

The logo for Healthway, featuring the word "Healthway" in a stylized font with a yellow banner-like background.A large, yellow, diamond-shaped sign with a black border and the words "DRUG AWARE" written in bold, black, sans-serif capital letters.

caffeine and the buzz on energy drinks

have you ever wondered why energy drinks might ‘give you wings?’

energy drinks contain caffeine, a stimulant that speeds up parts of the body and brain. an energy drink typically contains the same amount of caffeine as an average strength cup of coffee. caffeine can make you more alert and improves some aspects of sports performance. but it can also have side-effects that can reduce your performance and cause health problems.

caffeine increases heart rate, blood pressure and body temperature. in high doses it can cause irregular heart beats and reduce coordination and balance. it also causes dehydration, which can increase fatigue and make you more susceptible to cramps and headaches, particularly in hot weather.

some people are especially sensitive to caffeine, particularly young people. as little as one can of energy drink can cause young people to suffer disturbed sleeping patterns, stomach upsets and anxiety. it can also affect your ability to grow strong, healthy bones.

energy drinks are just an expensive way to get a caffeine hit. if you really want to perform at your peak, the best thing to drink is water and the good thing is it doesn't cost you a cent.

drug aware - know what you're getting into...

volleyball skills: the dig

the most important thing with digging is the position of your hands and arms. the ball should contact the arms just above the wrists. key areas to remember for a successful dig are:

- being alert and in a comfortable position
- arms out ready in early preparation
- movement and anticipation
- start slow and stay low
- broad base of support and low body position
- consistent passing platform (position of arms and hands)

when you first begin to play volleyball the idea of not catching the ball and directing the ball to another player is quite difficult. with lots of practice and following the next sequence you will find that it can be quite easy.

1. technique



2. technique



3. skill sequence

1. wait in ready position with feet slightly wider than shoulder width. upper body should be bent forward and arms out ready.
2. move quickly to get behind the ball. maintain low body position.
3. move into the ball using your legs and contact the ball on the forearms just above the wrists.
4. direct the ball by tilting arms toward the target.
5. follow path of ball to its target and prepare for action of the next skill.

it is important to understand and practise the fundamental skills of the sport. this enables you as an athlete to develop a base level of skill. from a sound base level the more advanced areas of volleyball will become much easier to master. practice long and hard and most importantly, enjoy yourself.

