



Promoting Student-Athlete Wellness
and Substance Abuse Prevention

A training institute to learn how to apply the APPLE model within athletics departments to prevent student-athlete substance abuse and promote health and wellness.

Greetings!

Fall is in full swing and student-athletes are settling into the year. As administrators, it is time to think about the ways that we can enhance our prevention programs. In this issue, we highlight NCAA Sport Science Institute resources including the CHOICES Alcohol Education Grant Program and marijuana education tools. We will also provide an overview of the NCAA Division II APPLE Training Institute held in September. We hope you consider returning to APPLE in 2018. There are limited spots available and we would love to have you join us!

Susie Bruce, Director
Holly Deering, Program Manager



2018 APPLE Training Institutes

Join us January 19-21 in Charlottesville, VA*
Limited spots available. [Register today!](#)

Waitlist only for San Diego, CA location

**Optional [Step UP! Bystander Intervention Facilitator Training](#) also available on January 19th*

NCAA CHOICES Alcohol Education Grant Program

Looking for a fantastic way to fund your prevention efforts? The NCAA CHOICES Grant Program provides funding for NCAA member institutions and conferences to integrate athletics into campus-wide efforts to reduce alcohol abuse. NCAA CHOICES projects must partner athletics with other campus departments in the development and implementation of effective campus-wide alcohol education projects. The grant provides \$30,000 over three years to implement the proposed prevention efforts. Grantee schools are required to attend APPLE at least once and can use the grant money to cover registration and travel. Applications are now available and due on February 14, 2018.



<http://www.ncaa.org/sport-science-institute/ncaa-choices-grant>

Marijuana Education Resource

The NCAA Sport Science Institute recently created a [scripted PowerPoint presentation](#) to help educate student-athletes about facts and issues surrounding marijuana use. The resource is free and available for all NCAA member schools to download.



Step UP! Bystander Intervention Facilitator Training

Save the date! May 14 - 15, 2018 in Orlando, FL

Step UP! is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others. It received a NASPA Gold award and recently was identified as a 'Best Practice' by the NCAA Sports Science Institute of national and international scholars.

NCAA sponsorship available. More information on the [Step UP! website](#) on December 1st.

Recap: NCAA Division II APPLE Training Institute



On September 22-24, over 200 student-athletes and administrators came to Reston, VA, to participate in the second NCAA Division II APPLE Training Institute. They represented thirty-five schools from all across the country, including Alaska and Hawaii. APPLE staff tailored the curriculum to address the specific needs of NCAA Division II student-athletes.

A large majority of the attendees had not attended APPLE before and really valued the opportunity to come together and learn about best practices in substance abuse

prevention. One athletics administrator commented "to be honest we had no idea really what to expect heading into this training. But it was one of the best forums I have personally attended. Everyone that joined me loved it. We felt that we left the training with a very good idea of a program that we wanted to implement on our campus. We are so excited to meet again and get our ideas and thoughts on paper and charge forward with our plan."

Seventy-seven percent of schools decided to focus their action plan on the Education slice of the APPLE model. Many of these schools plan to implement student-athlete mentor programs at their campus. Other action plans included creating a video contest on alcohol misuse, bystander intervention training and holding monthly educational training for their athletes.

Participants valued the time spent networking with other NCAA Division II attendees. Specifically the student-athletes bonded over their shared experiences. One wrote, "the best aspect of the training was that I got to meet other athletes who compete in Division II athletics."

Upcoming Training Institutes

January 19-21, 2018 in Charlottesville, VA

January 26-28, 2018 in San Diego, CA

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