



**PREPARING FOR THE DIVISION II-
ONLY APPLE TRAINING INSTITUTE**



POLL — WHO'S HERE?

First time

Attended with another school

Returner at same school



Sponsors

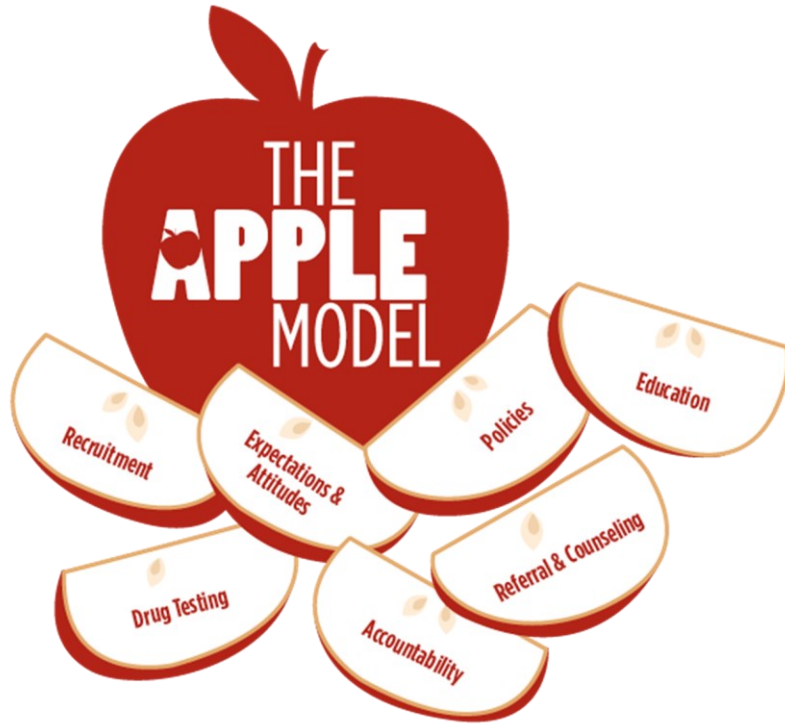




A BRIEF HISTORY OF APPLE

- **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
 - **2022** – First virtual APPLE Training Institute
-
- NCAA DII – only APPLE held approximately every 18 months
 - Over 60% of all NCAA-member schools have attended at least one APPLE Training Institute!





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



A man with short dark hair and a beard is speaking at a conference. He is wearing a black shirt. In the background, other people are seated at tables, and the room has warm lighting. A semi-transparent grey box with a white speckled pattern is overlaid on the bottom half of the image, containing text.

DURING APPLE:

Your team will create and submit a customized, measurable action plan to impact substance misuse on your campus.





PREPARING FOR APPLE...

What should you do before
the Training Institute?



BUILD YOUR APPLE TEAM!

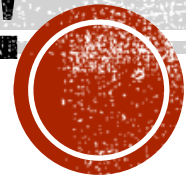
Registration:

All team members must complete individual registration by **Thursday, November 30, 2023**

- 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?”

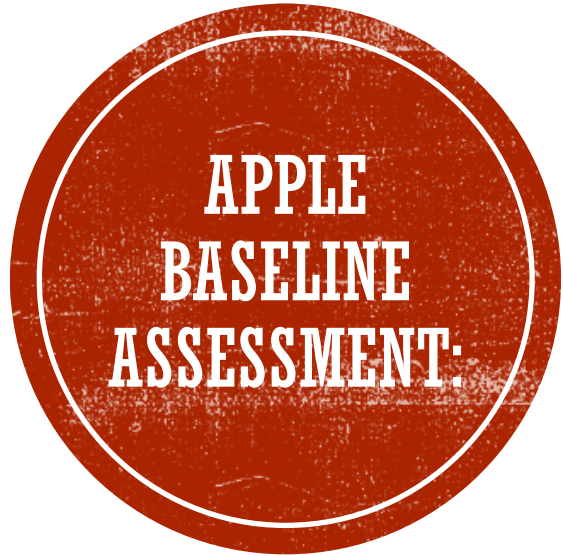


REQUIRED APPLE ATHLETICS DEPARTMENT BASELINE ASSESSMENT –

DUE THURSDAY, NOVEMBER 30

Must be submitted online – no faxes or
emailed copies accepted.





- 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 one submission per campus.
- Check your confirmation email for a blank copy of the survey, hints for completion and a link to our 12-minute video.
- Your campus assessment results form the basis of your team meetings and action plan.
- Team contacts will receive confidential results prior to APPLE to share with your team.

Due Thursday, November 30

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 block for 30-minute school presentations.
- Preference given to schools reporting on the results of previous APPLE action plans.
 - Social norms campaigns
 - SAM/peer mentor programs
 - Educational outreach (late night, orientation, etc.)
 - Policy development
 - Mental health resources

Apply by
Friday, November 10



APPLE APP — CHECK YOUR EMAIL IN EARLY FEBRUARY 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





2024 DIVISION II APPLE TRAINING INSTITUTE DETAILS:

- Orlando, Florida February 23 – 25, 2024
- Location: Embassy Suites by Hilton Orlando
 - Orlando International Airport (MCO): 8 miles away
 - No hotel shuttle from airport.
 - Contract for Mears Shuttle 407-423-5566 or use rideshare.
 - Travel must be booked through Shorts Travel - information on the booking process will be sent in December
 - Discounted self-parking: \$10/day
 - \$100 per person stipend from Division II to cover incidentals including ground transportation (provided AFTER APPLE)





ACCOMMODATIONS:

- Friday and Saturday night lodging
 - Double-occupancy for student-athletes.
 - Single occupancy for administrators.
- Workout facility, hot tub and pool
- Free wireless internet in meeting spaces and guest rooms
- 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.
- Snack break on Saturday afternoon!
- HOT breakfasts!
- Please indicate dietary needs on the individual registration form.
- There are vegetarian options at all meals.
- We will ensure dietary needs are met with advance notice.





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 will be arriving very early on the first day or if you need arrive on Thursday (we will make the hotel arrangements).





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.



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:

- Ivy Watts: It's Okay To Not Be Okay - Tools For Self-Care
- Team building & community service activity (optional - starting at 8pm)



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 Friday, November 10
 - Proposals for 30-minute presentations
- Due Thursday, November 30
 - Individual team member registration
 - Athletics department Baseline Assessment

WHAT QUESTIONS DO YOU HAVE?

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

