

DON'T BE HUNG UP

WITH A HANGOVER

HANGOVERS^{1,2}

- Lingering effects of hangovers reduce quality athletic performance by over 11%
- It is important to rehydrate. **One alcoholic drink requires at least one cup of water.**

EFFECTS OF A HANGOVER

- Increased heart rate
- Increased blood pressure
- Dehydration
- Decreased left ventricular performance
- Decreased endurance performance

AVOID THE HANGOVER³

Keep track of how many drinks you've had

Alternate between alcoholic drinks and water

Pour your own drinks

Eat foods that are high in protein before and after drinking

Pace & space out your drinking -- a good rule is one standard drink per hour

PRO TIPS FOR STAYING SAFE⁴



Implement a team-wide buddy system



Don't leave your drink unattended



Charge your cell phone before going out



Don't drink anything if you are unsure of its contents



Know where your drink is coming from... serve yourself or receive it directly from the bartender



Check on friends and teammates at the end of the night to make sure they got home safe

DID YOU KNOW...⁵

Heavy drinking has decreased significantly among student-athletes since 2005

92.5% of student-athletes report that alcohol use has never affected their performance in practice or a game

66.9% of student-athletes consume 0 - 4 drinks in one sitting

The majority of student-athletes NEVER use alcohol in season

97.7% of student-athletes have never been late to a practice or a game due to alcohol use

53.7% of student-athletes do not drink while in their competitive season

25% of student-athletes don't drink at all

If you struggle with drinking, or, if you are concerned about a teammate, talk to someone. Here are some great resources on Grounds.

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¹ Shirreffs & Maughan (2006) The effect of alcohol on athletic performance. Current Sports Medicine Reports 2017

² American Athletic Institute: www.americanathleticsinstitute.org; "The Hangover Effect Or Disturbed Recovery Process"

³ Alcohol and Substance Prevention with Holly Deering [Personal interview]. (2017, April 9).

⁴ SCAN Registered Dietitians. (2013, December 23). More than just a drink: effects of alcohol on training and competition. Retrieved May 12, 2017, from <http://www.ncaa.org/health-and-safety/nutrition-and-performance/more-just-drink-effects-alcohol-training-and-competition>

⁵ NCAA(2017) National Study of Substance Use Habits of College Student-Athletes

⁶ NCAA(2013) National Study of Substance Use Habits of College Student-Athletes



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