The American Athletic Institute (AAI) has researched the effect of alcohol on athletic performance for the past 20 years.

**Proven Scientific Facts:**

- Athletes who drink are twice as likely to become injured as non-drinkers.
- Athletes who drink get sick more often. Alcohol reduces the immune system capability.
- Athletes who drink are slower. Alcohol impairs reaction time up to 12 hours after consumption.
- Athletes who drink are more stressed out. Alcohol greatly increases the release of cortisol (the stress hormone).
- Athletes who drink are more tired. Alcohol disturbs REM sleep time, reducing the body’s recovery ability.
- Alcohol negatively affects heart lungs and muscle performance.
- Alcohol increases the time for recovery of androgenic training hormones (Up to 96 hours - 4 days).
- Alcohol decreases the protein synthesis for muscle fiber repair.
- Alcohol can impair the blood glucose system for up to 36 hours.
- Alcohol reduces performance potential by as much as 15-30% in high school athletes.
- *One time drunk leads up to 14 days of lost training effect*

What you do off the field affects what you do on the field. What game are you playing?