



Sex, Drugs, and Rock & Roll: Protecting Athletes from High Risk Behaviors

Dr. Ralph Tarter, EXACT Sports, and
Director of the Center for Education and Drug Abuse Research

The Situation: One out of every four college athletes used marijuana last year. Over 60% of those players started using while playing club & high school sports.¹

The Challenge: The coach's role in player development extends beyond the field of play. But can coaches play a role in enabling positive behaviors and reducing risky behaviors in environments in which they have less control?

The Seminar: This interactive presentation provides necessary strategies to support the coach as mentor and player advocate in risk prevention for youth athletes (12+ through college). Dr. Tarter will discuss the common conditions high-risk athletes' face, methods to identify that risk and the strategies coaches must use to not only promote healthy development of players, but also enhance player commitment and success in soccer and life.

The following topics will be explored:

1. The conditions leading to high risk behaviors among youth including drug use (alcohol, tobacco, marijuana, cocaine, steroids, stimulants)
2. Cues to detect at-risk players, including dissemination of a *Risk Detection Worksheet*
3. Strategies to maximize the coach's role as mentor and prevent, curtail and terminate risky behavior

About the Presenter:

Ralph Tarter, PhD is Professor of Pharmaceutical Sciences, Psychiatry, and Psychology at the University of Pittsburgh. Dr. Tarter has published 300 scientific articles and 10 books. He directs the Center for Education and Drug Abuse Research (CEDAR) funded in collaboration with the US National Institute of Health (NIH) aimed at longitudinal prediction of outcomes from childhood to adulthood.

Dr. Tarter was the impetus behind the founding of EXACT Sports in 1997. EXACT is a professional, scientific organization consisting of experts in youth development, kinesiology, neuropsychology and sports analytics. Through EXACT, Dr. Tarter leverages his expertise in evaluation and intervention to promote the monitoring and development of soccer players.

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¹ NCAA Research Staff. [NCAA Study of Substance Use Habits of College Student-Athletes](#) (The National Collegiate Athletic Association, 2001).