



Athletic
Prevention
Programming &
Leadership
Education

**PREPARING FOR THE 2025 DIVISION
II-ONLY APPLE TRAINING INSTITUTE**



POLL — WHO'S HERE?



First time

Attended with another school

Returner at same school

Sponsors



DIVISION II

MAKE IT YOURS

GORDIE CENTER

UNIVERSITY *of* VIRGINIA

 gordie.org

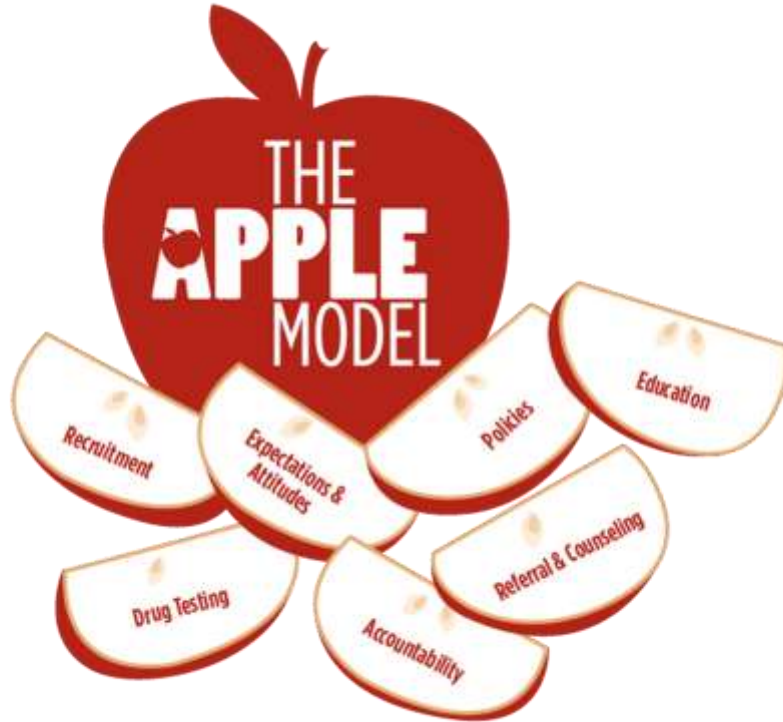




A BRIEF HISTORY OF APPLE

- **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
 - **2025** – 6th Division II-only APPLE
-
- NCAA DII – held every 18 months
 - 59% of all NCAA Division II-member schools have attended at least one APPLE Training Institute!
 - We offer NATA CEUs for Athletic Trainers!





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 helps 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





PREPARING FOR APPLE...

What do you need to do
now?



BUILD YOUR APPLE TEAM!

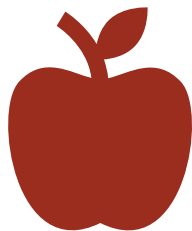
Registration:

All team members **including team contacts** must complete individual registration by **Wednesday, April 30, 2025**

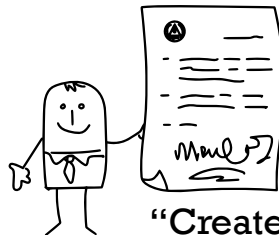
- At least four but no more than six members.
- At least 2 members must be student-athletes with **NCAA eligibility through spring of 2026 (ideally through spring 2027)**.
- At least 1 member must be a full-time employee.
- Focus on providing a variety of perspectives and skills.
- Consider inviting health educators, athletic trainers (CEUs offered!), your FAR & student-affairs professionals.
- Is your team representative of your athletics department and/or school?
- *Consider gender, ethnicity, athletic teams, etc.



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"



"Create an APPLE contract for students to sign before attending – include costs they will incur if they cancel and expectations for how they will contribute to the action plan over the year."



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



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





2025 DIVISION II APPLE TRAINING INSTITUTE DETAILS:

- Denver, Colorado September 19 – 21, 2025
- Location: Sheraton Denver Downtown Hotel
 - Denver International Airport (DEN): 26 miles away (~ 1 hour drive)
 - Airfare (for those 400+ miles away) must be booked through Shorts Travel - information on the booking process will be sent in late June.
 - No hotel shuttle from airport.
 - Light rail from the airport is \$10 each way (90 minutes)
 - Rideshare is ~\$50 each way
 - Discounted self-parking: \$30/day
 - \$100 per person stipend from Division II to cover incidentals including ground transportation (provided AFTER APPLE)





SHERATON DENVER DOWNTOWN HOTEL

- Friday and Saturday night lodging provided.
 - Double-occupancy for student-athletes.
 - Single occupancy for administrators.
- Free wireless internet in meeting spaces and guest rooms.
- Fitness center, Topgolf Swing Suite, and heated rooftop pool.
- Each person needs to provide a physical debit/credit card to cover incidentals.

If your team will be arriving very early on the first day or if you need to arrive on Thursday let us know so we can coordinate with Shorts Travel and the hotel.

****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.
- **NEW school t-shirt for the t-shirt swap.**

■ MATERIALS:

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



“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?”



TEAM CONTACTS ONLY:

**REQUIRED APPLE ATHLETICS
DEPARTMENT BASELINE
ASSESSMENT –**

DUE WEDNESDAY, MAY 28

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

ONLY ONE PER SCHOOL





Due Wednesday, May 28

- 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.
- You'll receive an email with a blank PDF of the survey and a link to a 15-minute video with survey completion tips after the webinar.
- Your campus assessment results form the basis of your team meetings and action plan.
- Team contacts will receive confidential results in late August to share with your team.

RETURNING SCHOOLS: SHARE YOUR SUCCESS!

- 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 (orientation, team talks, etc.)
 - Policy development
 - Mental health resources

Apply by Wednesday, May 28



A background photograph of a large group of diverse students sitting at round tables covered with white cloths in a conference room. They are engaged in conversations and looking at documents. In the foreground, three students are seated at a table, looking at a document together. A semi-transparent grey box with a textured pattern is overlaid on the bottom right 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.





THROUGHOUT THE WEEKEND...

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

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

You'll also have:

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





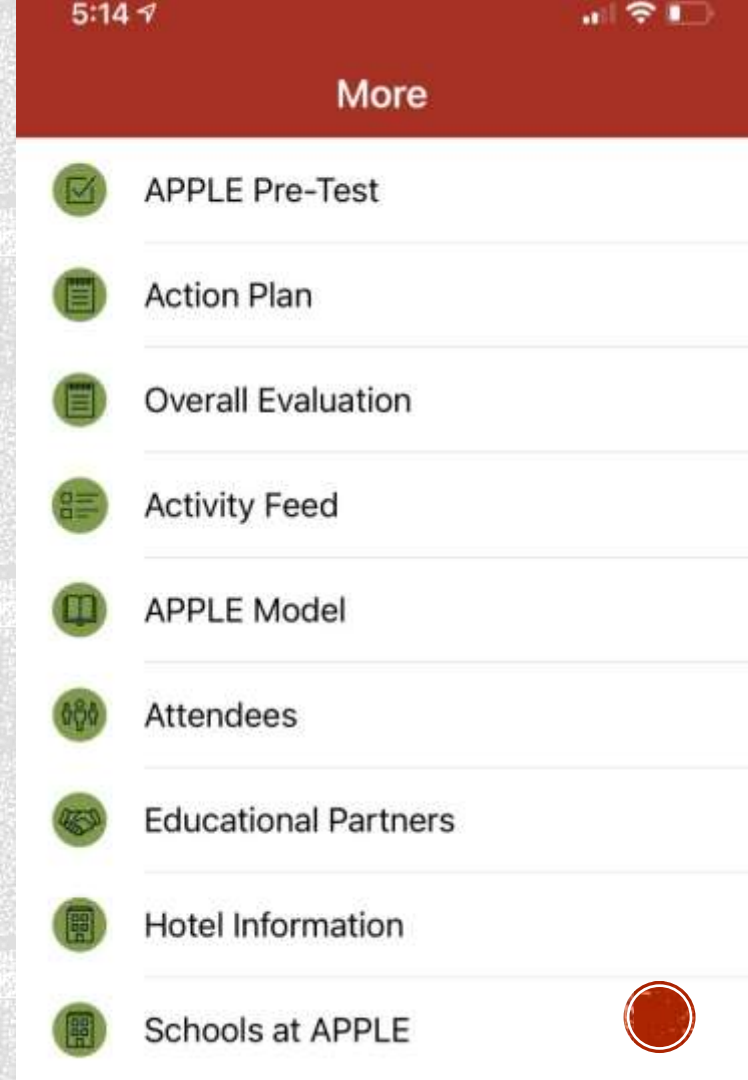
WHEN YOU ARRIVE...

- Check-in to the hotel either at the front desk or virtually through the Marriott app.
- APPLE Check in (1:30 – 3:45 pm Friday):
 - Each team member must check-in at the APPLE welcome table to receive their name tag, fill out the quick pre-survey, and receive their APPLE swag (t-shirt, string bag, etc.)!



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

- All presentation slides will be on the app.
- 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.





FRIDAY (4PM — 9PM)

- 1st session starts promptly at 4:00 pm, and dinner begins 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:
 - Understanding the impact of alcohol and cannabis on athletic performance,
 - Best practices for substance misuse prevention,
 - Effective ways to reach students!

Team building & community service activity (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:

- Trivia games and T-shirt swap (optional - starting at 9pm).



SUNDAY 9AM — NOON

- Keynote: TBD
- Timed “elevator speech” activity on your action plan.
- Tips for successful action plans.
- Final team meeting to submit your completed action plan.
- Post-survey: 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. (January & May 2026).
- Keep APPLE staff informed of changes to team contact information.





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.





DEADLINES:

- Wednesday, April 30
 - Individual team member registration
- Wednesday, May 28
 - Athletics Department Baseline Assessment (required)
 - Proposals for 30-minute presentations (optional)

WHAT QUESTIONS DO YOU HAVE?

- APPEathletics@virginia.edu
- 434-924-4744

