



## PRE-SURVEY

### PLEASE CHECK THE BOXES THAT BEST DESCRIBE YOU:

Gender:  Female  Male

Ethnicity (optional):  American Indian  Asian  Black/African American  Hispanic/Latino  Middle Eastern  Pacific Islander  White  Other

Grade:  Freshman  Sophomore  Junior  Senior

User Type:  Student  School Administrator  Coach  Athletic Director  Parent  Teacher  Other

Sports Activities \_\_\_\_\_

### LIFE OF AN ATHLETE DVD HIGH SCHOOL

Please check one response for each question that best describes your answer.

**1. It is easy to find parties where no alcohol is available.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**2. There are athletes at my school who drink alcohol.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**3. If a student attends a party where alcohol is being consumed, they are more likely to drink.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**4. My coach has talked to our team about the dangers of alcohol.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**5. My coach has explained my school's policies and consequences regarding alcohol consumption.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**6. Athletes in my school drink more than non-athletes.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**7. My parents have discussed the consequences of drinking alcohol with me.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**8. There are no long term effects of heavy drinking on athlete's athletic performance.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**9. Alcohol use negatively impacts an athlete's athletic performance.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**10. An athlete could lose up to two weeks of athletic training from getting drunk once.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**11. Athletes who drink are more likely to get injured.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**12. Alcohol reduces an athlete's ability to repair damaged muscle fibers.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**13. Alcohol can reduce the amount of testosterone in an athlete's system for up to 96 hours.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**14. Athletes can perform at their top level with small amounts of sleep.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**15. The ten most dangerous years of a person's life are ages 14-24.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**16. People who start drinking prior to age 15 are more likely to develop alcohol dependence than those who start drinking at age 21.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**17. Alcohol interferes with the messages your brain sends to your muscles.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**18. When a person drinks alcohol, they must use more brain energy to perform even the simplest task.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree

**19. High school athletes can lose 15-30% of their potential by drinking alcohol.**

Strongly Disagree  Disagree  Neutral  Agree  Strongly Agree