Administrator Orientation

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APPLE Director

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Why are you here?
Comment from APPLE Team Contact:

“[APPLE] pushed all of us to reach beyond anything we'd done as a group and allowed us to do more than we imagined.”
Session Objectives

- Overview of Training Institute structure & expectations
- Tips for effective team facilitation & coaching
- Meet new people!
The Seven “Slices”
A Brief History of APPLE

- **1991** – APPLE model created at the University of Virginia
- **1992** – First APPLE conference
- **Since 1993** - two conferences held each January – Open to all NCAA-member schools
- **2015** – First NCAA Division II APPLE Conference
- **2017** – Changed name to APPLE Training Institute
- **2019** – 28th year of APPLE!
- **90% of funding provided by annual NCAA grants**

Dr. Joe Gieck & Dr. Susan Grossman
APPLE Goal:

prevent alcohol, tobacco, and other drug (ATOD) misuse through:

• Education
• Empowering teams
• Post-training coaching
Empowering Student-Athletes to Make a Difference

Berry College’s Blackout-Shining Lights on ATOD event
By the end of the weekend...

- Your team will create and submit (online) a **customized, measurable action plan** for change on your campus based on...
  - Confidential feedback we provide from your athletics department survey

AND

- Your team meeting discussions
By Saturday afternoon...

Your word (or 2) to describe APPLE right now (2 entries per person)
A Few Items to Expect

- Busy schedule!
- Team photos
- Post-test before departure
- Chance to network & meet other professionals
Team Photos

- Team photos will be taken by TEAM Coalition staff on Saturday after lunch
- Team contact will receive a printed copy with frame after submitting team Action Plan
- Electronic copies of team photos will be available
Meals

- Friday dinner through Sunday breakfast provided. All meals served buffet style.
- Snacks are provided Saturday afternoon.
- Please see APPLE or hotel staff if you have additional dietary needs.
Seating is by team for general sessions

Bridgewater College

Appalachian State University
Friday Night

- Dinner begins promptly at 5:00 PM
- Focus is on the foundations of the APPLE model and understanding the impact of alcohol on athletic performance
Saturday

- Learn about the APPLE model and have team meetings in the morning
- Breakout sessions on health and wellness issues for student-athletes
- Team meetings to create Action Plans
- Q & APPLE
- Dinner and ice cream social
Sunday

- Keynote: Linda Hancock
- Submit Action Plan
- Post-Test
- Online Evaluations
APPLE & Gordie Center faculty & staff are here to help!

Michelle

Debra     Joe     Holly     Susie

Jill
Administrators’ Role at APPLE
Administrator Resources & Tools

- APPLE guiding principles
- NIAAA – College Alcohol Intervention Matrix (AIM)
- NCAA Evidence-Based Educational Resources
- Administrator Team Meeting Facilitation Guide
- Action Plan Example
Conference Presentation Slides

www.APPLEathletics.org
Online evaluations & action plan submission

Evaluations are online!

www.appleathletics.org
Facilitator vs. Leader
WHAT’S THE DIFFERENCE?
The Role of a Facilitator

- Most productive way to engage participants in the learning process.
- Highlights the needs of the team.
- Assumes the possibility of working with more than one right answer.

Adapted from Effective Facilitation (Klecka & Willet, 2012)
Keys to Success:
Establishing Ground Rules

- Vegas rule
- Listen
- Respect
- Be on time
- Positive attitude
- Others?
Keys to effective team meetings

- Be aware of your own non-verbals
- Be flexible
- Avoid detailed decision making
  - The time for that is back on campus
- Bring closure to team meetings
  - Summarize
  - Remind group of aspirational goals
  - Review next steps/delegated tasks

Adapted from The Community Tool Box at the University of Kansas (2012)
Keys to Success: Promoting Constructive Discussion

- Ask open-ended questions
- Listen carefully
- Show respect
- Validate concerns
- Let the group address dissent
- Guide discussion to focus on solutions

Adapted from The Community Tool Box at the University of Kansas (2012)
After APPLE
Expectations

- **Meet regularly** with your APPLE team to implement your action plan.

- Complete post-APPLE surveys in March and October to report on your progress, barriers, etc.

- Keep APPLE staff informed of changes to the team contact information.
Returning
APPLE administrator advice:

What are your top suggestions to our APPLE rookies to promote APPLE Team success?
Advice from APPLE 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.”
Advice from APPLE Team Contacts

“Encourage your team to be open, be willing and daring to make a change, no matter what size... big or small, one person or the whole university or college.”
Time to Get Moving
- Get into groups of 4 or 5 people
- Do not get in a group with anyone you know
General Introductions

Name
Role/Position
School
Hometown
Speed Friending

Pair up with someone you don’t know

Answer the question on the screen

When I call “time,” find a new person and answer the next question.
What sport do you love the most?

(to play, coach or watch!)
If you could have any other job, what would it be and why?
What did you do last weekend?
What items can you not live without when you travel?
Best vacation/place you traveled to? Why?
Tell an interesting fact about yourself.
If you had an extra hour in your day, what would you do?
Favorite fast food?
Time for Dinner!

Tables Assigned by School