

SKIN UP

AND YOU'RE OFF!



DRUGS & FOOTBALL



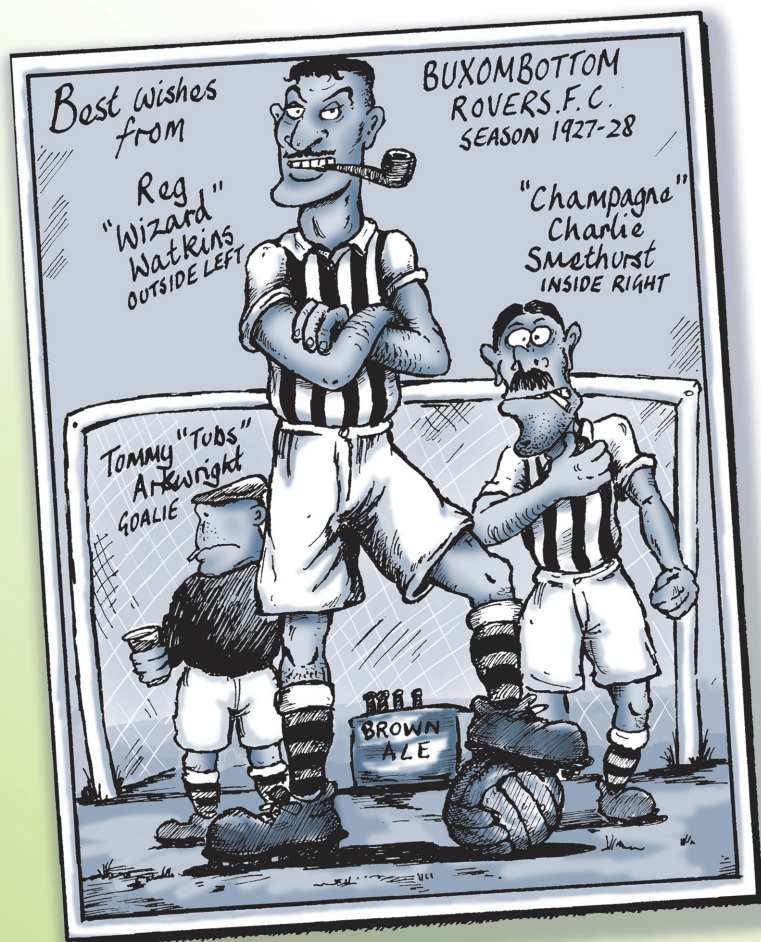
Lifeline would like to thank the following agencies
who have assisted with this project.

The Football Association Medical Education Centre
The Professional Footballers Association
Greater Manchester Police
TACADE
U.K. Sport



Design and text © Lifeline Publications
telephone 0161 839 2075

'WIZARD' OF THE ROVERS



Young footballers are under more pressure today than ever before. Years ago footballers were paid peanuts to play with a ball that was as heavy as a lead pumpkin. They wore flat caps, heavy boots and shorts down to their ankles. At half time many of them would have a glass of ale, smoke a fag or light a pipe. They might have been footballers but not as we know them today ●

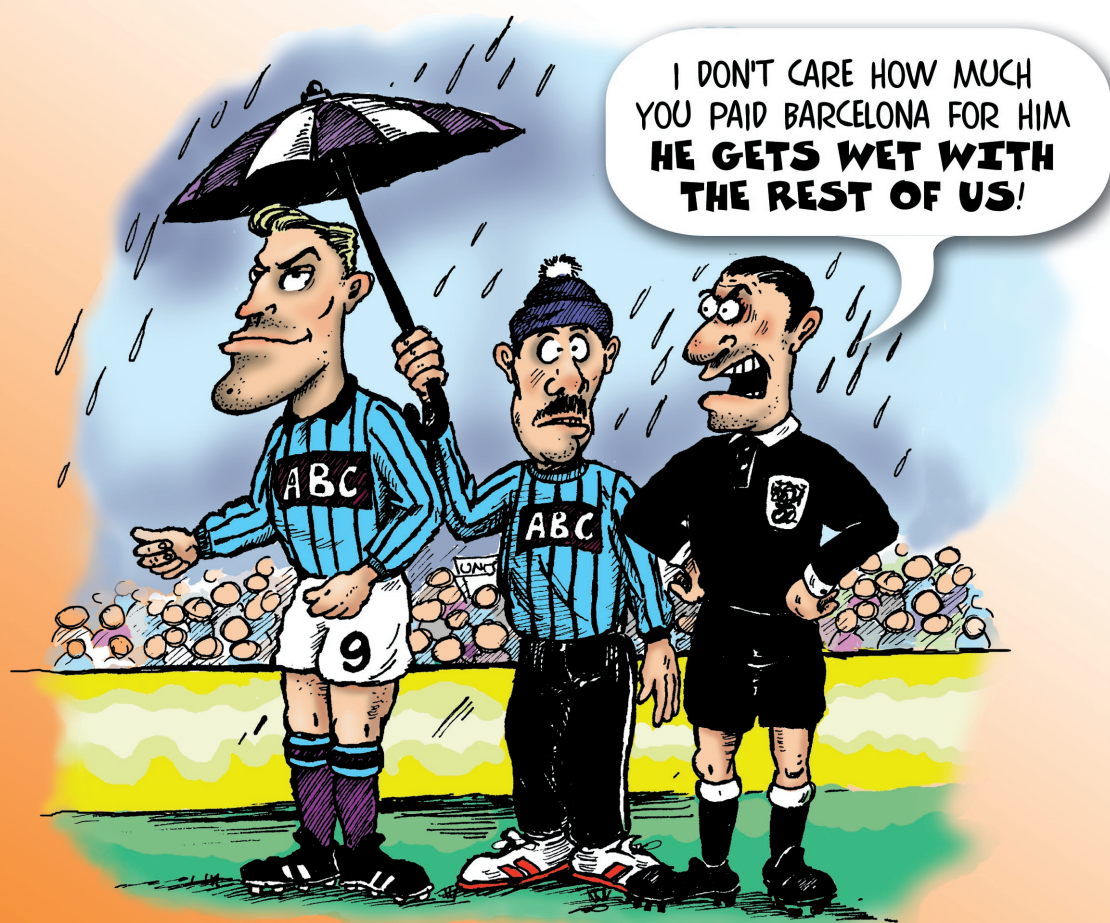
THEY THINK ITS ALL OVER...

If you want to see how the game has changed just look at the video of the 1966 World cup and compare the pace of that game to today. The 1966 World cup players were pedestrians compared to the footballing athletes of the new millennium. To be successful and compete at the top in football today you simply cannot afford to be impressed by the stories of players who stayed up all night drinking and smoking with long-legged girls and still turned up on a Saturday morning and played a blinder. They have existed but they played when the game was much slower ●



IT IS NOW!

KICKING FOR A LIVING (NOT LIVING FOR KICKS)



Today's young footballers are top class athletes that are worshiped like pop stars. But there is a big difference between pop stars and footballers. Pop stars work at night and can sleep all day. They are expected to work and party all night and sleep most of the day. Footballers have to train hard most days and actually play games on other days ●

IT'S TOUGH AT THE TOP, KID!

It is very tempting for footballers to live the life of a pop star. But, this is simply not on for an athlete. You cannot drink and take drugs all night and fall out of a nightclub and into bed with Miss World at 4 am and be ready for training at 9 am. Forget all the jokes about the hard drinking superstar footballer being a real 'Lad's lad' and remember the pathetic drunk whose life has been plagued by one set of hangovers and hangers on after another. They have few real friends but loads of hangers on who want to spend their money and have a laugh at their expense. All of these so-called friends are in short supply when our star is checking into yet another treatment clinic ●



JUST SAY...



**THANKS BUT I COULD
BE TESTED NEXT WEEK
AND THAT COULD
BE ME FINISHED!**

In today's society drug and drink problems are everywhere including professional football. But the game is determined to stamp these problems out. So next time some creep says: "Go on have another drink or have one of these tablets" Go tell them to shove their drink and drugs where the sun never shines. These people may as well be saying:

**"GO ON RUIN YOUR CAREER, END UP ON
THE DOLE, IT'S JUST A LAUGH"**

Young footballers are paid very good money to play football and they are in a much better position to refuse offers of drugs than many other young people. When offered drugs even by a good friend who you might not want to offend you can simply say:

"Thanks but I could be tested next week and that could be me finished!"
They would have to be a real nasty piece of work if they didn't say:
"Oh, right yeah, I forgot about that. no problem!" ●

EASY MONEY

Young footballers need to be careful about the type of friends they choose. Wherever there is money and success you will find a whole range of shady people just waiting to pounce on successful young people (including footballers). They will often have some great money making scheme like setting up a new night-club or car showroom.

!! BE VERY CAREFUL !!

...because a lot of these people are gangsters. But, whether real or plastic they will almost always be involved with drugs and/or drug dealers.

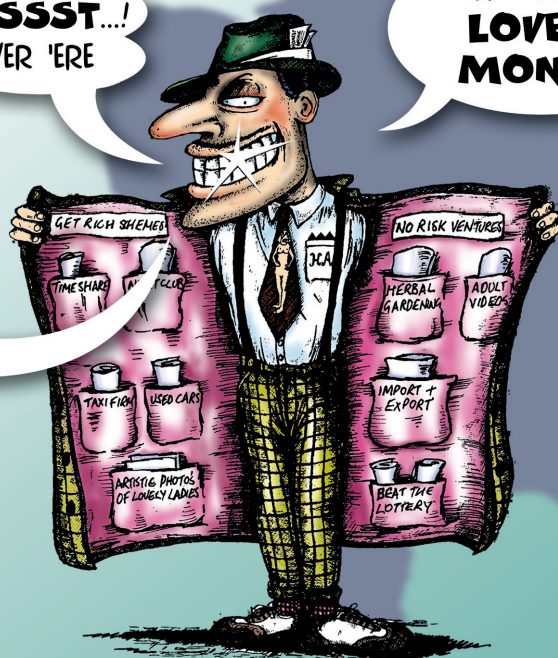
Illegal drugs are one of the biggest earners for dodgy and shady people of all kinds. Young footballers have money.

Drug dealers know this and may want you to become one of their best customers or they may want to borrow some of your money to finance their next purchase of drugs. You know the kind of thing ▼

LISTEN MATE,
JUST LEND ME FIVE GRAND
TILL SUNDAY AND I'LL GIVE YOU
SIX BACK — IT'S THE
EASIEST MONEY
YOU'LL EVER MAKE

PSSST...!
OVER 'ERE

YOU DON'T
WANT TO LET THE
TAX MAN
TAKE ALL THAT
**LOVELY
MONEY!**



BUT IT ISN'T! This is often the first step into the world of drugs, heavy drinking and crime ●

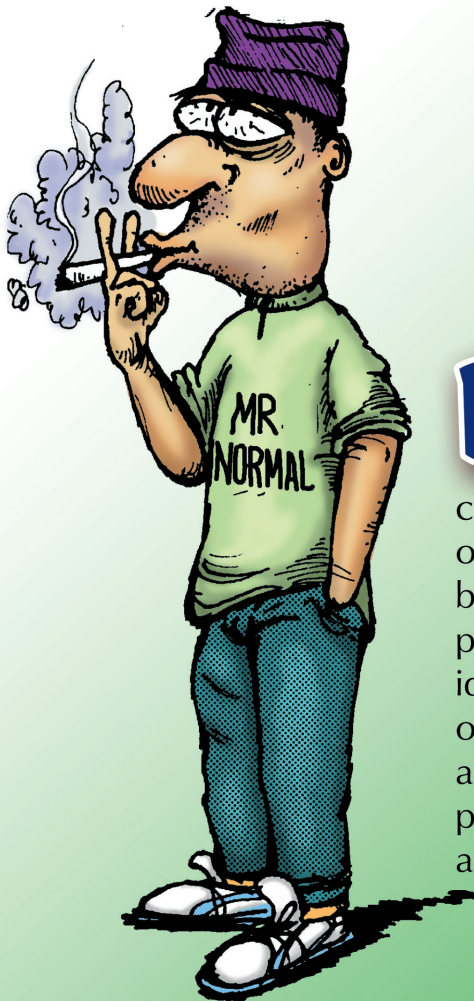
GAMBLING WITH YOUR CAREER



Another place where young footballers and Mister Dodgy and Shady often meet is at the bookmakers, the race track, the dog track or the casino. Over the years many famous footballing careers have been blown because of gambling debts. There is nothing wrong with having the odd bet. But remember, gambling attracts the kind of people who would suck you in and spit you out as soon as look at you. They don't give two wags of a horse's tail who you play for or what your career means to you. To them you are a meal ticket. In this world drugs are never far away. So be on your guard when having a flutter ●

EVERYBODY IS AT IT...

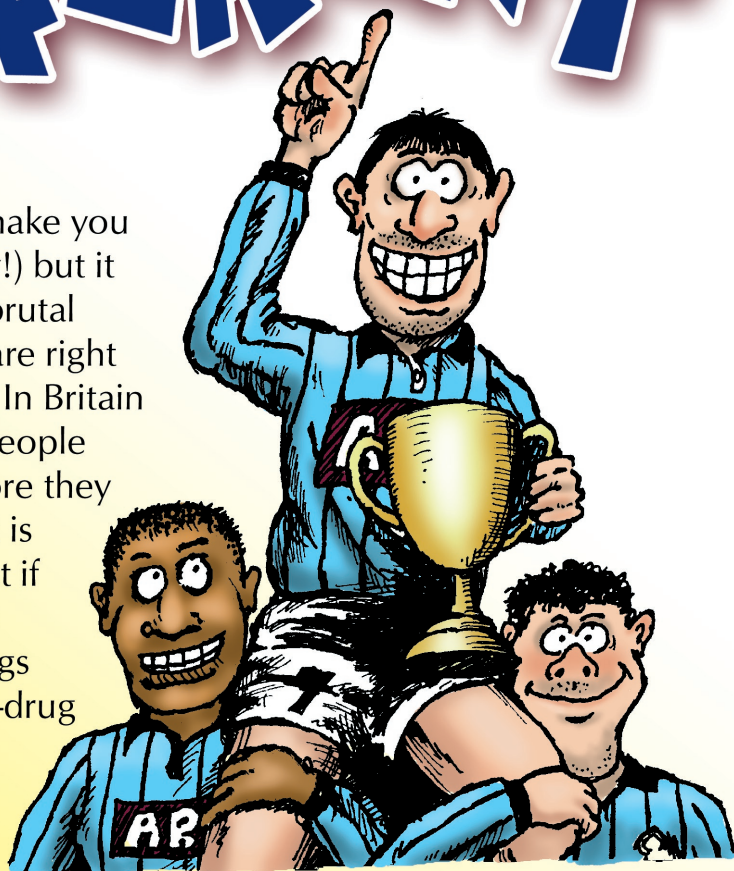
In the UK currently there are many different drug scenes. There are people who are heavily addicted to drugs like heroin ('brown', 'smack'), cocaine ('charlie', 'coke', 'crack', 'stone', 'rocks') and amphetamines ('whiz', 'speed', 'billy'). Many of these people will be injecting their drugs of addiction. These people are most peoples idea of what a proper 'junkie' is.



But there are other people who just use drugs like ecstasy ('E's), LSD ('trips', 'acid'), cocaine, amphetamine and cannabis ('weed', 'draw', 'puff') at weekends or on an occasional basis. These people will not be injecting their drugs. Very few of these people would come across as most people's idea of what a proper 'junkie' is. 'Recreational' or 'social' drugs users can be found everywhere and in every walk of life. For most of these people their drug use will remain recreational and without major problems ●

...BUT YOU'RE DIFFERENT

We don't want to make you paranoid (honestly!) but it can be a nasty and brutal world out there and drugs are right at the centre of operations. In Britain today over 40% of young people experiment with drugs before they are sixteen, in some areas it is even higher than this. In fact if current trends continue the people who do not use drugs will be in the minority. Non-drug users will be different. But, young footballers are already different.



Many young people do not have your talent and do not have any idea of where they are going in life. You do know what you want to be — a successful footballer. If you want to achieve this ambition you'd better get one thing clear. There is no room for illegal drugs of any kind. Even many of the legal drugs (such as those taken as cough medicines and cold cures) contain substances that could see you lose your career ●

**NEVER, EVER TAKE ANY MEDICINE WITHOUT
CHECKING IT OUT FIRST WITH YOUR CLUB
DOCTOR OR PHYSIOTHERAPIST**

KNOW THE SCORE...

'Recreational' drug use may not cause major problems for most young people, however, this is not true of professional footballers. Just one puff on a cannabis 'joint' can lead to a positive urine sample and may end your career. Cannabis can stay in the blood stream for up to 8 weeks. Think about that fact before you have a quick blast of weed, a line of coke or whiz or an 'E'. You are playing for some really high stakes here and it's just not worth it, because you might be the one that gets caught ●

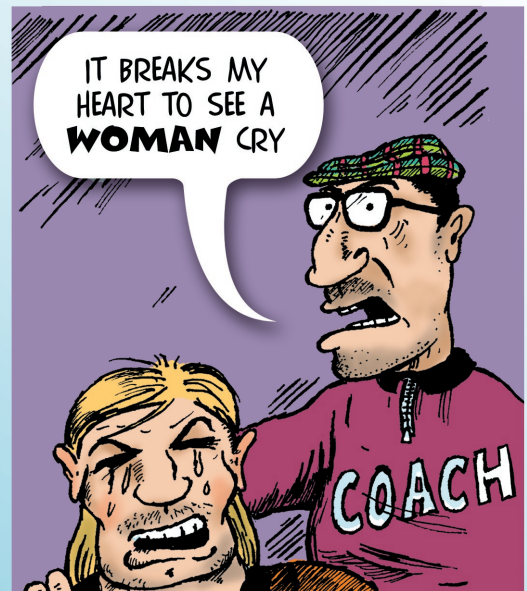


REMEMBER
A DRUG LIKE CANNABIS CAN STAY
IN THE BLOOD STREAM FOR UP TO
EIGHT WEEKS

THE EARLY, LONG, LONG BATH

Drug addicts and recreational drug users who are also footballers run the risk of being found guilty of using illegal 'social' drugs. Others will be running the risk of being found guilty of using legal medicines that contain substances that are banned because they are said to have the ability to improve a footballers performance. These drugs (including the steroids) are called 'performance enhancing'. The message for professional footballers is clear, you can't take anything into your body unless you are sure it won't get you into trouble for being a 'social' drug or a 'performance enhancing' drug. Be careful out there. You have got more to loose than almost any other young person you might have grown up with ●

**DON'T WASTE IT ALL FOR THE SAKE OF
A QUICK BUZZ**

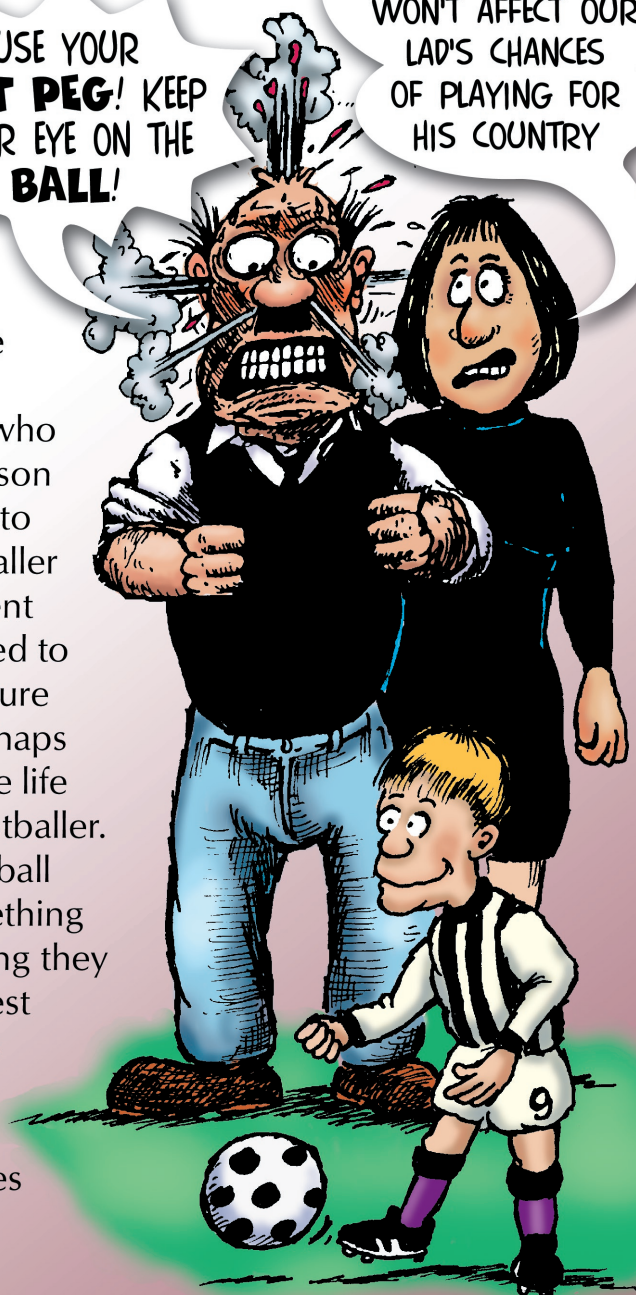


PUSHING TO THE LIMIT

The last word must go to the parents and families of would be professional footballers. Some of the people who have resorted to drugs have done so to escape from the intense pressure that is placed upon them to succeed by parents who push too hard. If a young person has the ability and the desire to become a professional footballer all they need is encouragement and support. They do not need to be subjected to intense pressure from pushy parents who, perhaps with the best intentions, make life unbearable for the young footballer. For these young players, football soon becomes a chore, something they have to do, not something they want to do. One of the saddest cases we have dealt with was a young person who found comfort in heroin as a way of escaping from the pressures to succeed placed on him by his parents ●

USE YOUR
LEFT PEG! KEEP
YOUR EYE ON THE
BALL!

I'M SURE
HAVING HIS TEA NOW,
WON'T AFFECT OUR
LAD'S CHANCES
OF PLAYING FOR
HIS COUNTRY





ENDORSED BY:

Mr Geoff Thompson, JP

Chairman, The Football Association

Richard Scudamore

Chief Executive, The F.A. Premier League

Gordon Taylor

Chief Executive
Professional Footballers Association

David Dent

Secretary to The Football League

**IF YOU WOULD LIKE MORE INFORMATION
CONTACT YOUR CLUB DOCTOR
OR PHYSIOTHERAPIST**

Lifeline Publications

101-103 Oldham Street, Manchester M4 1LW

Telephone: 0161 839 2075 Fax: 0161 834 5903

E-mail: publications@lifeline.org.uk Web: www.lifeline.org.uk

Lifeline is a registered charity No.515691

