

# Michigan State Police Training Academy



## Training Announcement



### Life of an Athlete

*Presented by*

**John Underwood**

The Michigan State Police Training Academy is hosting a seminar presented by Mr. John Underwood which illustrates the negative physical, psychological, and physiological effects of drugs and alcohol on the athlete. He has conducted the only physiological case study of the residual effects of alcohol on elite athletic performance and has worked with nearly all sport federations including the NHL, NCAA, ECAC, NFL, NBA, USAF, and is a Human Performance Consultant for the U.S. Navy Seals. For more information, please visit the [American Athlete Institute](#).

**DATE:** Monday, June 21, 2010

**TIME:** 6:30 p.m. - 8:00 p.m.

**PLACE:** Michigan State Police Training Academy  
7426 N. Canal Road  
Lansing, MI 48913

**COST:** Free

**REGISTRATION:** Fax completed [enrollment form](#) to [Ms. Sheila Cowles](#) at (517) 322-6363. Seating is limited to 230.