
Effects of Marijuana on an Athlete

1. Creates problems with memory and learning
 2. Distorts depth perception
 3. Causes trouble with thinking and problem-solving
 4. Causes loss of coordination
 5. Increases heart rate and anxiety
 6. Contains 50% to 70% more cancer causing hydrocarbons than tobacco
 7. Decreases focus and motivation
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Effects of Alcohol on an Athlete

1. That causes severe dehydration therefore:
 - Increasing chance of injury
 - Decreasing performance
 - Resulting in brain damage in extreme heat
2. Decreases testosterone
3. Increases fat storage
4. Increases lactic acid
5. Impairs judgment

*The frontal lobe of the brain has the greatest development between the ages of 15-22.
Drug and alcohol use directly inhibit this development.

*Drug and alcohol use is illegal if you are under the age of 21.

SOCIAL MEDIA



Before posting anything, remember that everything you do affects the team. You are an Arlington football player, and things you post affect the image of the team in both positive and negative ways. So here are some things to avoid:

- Don't make posts that are vulgar or profane.
- Don't make posts that bully, intimidate, embarrass, or defame other students.
- Don't post incriminating photos or statements depicting nudity, underage drinking, selling, possessing, or using controlled substances or any other inappropriate behaviors.

Some other warnings:

Everything you post is public information and permanent. Any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes property of the site and may be searchable even after you remove it.

What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information.

Varsity Points System

Player Meeting (May 30 th)	20 pts
Parent Meeting (May 31 st)	20 pts
Summer Practice/Lifting (21 days 10 pts each)	210 pts
Gold Cards	30 pts (Min 15 cards)
<i>Sell 15 cards = 30 pts</i>	
<i>Sell 20 cards = 40 pts</i>	
<i>Sell 25 cards = 50 pts</i>	
<i>Etc.</i>	
Varsity Quarters (10 per quarter)	200 pts (min 20 Q's)
<i>Lifting Standards</i>	<u><i>On the wall</i></u>
Bench	50 pts 60 pts
Front Squat	50 pts 60 pts
Power Clean	50 pts 60 pts
Eagle Flight	50 pts 60 pts (First)
Community Service (2 pts per hour up to 60 pts)	30 pts (min 15 hours)
<u>Little Eagle Saturdays (10 per Saturday up to 80 pts)</u>	<u>40 pts (min 4 Sat's)</u>
Total Points to Letter	750 pts
T-shirt at Banquet for 800, 900, and 1000 point clubs.	
You get to keep your home jersey and get your name on it if you get 1080 points!	

Anyone over 300 before the first game will get to dress at all home games.