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39	28	21	20	

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National expert talks to R.I.T. athletes about underage drinking.

10/18/2005 11:00 PM
(Katrina Irwin, WROC-TV)



(John Underwood)

"It's an epidemic right now, underage drinking should be the number one concern for every community across this country," says John Underwood. He says that Penfield is not alone when it comes to underage drinking problems. He says, "this problem is everywhere."

Underwood tours the country talking about the harmful effects of drinking. He is the Director of the American Athletic Institute and is also a chemical health trainer with the New York State Public High School Athletic Association.

Recently in Penfield, the issue of underage drinking came into play when a large party was busted. Many student athletes were suspended from their games. They had to sign an athletic code of conduct saying they wouldn't drink or use drugs.

Underwood says, that kind of policy is common across the country. "There have to be rules, have to be sanctions, and they have to have clear and consistent boundaries."

He also says it's important for parents to read the contracts and discuss them with their children. And, he reminds, there are potentially harmful physical effects. He says that every time an athlete gets drunk, they lose 2 weeks of training effect. "It effects so much the motivation and ability to ever reach their full potential," says Underwood.

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