

APPLE Model Update & New Baseline Assessment



Why update the model?

At the 2020 Charlottesville APPLE Training Institute, we conducted a focus group of 8 team contacts – all of whom had attended APPLE in 2019 – to learn about what we're doing well at APPLE, what could be improved, and what additional tools could help schools make progress on their action plans. It was clear from their feedback that the <u>APPLE model</u> – particularly the policy slice – needed to be updated. After several rounds of revisions among the APPLE Athletics staff, we recruited veteran APPLE team contacts from each NCAA division to give us final feedback.

What stayed the same? The 7 guiding principles still form the basis of a comprehensive, evidence-informed substance misuse prevention program for college athletics.

What changed?

The first change you may notice is that "sanctioning" is now called "<u>accountability</u>" to show the increased focus on educational and restorative sanctions and an expectation that athletics departments will track policy violation and adjudication data to assess equity and efficacy.

The <u>policy slice</u> has been clarified to focus only on the department's primary policy that prohibits substance misuse. Policies addressing the specifics of drug testing,

Thank you to the following team contacts for their feedback and insights!

Chris Everett, University of North Carolina at Charlotte

Heather Freehill, Saint Louis University

Christine Gannon, Gallaudet University

Kaitlin Griego, University of Mount Olive

Emily Howard, Monmouth University

Burke Kearney, Wilson College

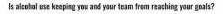
John Krimmel, St. Francis University

Tracy Randall-Loose, *Wilson College* recruitment, education, referral and expectations are included only with those slices (instead of in those areas *and* the policies slice), which minimizes overlap and confusion.

The baseline assessment has been completely overhauled to reflect these changes and questions for each slice follow a similar format. The first question for each slice is a checklist of model program components, which schools can use to develop their action plans.

Athletics-focused videos

As the academic year begins, don't forget to utilize our <u>two videos</u> to support your student-athlete education efforts. The FREE videos are approximately one-minute in length and we hope you will <u>tell us how</u> you are using them in your presentations, social media, and other ways you reach student-athletes.





How Alcohol Impacts Athletic Performance

Have you ever wondered how alcohol impacts athletic performance? Using the latest research on alcohol and performance, <u>this video</u> gives you the information you need to make the best decision for yourself and your team.

Positive Team Building

Hazing can happen to anyone -- including student-athletes. The Gordie Center's APPLE Athletics staff created <u>this video</u> to help you build a positive team culture and create a team that wins on and off the field.





APPLE Training Institute Updates

NCAA Division II Only - September 17-19, 2021 in Orlando, FL.

NCAA association-wide APPLE - TBD. Please note we are **not** planning a January 2022 APPLE.

Sue Sweeney, Mercyhurst University

Ray Tuttle, University of Mary Washington



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