

alcohol and sports performance

how often do you see elite athletes drinking alcohol when playing sport? never! that is because sports people care a lot about their health and fitness and know that drinking alcohol affects their sporting performance.

get the facts:

- alcohol is a drug because it alters normal brain function. alcohol is a depressant that slows down the actions of the body and brain.
- small to moderate amounts of alcohol will impair:
 - reaction times
 - hand-eye coordination
 - accuracy
 - balance
 - coordination of gross motor movements
 - body temperature regulation during prolonged exercise in a cold environment
 - and will also
 - decrease strength
 - decrease power
 - decrease speed.
- drinking the night before a competition can cause dehydration. being dehydrated when exercising causes:
 - nausea
 - headaches
 - cramping
 - loss of coordination
 - fainting
- alcohol increases your risk of injury due to poor coordination and reaction times. it also increases the bleeding and swelling around soft tissue injuries, like sprains and bruises, so they take longer to recover. it masks pain so you might delay getting treatment and delay recovery.

alcohol and sport don't mix. to find out more visit the drug aware website at www.drugaware.com.au

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

volleyball skills: the set

the most important thing with setting is the shape of your hands and to have your elbows facing out. key areas to remember for a successful set are:

- be alert and relaxed
- move quickly to setting location
- stable base and balance
- hands and fingers should be ball shaped at contact
- extend arms to direct the ball to target

1. ready position



- move to the ball
- plant feet slightly wider than shoulders with right foot slightly in front of left foot
- lift hands above forehead to form a triangle with fingers
- elbows should be slightly bent and facing out

2. contact with the ball



- watch the ball through the triangle
- ball should make contact with the fingers only, not the palm of the hand
- ball should remain above forehead throughout contact

3. follow through



- drive through the ball using your legs
- legs should be near full extension just prior to ball release
- arms pushing the ball in the desired direction

4. full arm extension



- arms should reach high as ball is released
- wrists should follow through to finish in line with arms