



Marijuana negatively affects the Central Nervous System (CNS). In sports, your CNS must be at optimal levels in order to be at your best. When you smoke marijuana, it is in your CNS for at least thirty days. It also accumulates over time. This means if you smoke it daily, it is building up in your system. Marijuana is every bit as damaging to your brain and CNS as alcohol is to your muscles, lungs and heart. In addition, marijuana smoke burns ten times hotter than tobacco smoke and is therefore very damaging to your respiratory system. Combine both alcohol and marijuana and you are nowhere near the athlete you could be.

MOTIVATION AND FOCUS

Many marijuana users experience amotivational syndrome – a lack of motivation to do what used to interest them.

It is hard enough to maintain focus day after day and game after game when we are healthy and rested. If you use drugs, it creates additional distractions in these areas.

PROCESSING, MULTITASKING, AND CONFUSION

Marijuana affects the brain's complex ability to sort out the input, quickly establish priorities and determine actions and responses.

A CNS hindered by marijuana use can't function quickly enough for sports, long after the high has worn off.

VISUAL TRACKING AND DEPTH PERCEPTION

Recent studies have shown that the ability to visually track objects and maintain accurate depth perception decreases when a person uses marijuana.

This ability is critical in sports, for instance, to catch a ball or block a shot.

MYOGRAPHIC IMPULSES AND BIOMECHANICS

The electrical impulses that our brain sends to our muscles to make them react are affected.

This has an effect on the exactness of your movements and therefore decreases your skill level.

MUSCLE MEMORY AND COORDINATION

The area which is responsible for the ability to remember the exact way to create skilled movements over and over is one of the main sites affected by marijuana.

This negative effect on muscle memory negates training and makes you less effective and unable to build skill level.

CONFUSION AND CRITICAL EVALUATION OF SELF

The cumulative build up of chemicals creates many negative impacts on your ability to be a good athlete.

It also affects a part of the brain that has to do with our critical evaluation of self. This is very dangerous for any athlete because it allows you to rationalize that using marijuana is ok or that it has no affect on your performance.

Many players use alcohol and/or marijuana. That is no reason to join them. If you want to be a great player and reach your full potential, you must be focused. Players who use alcohol and marijuana regularly become functional users. Some are still very good players, but they are nowhere near the players they *could* be. Alcohol and marijuana have ruined many careers. If you use them, it is a fact that you will never be as good as you could have been.