

**ASK, LISTEN, LEARN:**  
**KIDS AND ALCOHOL**  
**DON'T MIX**

WHAT DOES IT TAKE TO BE A **CHAMPION?**



**Christian Taylor**  
Olympic Gold Medalist,  
World Champion, Track & Field

**“Meet the Superstars”**

April Holmes, Christian Taylor, and Taylor Ritzel

**Be MVP of Your Community!**

**Alcohol and Your Growing Body**

**Fun Games and More!**

Visit [asklistenlearn.org](http://asklistenlearn.org) to take the pledge, learn about more superstars, and play fun and educational games.

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## Be a Champion for Your Body

You are a complex organism that consists of many moving parts and countless physical and chemical processes. Your body parts are intricately interconnected and you're still growing. The lungs and brain work together to aid in respiratory function. Your mouth, esophagus, stomach, and intestines work together to digest food and distribute nutrients into the blood, which is siphoned through to other vital organs. See below to learn more about your body as well as how saying "YES" to a healthy lifestyle and "NO" to underage drinking affects these functions.

### BRAIN

Alcohol can damage the frontal lobes while they're still developing, which is part of the brain that makes decisions.

### IMMUNE SYSTEM/ THYMUS

Alcohol can deplete the body of vital minerals and vitamins. The immune system depends on these nutrients.

### MUSCLE SYSTEM

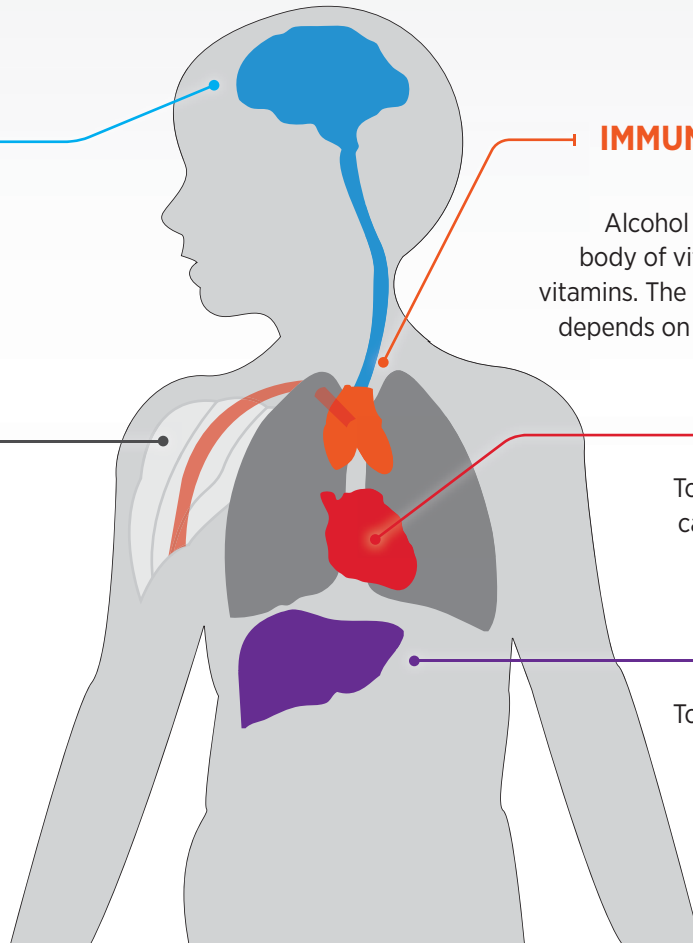
Alcohol can deprive the body of nutrients and water that your muscles need to work properly. Too much alcohol can also lead to weight gain, which is a burden on the body.

### HEART






Too much alcohol can contribute to heart disease.

### LIVER

Too much alcohol can cause liver disease.



## Your Major Organs and Physical Processes

Organ or System	Function
 <b>Brain</b>	The brain and spinal cord govern your nervous system, which spreads throughout your body.
 <b>Blood Vessel/ Artery</b>	The cardiovascular system sends blood throughout the body. The heart is its central pump.
 <b>Muscle Group</b>	Your bones and muscles give your body structure and allow it to move.
 <b>Thymus</b>	Your thymus is part of your immune system, which keeps you healthy.
 <b>Liver</b>	The liver plays a crucial role in the digestive process.

# SUPERSTAR STATS

Learn more about our Champions.



## April Holmes

**Sport:** Track & Field  
**Hometown:** Somerdale, NJ  
**Education:** Norfolk State University  
**Awards:**  
 2012 Paralympic Bronze Medalist  
 2008 Paralympic Gold Medalist  
 2004 Paralympic Bronze Medalist



## Taylor Ritzel

**Sport:** Rowing  
**Hometown:** Larkspur, CO  
**Education:** Yale University  
**Awards:**  
 2012 Olympic Gold Medalist  
 2011 World Champion  
 NCAA Champion



## Christian Taylor

**Sport:** Track & Field  
**Hometown:** Fayetteville, GA  
**Education:** University of Florida  
**Awards:**  
 2012 Olympic Gold Medalist  
 2014 World Relays Gold  
 2011 World Champion

## Unscramble Like a Champion!

Unscramble the letters below to reveal key words that describe these top athletes.

**LDSMATIE**    □ □ □ ○ □ □ □ ○

**PNMRIAPALAY**    □ □ □ □ □ ○ □ □ □ □ □ ○

**RTNSGO**    □ □ □ □ ○ ○

**SMOHCIPA**    □ ○ □ □ □ ○ □ □ □

Now unscramble the letters in the circles to finish this quote from Taylor Ritzel:

**“If you truly believe in yourself, work harder than anyone else, love what you do and dream big, you can do** ○ ○ ○ ○ ○ ○ ○ ○ **.”**

Answers: medalist, paralympian, strong, champions, anything

## Christian's Workout

Christian warms up for about 45 minutes by doing sprints and short hops called “bounds.” Then comes the core of his workout.

**Christian's drill is to complete a triple jump as many times as possible in two minutes.**

He runs, jumps, then runs back to the starting line and jumps again! He tries to jump the same distance every time. Christian estimates that he jumps about 20 times during a drill—20 jumps in two minutes! He rests for a while and then does the drill again.



# Sunshine in April

April Holmes was lying in a hospital bed when she first heard of the Paralympic Games. She had lost part of her leg in a train accident, and a doctor told her of the competition for disabled athletes. Immediately April began setting goals—to wear the USA uniform, to break records, and to win gold medals.

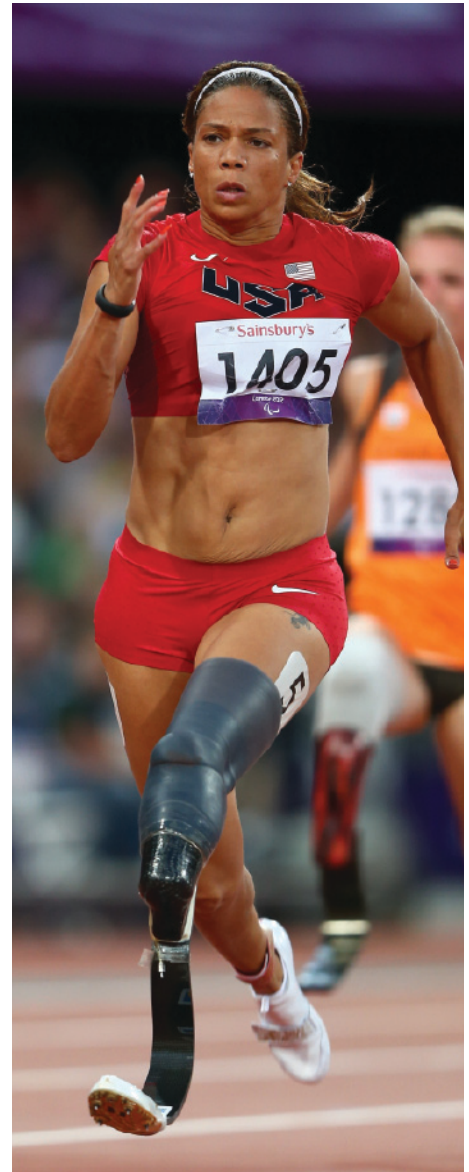
April's key to success throughout her recovery and training was perseverance. As she puts it, "It's not about how bad you want something, it's about how bad you are willing to work to get that something." April never gave up and, one by one, she met all of her goals.

**Training for the Paralympics sounds difficult. How much of your preparation is physical and how much is mental?** I consider training 100% physical and 100% mental, for it takes all you have physically and mentally to represent the United States and also to be a gold medalist. One of the more challenging things is to make sure you stay focused at all times on your goals. If so, regardless of the outcome, you will be successful knowing you gave your best.

**When you were a young athlete, what were your biggest challenges off the track? In particular, how did you decide to say "YES" to a healthy lifestyle and "NO" to underage drinking?** Having attended school in the inner city, I constantly reminded myself not to fall victim to some of the negative things around me. I knew so many people in jail, pregnant, on drugs, and consuming alcohol. With every decision I had to make, I always asked myself, "Is it worth it?" My answer dictated my action. So I always allowed school, track, and basketball to keep me busy so I would stay out of trouble.

**How did belonging to a team affect your approach to your sport?** When I train, I think about what an honor it would be to be considered one of the best in the United States and one of the best in the whole wide world. So when there comes a day when I am too sore to practice or want to skip practice and do something else, I think of how badly I want to wear the USA uniform and represent this great country.

**How do you measure a good race?** I measure a good race based on if I did what I had trained to do, then by what place I finished. You always have to consider that there are times when others may grow, excel, or do better than you. That in no way should reflect how you feel about yourself. Just look in the mirror and ask yourself if you are doing your best and that should determine how you feel.



## How to Be a Champion for Your Community: 3 Steps!

### 1 Get Involved!

Being a member of a community involves both giving and receiving. Giving your time and energy keeps a community strong. But being involved also benefits the giver! Working with others brings joy, knowledge, and new skills.

### 2 Represent Your Community Well!

Members of a community are representatives of that community. This means that your behavior in public affects how people view your community. That's why it's important to be mindful of your manners and to respect others.

### 3 Give Back!

Communities need your help to survive and thrive. Your community has likely helped and supported you in the past, so be sure to give back. Doing this holds the community together and also helps the community accomplish its goals. Every bit of effort and care counts!