

Dear Parent of a Door County Student:

The Door County Alcohol and Other Drug Coalition is pleased to announce the launching of a parent network organization to include all five school districts in the county. Let us share with you some background on the Coalition as well as the purpose of the parent network.

The Door County Alcohol and Other Drug Coalition was formed in November 2007. It consists of a wide ranging membership from many segments of our population: parents, youth, law enforcement officers, judges, agency representatives, the district attorney, educators, health care professionals, clergy, government leaders, and many more who see the organization's mission as preventing and reducing substance abuse and related problems by providing leadership, education, and support to the communities and institutions throughout Door County.

The parent network is one of the important efforts of the Coalition. Through the network that is being formed, electronic and hard copy directories will be available to parents allowing them the opportunity of easily communicating with each other to help insure the safety of all young people.

There are a number of reasons for a parent network, including the following:

1. Research indicates that parents have a great influence upon their children.
2. Through the network, parents can support each other.
3. Parents can express their opposition to a culture that accepts alcohol as a rite of passage.
4. The directory will assist parents in readily locating phone numbers of other parents in these times of rapidly changing phone technology when the old fashioned phone book may not contain cell numbers.
5. At some point, members of the network may wish to provide educational programs for parents on such topics as the impact of alcohol on the adolescent brain or to sponsor alcohol and other drug-free events for young people and families.

The enclosures provide more information on the operation of the parent network as well as the contract and directions for completing and submitting it.

Thank you for your willingness to support a positive environment for Door County youth!

Door County Area Parent Network 2011-2012 Contract

I, as a responsible parent, give permission for my name, address, phone number(s), and e-mail address to be listed in the DCPN directory of those who support this agreement. By signing below, I am agreeing to provide a safe home and welcome communication with other parents whenever their child may be in my home. (The county-wide parent directory will be e-mailed, with updates throughout the school year. A hard copy can also be mailed or arranged for pick up.)

Parent Name (print) _____

Signature _____

Address _____

Phone (home) _____ (work) _____ (cell) _____

E-mail _____

By, checking the box, I am indicating signature of approval

Parent Name (print) _____

Signature _____

Address _____

Phone (home) _____ (work) _____ (cell) _____

E-mail _____

By, checking the box, I am indicating signature of approval

CHILD'S NAME	SCHOOL	GRADE
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1)

2)

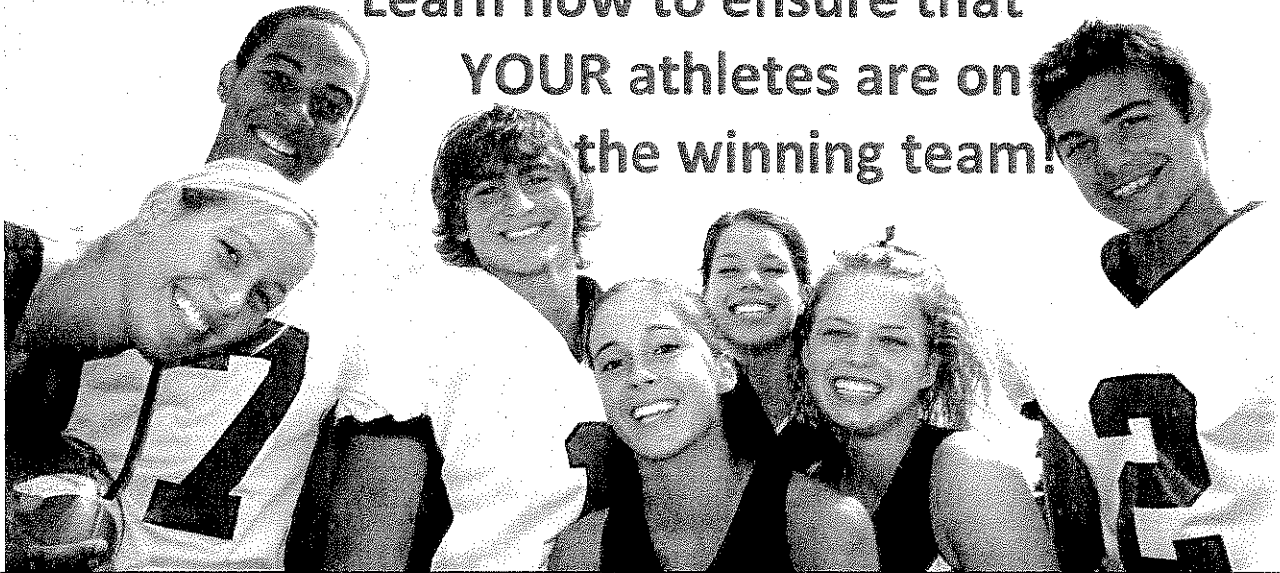
3)

4)

5)

*Expires 8-31-12: Parent Network Members must renew their commitment each year by signing an updated contract.

Learn how to ensure that
**YOUR athletes are on
the winning team!**



Partners in Education invite parents, students, coaches, trainers and community members to workshops with John Underwood, founder of the American Athletic Institute.

Tuesday, October 11

- 8:10 am – John Underwood Presentation at Gibraltar
- TBD – John Underwood Luncheon with Gibraltar parents
- 1:00 pm – John Underwood Presentation at Sevastopol
- 6:30 pm – John Underwood Presentation for parents at Sevastopol

Wednesday, October 12

- 8:10 am – John Underwood Presentation at Sturgeon Bay
- 12:30 pm – John Underwood Presentation at Southern Door
- 6:30 pm – John Underwood Presentation for parents at Southern Door Auditorium

Thursday, October 13 Door County Leadership Conference

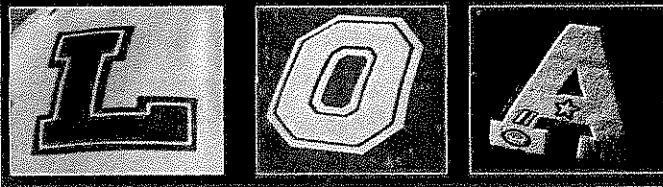
- 8:45-2:15 – Students and Sessions at Lodge at Leathem Smith
- 5:00-7:15 pm - Stakeholders Meeting at Crossroads at Big Creek

Drugs, Prescription Drug Abuse and Alcohol are destroying our students and are stealing the potential of our students academically and athletically. More than 40,000 tests have been conducted which prove the damaging effects of drugs and alcohol on the developing brain and athletic performance. In fact, one day drunk can undo up to two weeks athletics training.

You are invited to come and see the results from the studies and learn more about how to keep your athlete strong and without regret.

*Life of an
Athlete*
American Athletic Institute


DOOR COUNTY ALCOHOL &
OTHER DRUG COALITION



Live the Life of an Athlete

The American Athletic Institute (AAI) has researched the effect of alcohol on athletic performance for the past 20 years.

Proven Scientific Facts:

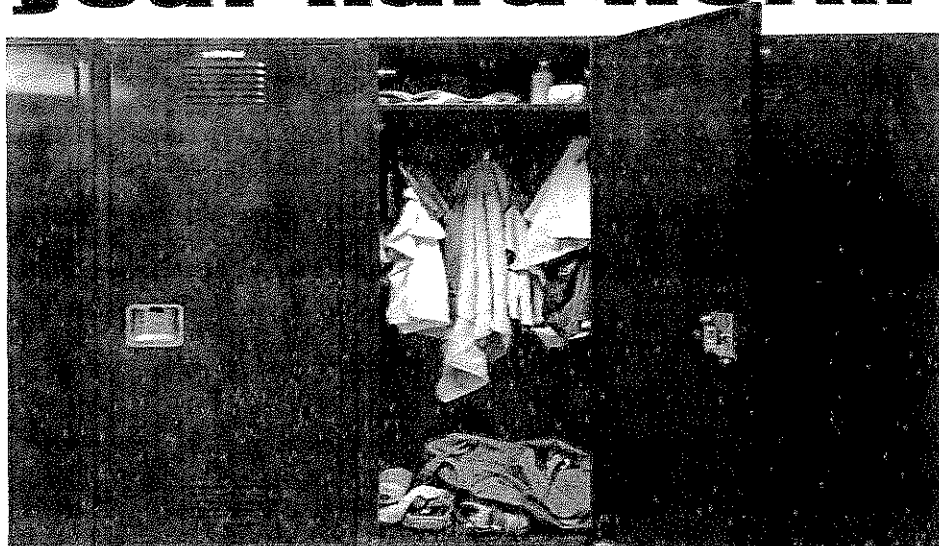
- ❖ Athletes who drink are twice as likely to become injured as non- drinkers.
- ❖ Athletes who drink get sick more often. Alcohol reduces the immune system capability.
- ❖ Athletes who drink are slower. Alcohol impairs reaction time up to 12 hours after consumption.
- ❖ Athletes who drink are more stressed out. Alcohol greatly increases the release of cortisol (the stress hormone).
- ❖ Athletes who drink are more tired. Alcohol disturbs REM sleep time, reducing the body's recovery ability.
- ❖ Alcohol negatively affects heart lungs and muscle performance.
- ❖ Alcohol increases the time for recovery of androgenic training hormones (Up to 96 hours- 4 days).
- ❖ Alcohol decreases the protein synthesis for muscle fiber repair.
- ❖ Alcohol can impair the blood glucose system for up to 36 hours
- ❖ Alcohol reduces performance potential by by as much as 15-30% in high school athletes.
- ❖ One time drunk leads up to 14 days of lost training effect



What you do off the field affects what you do on the field. What game are you playing?

ASAP Alliance for Substance Abuse Prevention

Throwing away your hard work?



one night of drinking wipes out 2 weeks of training

American Athletic Institute study, 2010



Prevention Network
www.PreventionNetwork.org 916-471-1250

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