**DON’T BE HUNG UP WITH A HANGOVER**

**HANGOVERS**
- 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 HANGOVER**
- 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
- 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

**PRO TIPS FOR STAYING SAFE**
- Heavy drinking has decreased significantly among student-athletes since 2005
- The majority of student-athletes NEVER use alcohol in season
- 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
- 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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3 Alcohol and Substance Prevention with Holly Deering [Personal interview]. (2017, April 9).
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