immune systems rely on sleep to regain strength.<sup>2</sup>

<sup>1</sup> Adapted from Life of an Athlete New Hampshire's *The Coaches' Playbook*.

<sup>2</sup> Research by 1800pap.com, The Journal of the American Medical Association





# STRESS AND PERFORMANCE

## *Mindfulness and Athletes*

Feeling worried, anxious, angry, frustrated, annoyed, tired, fatigued, exhausted, unhappy, and/or unmotivated causes a physiological reaction in the body. Hormones are released in response to these negative emotions, which take control of our body's ability to physically and mentally perform well. This causes a downward spiral that correlates with declining physical sensations. This means negative emotions reduce your athlete's ability to perform and minimizes the potential of their outcomes. One way to reduce stress and the negative emotions often associated with it is to practice **mindfulness**. Oxford Dictionaries defines mindfulness as *a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations*.<sup>1</sup>



### HEALTH BENEFITS OF MINDFULNESS

- Reduced stress
- Reduced muscle tension
- Increase pain tolerance
- Encourages self-awareness
- Promotes mental and physical relaxation
- Enhances the body's immune system
- Improves tolerance and understanding
- Natural reward to your body



### PERFORMANCE BENEFITS OF MINDFULNESS

- Improves learning ability
- Improves memory function
- Improves concentration
- Enhances academic performance
- Enhances emotional resilience
- Improves pain tolerance
- Helps to mentally prepare
- Helps visualize success

### SHARE THESE POSITIVE MESSAGES WITH YOUR ATHLETES<sup>2</sup>

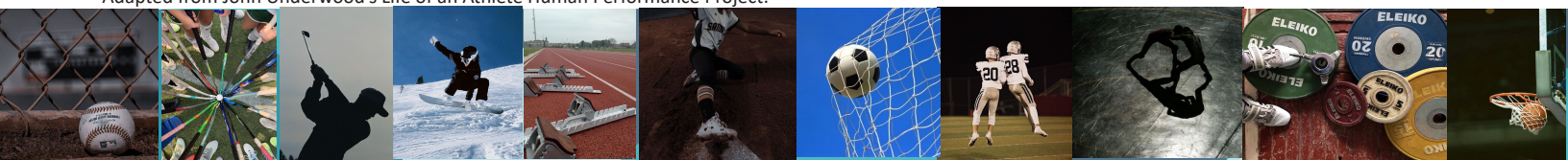
- The brain interprets doubt as a signal that the body is not ready for high level performance. Have confidence in yourself and your training. Know that you can succeed in your upcoming game—stay positive!
- The goal in a day is not to see how much stress you can accumulate, rather to reduce as much as possible the stress and stressors that impair and degrade mental and physical performance.

#### ***Minimize Stress → Maximize Performance***

- No more negative self-talk. It's time to rise up and be all you are meant to be—good mood, high enthusiasm, healthy attitude, positive outlook, and high expectations will lead to great reward!
- Mental preparation, psychological readiness, and physiological function equate to positive mood. Make positive mood a part of your training!

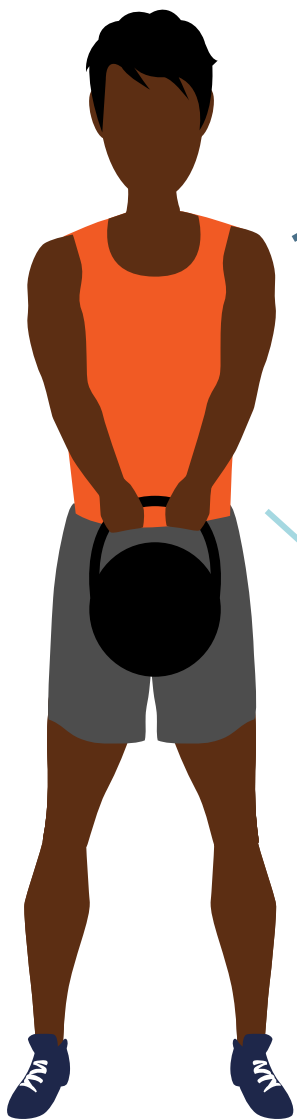
<sup>1</sup>Mindfulness|Definition of mindfulness in English by Oxford Dictionaries. (n.d.). Retrieved from <https://en.oxforddictionaries.com/definition/mindfulness>.

<sup>2</sup>Adapted from John Underwood's Life of an Athlete Human Performance Project.



# HOW DOES MARIJUANA IMPACT ATHLETIC PERFORMANCE?

Success comes in all forms for teenagers: academic, social, extracurricular, athletic, and beyond. Being involved in sports sets a high standard for positive behavior not only for individual performance, but for the team as well. Creating a culture of excellence can only be done when all players on a team hold one another accountable to making decisions that best impact their potential for success, including abstaining from marijuana, alcohol, and other drugs.



## Lungs

Smoke from marijuana has been shown to contain many of the same toxins, irritants, and carcinogens as tobacco smoke. If lung health begins to decrease, this can cause a lack of oxygen flow to your body and make you feel out of breath more frequently.

## Decision Making

The prefrontal cortex controls judgment, reasoning, and complex thinking - all things necessary to make decisions! As the teen brain is developing, marijuana can impair signaling and functionality, leading to dysregulation of the normal prefrontal maturation process.

## Sleep

Marijuana can disrupt and decrease the amount of time you spend in REM sleep, which can affect your memory and negatively affect feelings of well-being and mood. Deep sleep is critical for your body to recover after a full day of activity and to release growth hormones which helps repair muscles.



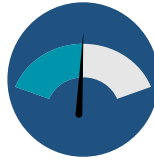
## Brain Development

The teen brain continues to develop through adolescence until the mid 20's. These years are critical for development of the brain, particularly regions that assist in impulse and emotional control. Using marijuana can cause disruption of the brain's development and decrease performance in attention, memory, and learning.



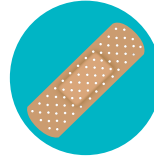
## Mood & Mentality

Using marijuana decreases your serotonin levels and increases your norepinephrine levels, which can be linked to a decrease in motivational drive. As an athlete and teammate your mood and mindset are critical to achieve success. Long-term marijuana use increases your risk of developing anxiety, depression, and schizophrenia.



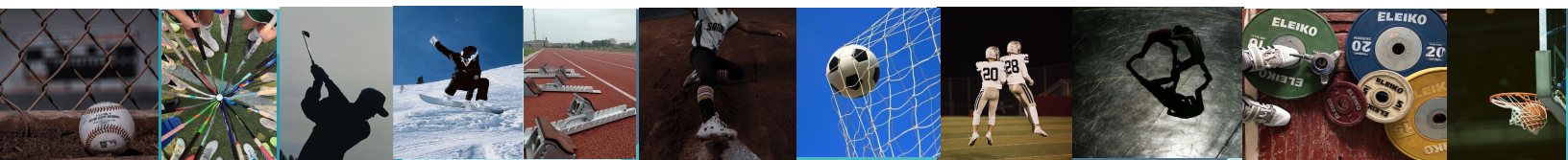
## Performance

Being able to perform at your best requires adequate sleep, nutrition, positive mindset, and avoiding harmful substances. Marijuana negatively impacts performance through a variety of mechanisms, including: reduced concentration, decreased reaction time, impaired hand-eye coordination, and lowers exercise capacity and stamina.



## Injury

Marijuana can cause orthostatic hypotension (head rush or dizziness when standing up), which poses more of a risk and danger to fainting and falling.





# HOW DOES ALCOHOL IMPACT ATHLETIC PERFORMANCE?

Success comes in all forms for teenagers: academic, social, extracurricular, athletic, and beyond. Being involved in sports sets a high standard for positive behavior not only for individual performance, but for the team as well. Creating a culture of excellence can only be done when all players on a team hold one another accountable to making decisions that best impact their potential for success, including abstaining from alcohol and other drugs.

## Heart

Drinking alcohol brings about or increases irregular heart rhythms causing additional stress on an athlete's heart. Alcohol use can also lead to long-term heart disease, cancer, and liver disease.

## Hydration

Drinking alcohol leads to dehydration because alcohol makes your kidneys produce more urine. Dehydration also impacts your body's ability to control body temperature which could cause an athlete to overheat.

## Sleep

Drinking alcohol impacts regular sleep patterns and your body's ability to achieve enough REM sleep. Deep sleep is critical for your body to reset after a full day of activity and to release growth hormones which help repair muscles.

## Brain Development

The teen brain continues to develop through adolescence until the mid 20's. These years are critical for development of the brain, particularly regions that assist in impulse and emotional control. Misuse of drugs and alcohol can alter development, affect the reward system, and lead to increased risk of addiction.

## Nutrients

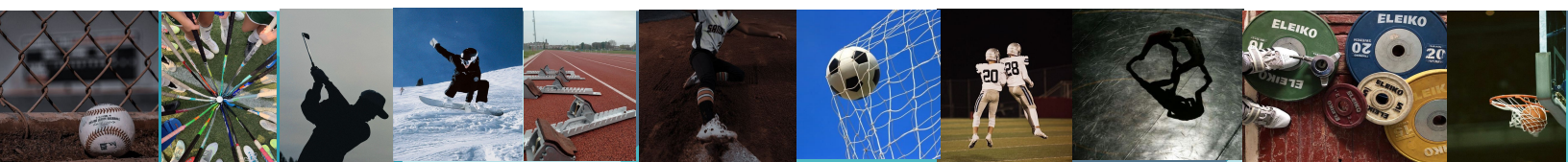
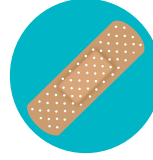
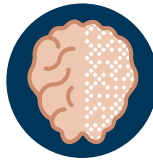
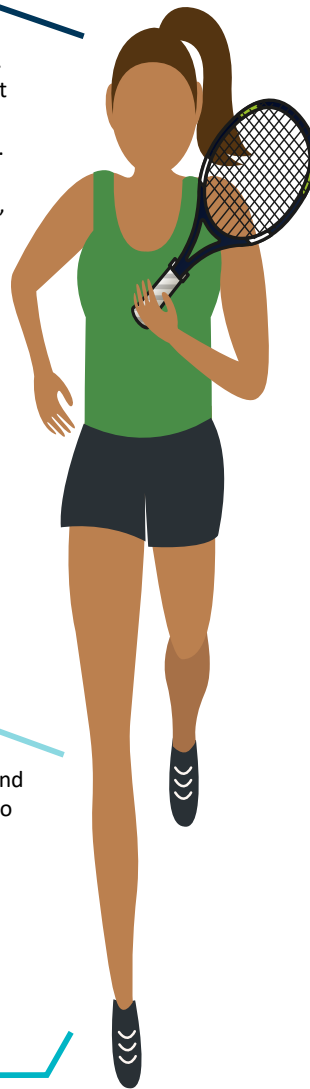
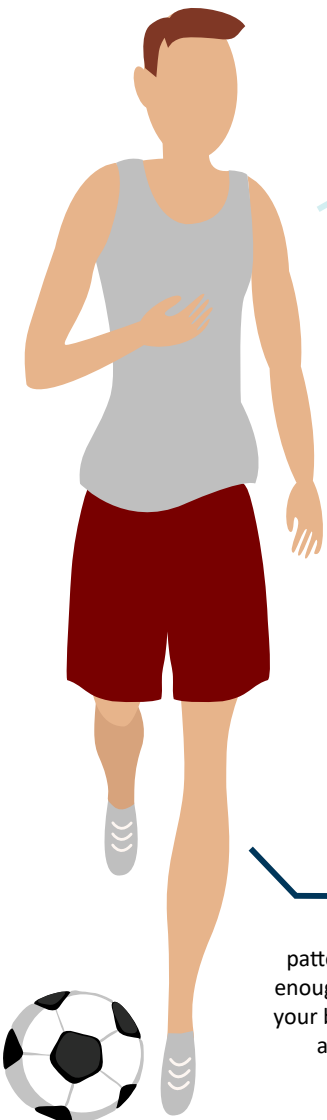
Athletes are already at a higher need for maintaining proper nutrient intake due to physical activity output. Drinking alcohol effects absorption of many important nutrients such as B12, Thiamin, and Folate. Liver cells have difficulty activating Vitamin D and metabolism. This can compromise the immune system, leading to illness.

## Muscles

Use of alcohol can impact body composition, muscle mass and repair, and lowering testosterone rates. Alcohol also reduces blood flow to the muscles, causing weakness and deterioration.

## Injury

Alcohol can increase a youth's chance of injury by 50%. Alcohol creates an increase in blood supply causing an injury to bleed and swell more than usual.







**LIVE A LIFE OF EXCELLENCE**



Follow us on Instagram @athletecommitted

**FOR MORE INFORMATION PLEASE CALL (530) 891-2891**

**Athlete Committed - Friday Night Live - Club Live- Impact Mentoring  
Strengthening Families Program- Youth Nexus- Youth Wellness Centers**

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

