

LoA Fall Pre Season Survey 2015-16

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 for your school this Fall season? (Choose as many as apply)

Bass Fishing

Cross Country

Field Hockey

Football

Golf

Soccer

Spirit

Unified Sports (Soccer)

Girls Volleyball

Other (please specify)

5. Which sport(s) do you anticipate playing in the Winter/Spring Seasons? (choose as many as apply)

Basketball

Bowling

Gymnastics

Ice Hockey

Indoor Track

Skiing-Alpine

Skiing Nordic

Spirit

Swimming & Diving

Wrestling

Baseball

Lacrosse

Outdoor Track

Softball

Tennis

Boys Volleyball

Unified (Basketball, Outdoor Track, and/or Volleyball)

Other (please specify)

6. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol use impacts an athlete's performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An athlete could lose up to two weeks of athletic training after getting drunk once	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Athletes who drink are more likely to get injured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol reduces the body's ability to repair damaged muscle fibers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol can reduce the amount of testosterone in the body for up to 96 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep is not necessary for athletes to perform their best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Between the ages of 14-24 there are the most possibilities for serious injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most teens drink before age 16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol interferes with the messages your brain sends to your muscles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When a person drinks alcohol, it takes more thinking to perform even the simplest task	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High School athletes can lose 15% to 30% of their potential by drinking alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teammates hold each other accountable to the current athletic contracts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The current athletic contracts are upheld by coaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The current athletic contracts are upheld by parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The current athletic contracts are clearly written	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The current athletic contracts are fair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach cares about my wellbeing above and beyond athletic performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand the expectations that my coach has for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach addresses team and individual issues well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach provides support and guidance to the team leadership to build unity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach stays in contact with my parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach encourages the team to avoid alcohol and substance use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach encourages the team to get enough sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coach encourages the team to eat healthy and balanced meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents encourage me to avoid use of tobacco, alcohol and other drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents encourage me to get enough sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents encourage me to eat in a healthy way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents see my coach as an important person in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents are willing to address sensitive topics (such as, alcohol or drug use, emotional health, family issues) with me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The behavior of people in my community shows they support healthy sleep habits for people my age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The behavior of people in my community shows they support eating in a healthy way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The behavior of people in my community shows they support coaches who emphasize character building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The behavior of people in my community shows they support respectful fan behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The leaders on my team keep healthy sleep habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The leaders on my team help others avoid use of alcohol, tobacco and other drug use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The leaders on my team encourage players to get enough sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The leaders on my team encourage players to eat in a healthy way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most people my age think that getting enough sleep is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most people my age think that eating in a healthy way is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make healthy lifestyle choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I support the athletic contracts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see my coach as an important person in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am willing to address sensitive topics (such as, alcohol and drug use, respectful behavior, sportsmanship) with my teammates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am willing to address sensitive topics (such as, alcohol and drug use, sportsmanship, emotional health) with my coach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Very hard	Sort of hard	Sort of easy	Very easy
Get some cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some beer, wine, or liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get a prescription drug (such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. 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
Use Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have 5 or more drinks in a row that is within an hour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use Tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use Marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use perscription drugs without a doctors perscription	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get 8 or more hours of sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat 3 healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 15. 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
Use alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use perscription drugs without a doctor's perscription	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get 8 or more hours of sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat 3 healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. 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 perscription drug use without a doctor's perscription
- Get enough sleep
- Eat healthier

17. 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

18. Did you sign the athletic contract this year?

- Yes
- No
- Not sure

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

- Yes
- No
- Not sure