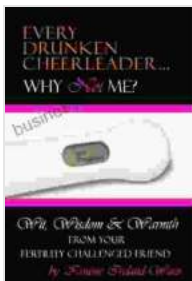


# Every Drunken Cheerleader Why Not Me: A Long Tail Analysis of the Female Athlete's Experience with Alcohol

Alcohol use among young people is a serious public health concern. According to the Centers for Disease Control and Prevention (CDC), approximately 3,000 people under the age of 21 die each year from alcohol-related causes. Binge drinking, defined as consuming five or more drinks on a single occasion for men and four or more drinks for women, is particularly dangerous and can lead to a variety of health problems, including alcohol poisoning, liver damage, and sexual assault.

Female athletes are at an increased risk for alcohol use and binge drinking. A study published in the journal Pediatrics found that female athletes are more likely to binge drink than non-athletes. Another study, published in the journal Addictive Behaviors, found that female athletes are more likely to engage in heavy drinking (defined as consuming more than three drinks per week) than non-athletes.

There are a number of factors that may contribute to the increased risk of alcohol use and binge drinking among female athletes. These factors include:



## Every Drunken Cheerleader: Why Not Me? by Kathy Charner

★★★★☆ 4.2 out of 5

Language : English

File size : 350 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled  
Print length : 168 pages  
Lending : Enabled



- **Pressure to succeed.** Female athletes often feel pressure to succeed both on and off the field. This pressure can lead to stress and anxiety, which can be exacerbated by alcohol use.
- **The culture of sports.** The culture of sports often glorifies alcohol use. This can lead female athletes to believe that drinking alcohol is an acceptable way to celebrate success or cope with defeat.
- **Peer pressure.** Female athletes may feel pressure to drink alcohol from their teammates and friends. This pressure can be difficult to resist, especially for young athletes who are still developing their own identities.

The consequences of alcohol use and binge drinking for female athletes can be devastating. Alcohol can impair judgment, coordination, and reaction time, which can lead to injuries. Alcohol can also increase the risk of sexual assault and other forms of violence.

In addition to the physical and psychological risks, alcohol use and binge drinking can also damage a female athlete's career. Alcohol can lead to impaired performance, missed practices and games, and disciplinary action.

Every Drunken Cheerleader Why Not Me is a 2011 documentary film that explores the issue of alcohol use and binge drinking among female

athletes. The film follows the stories of several female athletes who have struggled with alcohol abuse.

One of the athletes featured in the film is Sarah Thomas, a former cheerleader at the University of California, Berkeley. Thomas began drinking alcohol at a young age and quickly developed a problem with binge drinking. She would often drink to excess before and after cheerleading practice and games.

Thomas's drinking began to take a toll on her health and her cheerleading career. She gained weight, her grades suffered, and she missed practices and games. She also began to experience blackouts and other symptoms of alcohol dependence.

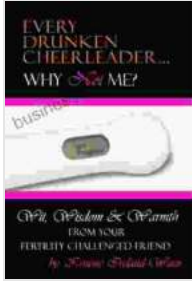
Thomas eventually sought help for her alcohol problem. She went to rehab and began attending Alcoholics Anonymous meetings. With the help of her support group, Thomas was able to get sober and rebuild her life.

Thomas's story is not unique. Many female athletes struggle with alcohol use and binge drinking. The film *Every Drunken Cheerleader Why Not Me* sheds light on this issue and provides hope for recovery.

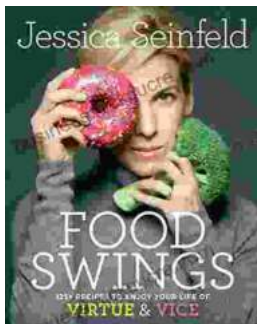
Alcohol use and binge drinking are serious problems among female athletes. The consequences of alcohol abuse can be devastating, both physically and psychologically. If you are a female athlete who is struggling with alcohol use or binge drinking, please seek help. There are many resources available to help you recover and rebuild your life.

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