

APPLE

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!

This is the first edition of a new quarterly newsletter for APPLE Conference attendees! Our goals are to keep you informed of conference updates, summarize research on student-athlete substance abuse prevention issues and provide resources to help you implement your action plans. Each issue will highlight an APPLE team that is making a difference, so keep us posted on your progress and your school may be featured in a future issue! We hope you enjoy this new resource.

Susie Bruce, Director
Holly Deering, Conference Coordinator

APPLE Celebrates 25 Years in 2016



Silver Anniversary Conferences Update

The 2016 APPLE Conferences were held in Charlottesville, VA and Grapevine, TX in January. A total of 432 participants, speakers and staff from 73 NCAA member schools came together for two memorable weekends. In addition to learning about best practices for substance abuse prevention within college athletics, participants created inspiring action plans for change. We look forward to learning more about the great initiatives and programs that will come as a result of the 2016 action plans.



Planting Seeds...

50.1% of NCAA student-athletes never drink while in season, including 19.3% who do not drink at all!*



Coaching for Success

APPLE staff are here to help provide feedback/assistance with your substance abuse prevention efforts! We can review

Alcohol impairs motor skills by decreasing strength, power and sprint performance for up to three days (72 hours). Reaction time can be affected up to 12 hours after drinking.**

survey instruments, social norms campaigns, education program plans and provide you with information about similar programs nationally. Email Holly at appleconference@virginia.edu

APPLE Team Spotlight: Nova Southeastern University

Peer-to-Peer Education Action Plan Making an Impact



In April 2015, Nova Southeastern University (Ft. Lauderdale, FL - NCAA Division II, Sunshine State Conference) sent a team to the inaugural NCAA Division II APPLE Conference in Myrtle Beach, SC. They left with an action plan focused on the Education and Expectations and Attitudes "slices" to implement a peer-to-peer education model in their athletics department.

Their multifaceted approach to education and student-athlete involvement centered on creating a series of fall education sessions presented by a select group of student-athletes. At least two student-athletes per team volunteered

to be APPLE Representatives and participate in at least one training conducted by the APPLE Action Team. Three topics were addressed in the fall: Mind, Body and Sport, Eat to Compete and the Impact of Marijuana on Performance. Partnerships across campus were critical to their success, including with counseling center staff, the FAR and nutritionist within athletics. Another important resource was the National Center for Drug Free Sport.

After each training session, the APPLE Action Team summarized the information to send to the APPLE Reps and coaches. Including coaches in the communication reminded them of the importance of allowing their APPLE Rep to present the information to their team. Each team held a peer-to-peer education session within two weeks of the APPLE Action Team training session (before or after practice, in hotels on the road or at night in the residence halls). The flexible locations and formats were keys to the program's success.

In February, the APPLE Action Team brought Linda Hancock (an APPLE keynote speaker) to address all of the student-athletes through an interactive presentation. Linda met with the NSU coaches and staff prior to the presentation so they could learn how to facilitate follow-up discussions.

SWA Kelley Kish wrote:

"All of this would not be possible without the buy-in from our student-athletes and coaches, and we are very thankful for that. We also appreciate the opportunity through Division II to attend the DII APPLE Conference. We are proud to have had a successful first year in our APPLE Action Plan and look forward to continued ways to impact the substance abuse prevention and health promotion for our NSU Sharks."

The NSU APPLE Action Team learned a lot throughout the past year while seeing their plans come to fruition! They found it really rewarding to make an impact on their student-athletes, and they look forward to continuing the work of their APPLE Action Team moving forward.

The APPLE Action Team consisted of Steve Orris (Director of Sport Performance), Jenn King (Head Volleyball Coach), Kelley Kish (Associate Director of Athletics/SWA), Samantha Gestido (Women's Soccer student-athlete), Troy Spears (Men's Basketball student-athlete) and Sydney Cook (Volleyball student-athlete).



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Mark your calendars for the 2017 APPLE Conferences!

January 13-15 in Charlottesville, VA

January 20-22 in Nashville, TN

Registration will open in late August.

**2013 NCAA National Study of Substance Use Habits of College Student-Athletes*

***Kuhn, Swartzwelder Wilson (2000). Pumped: Straight facts for athletes about drugs, supplements and training.*

APPLE Conference

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