



PREPARING FOR THE ASSOCIATION- WIDE APPLE TRAINING INSTITUTE

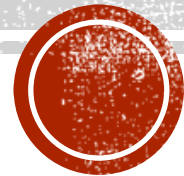


POLL — WHO'S HERE?

First time

Attended with another school

Returner at same school



Sponsors



Educational Partners

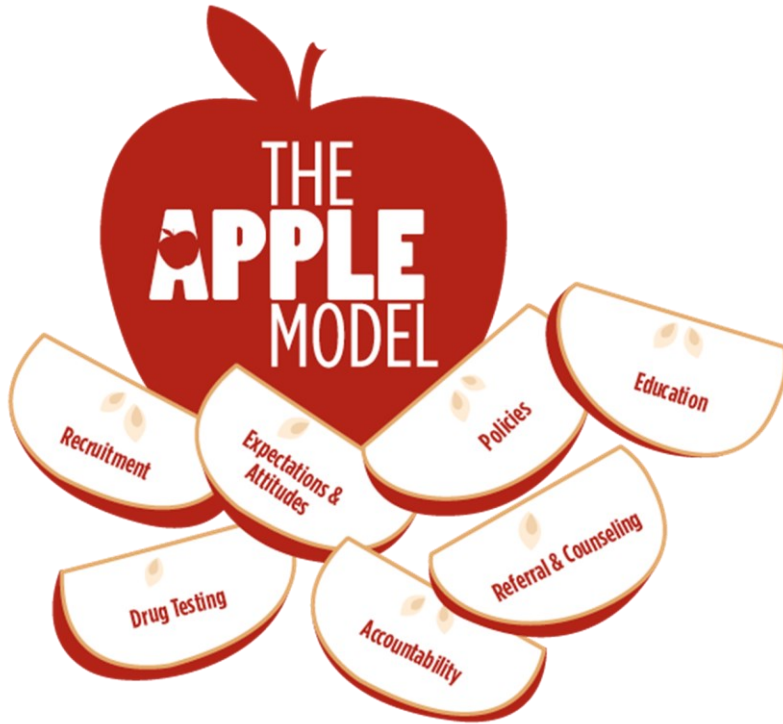




A BRIEF HISTORY OF APPLE

- **1991** – APPLE model created at the University of Virginia
 - **1992** – First NCAA-funded APPLE Conference
 - **2015** – First NCAA Division II-only APPLE Conference
 - **2017** – Changed name to APPLE Training Institute
-
- Over 60% of all NCAA-member schools have attended at least one APPLE Training Institute!
 - NCAA grant covers 90% of the cost





THE APPLE MODEL OF SUBSTANCE MISUSE PREVENTION: “7 SLICES”

Recruitment

Expectations & Attitudes

Policies

Education

Drug Testing

Accountability

Referral & Counseling





**WHAT WILL ATTENDING
APPLE DO FOR YOUR
ATHLETICS
DEPARTMENT?**





The APPLE Training Institute will help your athletics department prevent alcohol and other substance misuse through:

- Education
- Empowering teams
- Networking
- Post-training coaching



APPLE TRAINING INSTITUTE LEARNING OUTCOMES:

APPLE participants will...

- improve relationships between administrators and student-athletes
- increase understanding of the APPLE Model
- increase ability to impact substance misuse problems
- increase student ability to confront teammates
- increase student leadership skills
- increase knowledge of alcohol, tobacco, and other drug (ATOD) issues for student-athletes
- increase knowledge of effective ATOD prevention programs
- create a clearly defined, measurable action plan





DURING APPLE:

Your team will create and submit a customized, measurable action plan to impact substance misuse among student-athletes.





PREPARING FOR APPLE...

What should you do before
the Training Institute?



BUILD YOUR APPLE TEAM!

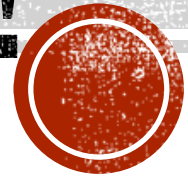
All team members must complete individual registration by:

Thursday, November 16

- At least four but no more than six members.
- At least 2 members must be student-athletes with NCAA eligibility through 2024-25.
- At least 1 member must be a full-time employee.
- Focus on providing a variety of perspectives and skills.
- Consider inviting health educators, athletic trainers, your FAR, & student-affairs professionals.
- **Is your team representative of your athletics department and/or school?** Consider gender, ethnicity, athletic teams, etc.



**POLL — HOW MANY
TEAM MEMBERS DO
YOU PLAN TO BRING?**





“HOMEWORK” FOR ALL ATTENDEES TO COMPLETE BEFORE YOU ARRIVE AT APPLE:

- Ask 5 people (student-athletes, administrators, coaches, etc.):

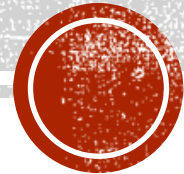
“What are the biggest issues surrounding alcohol and other drugs in our athletics department?”



**REQUIRED APPLE ATHLETICS
DEPARTMENT BASELINE
ASSESSMENT –**

DUE THURSDAY, NOVEMBER 16

Your campus assessment results form the basis of your team meetings and action plan.



Due Thursday, November 16



- Goal: to assess how well your athletics department meets each of the 7 guiding principles of the APPLE Model.
- Allow **45 minutes** to complete if you gather information in advance.
- Only 1 submission per campus.
- Must be submitted online – no faxes or emailed copies accepted.
- Check your APPLE registration confirmation email for a blank copy of the survey, hints for completion and a link to our 12-minute video.
- Team contacts will receive confidential results prior to APPLE to share with your team.

SHARE YOUR SCHOOL'S SUCCESS AT APPLE!

- Do you have an outstanding policy, program, campaign, or educational effort that you'd be willing to share?
- We have a presentation block for 30-minute school presentations.
- Preference given to schools reporting on the results of previous APPLE action plans.

Past presentations include:

- Social norms campaigns
- SAM/peer mentor programs
- Educational outreach (late night, orientation, etc.)
- Policy development
- Mental health resources

**Apply by
Thursday November 16**












APPLE APP — CHECK YOUR EMAIL IN EARLY JANUARY FOR THE INVITE!

- Presentation PDFs
- Editable team meeting facilitation guide and action plan form PFDs
- Action plan guide and sample plans
- Links to:
 - Pre/post test
 - Evaluations
- Connect with presenters and other participants

5:14



More

-  APPLE Pre-Test
-  Action Plan
-  Overall Evaluation
-  Activity Feed
-  APPLE Model
-  Attendees
-  Educational Partners
-  Hotel Information
-  Schools at APPLE





CHARLOTTESVILLE DETAILS: JANUARY 12-14, 2024

- Location:
 - Doubletree by Hilton
 - Charlottesville/Albemarle Airport (CHO)
 - 4 miles from the hotel
 - Parking is available at the hotel at no charge
 - Dulles International Airport (IAD)
 - 2-hour drive from the hotel
 - Workout facility, hot tub and pool
 - Free wireless internet in meeting spaces and guest rooms





NEWPORT BEACH DETAILS: JANUARY 19-21, 2024

- Hyatt Regency John Wayne Airport, Newport Beach
 - Complimentary round-trip transportation from John Wayne Airport (SNA)
 - Parking: \$30/night
- Fitness center, heated outdoor pool and whirlpool, BLVD Market with coffee, baked goods, & sandwiches
- Free wireless internet in meeting spaces and guest rooms





BOTH LOCATIONS:

- Double-occupancy hotel rooms Friday & Saturday night
 - Indicate roommate on individual registration form or a roommate of the same gender will be assigned to you (students with students and admin with admins).
- If your travel plans require additional nights at the hotel or you would like a single room, we extend the conference room rate for reservations not covered by the NCAA grant.
 - You must book single/extra night rooms with APPLE staff. We will send you a payment link. Do not call the hotel directly.
 - \$153/night for Charlottesville
 - \$221/night for Newport Beach
- **Each person needs to provide a debit/credit card to cover incidentals.**

APPLE Staff will make ALL hotel arrangements!





MEALS:

- Meals provided from Friday dinner through Sunday breakfast.
- HOT breakfasts!
- Snack break on Saturday afternoon!
- Please indicate dietary needs on the individual registration form.
- There are vegetarian options at all meals.
- We meet all dietary needs if provided with advance notice.





CANCELLATION POLICIES:

- Cancellations on or **before December 1**, will result in a **full refund** of your registration fee.
- Cancellations made **between December 2 and 11** will result in a **forfeit of your registration fee**.
- Cancellations made **after December 11**, will result in **\$200/person cancellation fee** as we have already sent final confirmations to the hotels.





WHAT TO BRING

- **DRESS:**

- Bring casual dress. Khakis, jeans, sweats are fine.
- Attire that represents your college, university, or team is encouraged!
- Optional: Pack a swimsuit and workout clothes

- **MATERIALS:**

- At least one person should have a laptop or Wi-Fi device to complete forms and submit by email.



**YOU'RE AT APPLE...
NOW WHAT?**





THROUGHOUT THE WEEKEND...

APPLE keynote & breakout sessions will cover a variety of topics:

- The impact of alcohol and cannabis on performance
- Nutrition
- Drug Testing
- Hazing
- Mental Health
- ... and much more!

You'll also have:

- Terrific networking opportunities
- Chances to share ideas & evaluate sessions





WHEN YOU ARRIVE...

- Check in (1:30 – 4:00 pm Friday):
 - Each team member must check-in at the APPLE welcome table and check-in at the hotel front desk.
 - Fill out the quick pre-test and you'll receive your APPLE swag (t-shirt, string bag, etc.)!
 - Note: Please tell us in advance if your team needs to arrive on Thursday (we will make the hotel arrangements and bill you for extra nights).





FRIDAY (4PM – 9PM)

- Our first session starts at 4:00 pm, and dinner begins promptly at 5:30 pm.
- Please send us an email or text if your team has travel delays and will miss dinner. We will work with the hotel to get you fed!
- Focus of the evening:
 - Foundations of the APPLE model
 - Understanding the impact of alcohol and cannabis on athletic performance
 - Best practices for substance misuse prevention
 - Effective ways to reach students!
- Trivia games and T-shirt swap (optional - starting at 9pm)

Friday evening keynote speaker Linda Hancock, FNP, Ph.D.



Paul Harris (Charlottesville, VA)



Aaron Davis (Newport Beach, CA)

SATURDAY (9AM – 8PM)

MORNING:

- Learn about the APPLE model and its applications for your school.
- Team meetings to discuss your campus needs and begin to create an action plan

AFTERNOON:

- Breakout sessions on health and wellness issues for student-athletes
- Team meetings to create action plans

EVENING:

- Keynotes:
 - Charlottesville: Paul Harris
 - Newport Beach: Aaron Davis





SUNDAY 9AM – 11AM

- “Elevator speech” timed competition
- Tips for taking APPLE back home
- Final team meeting to submit your completed Action Plan
- Post-test: What did you learn this weekend?
- Complete online evaluations: What did you love about APPLE? What can we improve?



**AFTER APPLE:
TAKING IT ALL BACK TO CAMPUS!**





TEAM CONTACT EXPECTATIONS:

- Meet with your APPLE team to implement the action plan you created at the Training Institute.
- Complete post-APPLE surveys on your progress, barriers, etc. (October 2023 & February 2024).
- Keep APPLE staff informed of changes to team contact information.

ADVICE FROM APPLE TEAM CONTACTS:

"You really need to have a team meeting before you come to APPLE! It is really important to review the purpose and what to expect. That way you are not spending time at APPLE dealing with confusion or overwhelmed team members"

"Review expectations to attend and participate in all sessions."





MORE ADVICE FROM TEAM CONTACTS:

“Come in with an open mind and LISTEN to your student-athletes.

They are the cornerstone of your success if you let them honestly tell you what is truly happening and what your needs are.”





RETURNING TEAM CONTACTS:

- What advice would you give to new schools to have a successful APPLE experience?
- Please unmute or use the chat.





REMEMBER:

Due Thursday, November 16:

- Individual team member registration
- Athletics department Baseline Assessment
- Proposals for 30-minute presentations

WHAT QUESTIONS DO YOU HAVE?

- APPLEathletics@virginia.edu
- 434-982-0743

