Session Objectives

- Overview of Training Institute structure & expectations
- Tips for effective team facilitation & coaching
- Meet new people!
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.”
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 & 2nd DII-only APPLE
  - Funded by a grant from the NCAA

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

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

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

2015 DII National SAAC
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
  - Your team meeting discussions

AND
This Weekend
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

Henderson State University

Quincy 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 & marijuana 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 dessert social
Austin Ranch
6:30-10PM
4 Ds: Dinner, DJ, Dancing, & Dessert!
Sunday

- Keynote: Aaron Taylor
- Submit team action plan online
- Paper post-test
- Online evaluations
APPLE & Gordie Center faculty & staff are here to help!

Michelle Susie Joe Debra Holly Jill
WiFi Password: found on the inside of your booklets.
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

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?

Adapted from The Community Tool Box at the University of Kansas (2012)
http://ctb.ku.edu/en/tablecontents/sub_section_main_1154.aspx
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.”
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!)
What was your undergraduate major?
If you could have any other job, what would it be and why?
Do you prefer to text or call?
If you had an extra hour in your day, what would you do?
What items can you not live without when you travel?
Tell a random fact about yourself.
Time for Dinner!

Tables Assigned by School