

LOA Youth Fall Pre Season 2014

This survey is about health behavior. You are being asked to answer questions to this survey in order to gather information and feedback about athletes and their health behavior.

Completing the survey is voluntary. Please answer as honestly as you can. If you are not comfortable answering a question, just leave it blank. Your answers are anonymous and confidential. All answers from the school will be put together in a summary report and names will never be reported.

Thank you very much for your help.

1. What grade are you currently in?

Grade 9

Grade 10

Grade 11

Grade 12

2. What is your gender?

Male

Female

* 3. Which school do you attend?

4. What sport(s) are you playing this season? (Choose as many as apply)

Baseball

Basketball

Bass Fishing

Bowling

Cross Country

Field Hockey

Football

Golf

Gymnastics

Ice Hockey

Indoor Track

Skiing-Alpine

Skiing-Nordic

Soccer

Softball

Spirit

Swimming and Diving

Tennis

Unified Sports (Soccer, Basketball, Volleyball, Track)

Volleyball

Wrestling

Other (please specify)

5. How much do you agree or disagree with each statement?

Strongly Agree

Agree

Disagree

Strongly Disagree

There are long term effects of heavy drinking on an athlete's performance

Alcohol use impacts an athlete's performance

An athlete could lose up to two weeks of athletic training after getting drunk once

Athletes who drink are more likely to get injured

Alcohol reduces the body's ability to repair damaged muscle fibers

Alcohol can reduce the amount of testosterone in the body for up to 96 hours

Sleep is not

necessary for athletes to perform their best

Between the ages of 14-24 there are the most possibilities for serious injury

Most teens drink before age 16

Alcohol interferes with the messages your brain sends to your muscles

When a person drinks alcohol, it takes more thinking to perform even the simplest task

High School athletes can lose 15% to 30% of their potential by drinking alcohol

6. An athletic contract is a document that outlines the behavioral expectations of student athletes for the privilege of participating in school sports. How much do you agree or disagree with each statement?

Strongly Agree Agree Disagree Strongly Disagree

My current athletic contracts influence my choice to use alcohol and other drugs

Teammates hold each other accountable to the current athletic contracts

The current athletic contracts are upheld by coaches

The current athletic contracts are upheld by parents

The current athletic contracts are clearly

written

The current athletic contracts are fair

7. Thinking about the **current athletic season, how much do you agree or disagree with each statement?**

Strongly Agree

Agree

Disagree

Strongly Disagree

My coach takes his/her role as a coach seriously

My coach cares about my wellbeing above and beyond athletic performance

I understand the expectations that my coach has for me

My coach addresses team and individual issues well

My coach provides support and guidance to the team leadership to build unity

My coach stays in contact with my parents

My coach encourages the team to avoid alcohol and substance use

My coach encourages the team to get enough sleep

My coach encourages the team to eat healthy and balanced meals

8. How much do you agree or disagree with each statement?

Strongly Agree

Agree

Disagree

Strongly Disagree

I learn to make

healthy choices
based on what my
parents do

My parents
encourage me to
avoid use of tobacco,
alcohol and other
drugs

My parents
encourage me to get
enough sleep

My parents
encourage me to eat
in a healthy way

My parents see my
coach as an
important person in
my life

My parents are
willing to address
sensitive topics
(such as, alcohol or
drug use, emotional
health, family issues)
with me

9. How much do you agree or disagree with each statement?

Strongly Agree Agree Disagree Strongly Disagree

The behavior of
people in my
community shows
they disapprove of
alcohol, tobacco and
other drug use

The behavior of
people in my
community shows
they support healthy
sleep habits for
people my age

The behavior of
people in my
community shows

they support eating

in a healthy way

The behavior of people in my community shows they support coaches who emphasize character building

The behavior of people in my community shows they support respectful fan behavior

10. How much do you agree or disagree with each statement?

Strongly Agree

Agree

Disagree

Strongly Disagree

The leaders on my team avoid alcohol, tobacco and other drug use

The leaders on my team keep healthy sleep habits

The leaders on my team help others avoid use of alcohol, tobacco and other drug use

The leaders on my team encourage players to get enough sleep

The leaders on my team encourage players to eat in a healthy way

11. How much do you agree or disagree with each statement?

Strongly Agree

Agree

Disagree

Strongly Disagree

Most people my age think alcohol, tobacco and other drug use is

unacceptable

Most people my age think that getting enough sleep is important

Most people my age think that eating in a healthy way is important

I make healthy lifestyle choices

I support the athletic contracts

I see my coach as an important person in my life

I am willing to address sensitive topics (such as, alcohol and drug use, respectful behavior, sportsmanship) with my teammates

I am willing to address sensitive topics (such as, alcohol and drug use, sportsmanship, emotional health) with my coach

12. How hard or easy would it be for you to...

Very hard

Sort of hard

Sort of easy

Very easy

Get some cigarettes

Get some beer, wine, or liquor

Get some marijuana

Get a prescription drug (such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax)

without a doctor's
prescription)

13. During your life, how many times did you..

0 Times	1 to 2 times	3 to 9 times	10 to 19 times	20 to 39 times	40 to 99 times	100 or more times
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Use Alcohol

Have 5 or more drinks
in a row that is within
an hour

Use Tobacco

Use Marijuana

Use perscription
drugs without a
doctors perscription

Get 8 or more hours
of sleep

Eat 3 healthy meals

*** 14. In the past 30 days, on how many days did you...**

0 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days
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Use alcohol

Use tobacco

Use marijuana

Use perscription
drugs without a
doctor's perscription

Get 8 or more hours
of sleep

Eat 3 healthy meals

15. Which of the following do you do to maximize training and performance? (Choose as many as apply.)

Avoid alcohol use

Avoid tobacco use

Avoid marijuana use

Avoid prescription drug use without a doctor's prescription

Get enough sleep

Eat healthier

16. How much support do you get from others to make healthy choices?

None

A little

Some

A lot

I do not use support from others

17. Did you sign the athletic contract this year?

Yes

No

Not sure

18. Did your parents/guardians sign the athletic contract this year?

Yes

No

Not sure

Done