Student-Athlete Orientation

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Why are you here?
Why we are here

- Not so good things about alcohol
- Good things about alcohol

- Alcohol
  - Athletic performance
  - Mental health
  - Sexual health & safety
  - Hazing
  - & more!
• Overview of APPLE structure and expectations

• Meet new people!
APPLE GOALS:

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

- Education
- Empowering teams
- Post-training coaching
- Networking
The Seven Slices of the APPLE Model
Action Planning Tools:

“Explore the APPLE Model”

- Guiding principles for each “slice”
- Evidence-based prevention programs (NIAAA – College Alcohol Intervention Matrix) by slice
- Programs developed by past APPLE attendees
  - Listed by slice and NCAA Division
YOU'RE AT APPLE

...Now what?
Student-Athletes must have a significant voice in the process.
Administrator Role at APPLE

Facilitate more than lead
FRIDAY

DINNER BEGINS PROMPTLY AT 5:00 PM

Focus of the evening:

• Foundations of the APPLE model
• Understanding the impact of alcohol and marijuana on athletic performance
MORNING:
• Learn about the APPLE model
• Mini team meetings

AFTERNOON:
• Buffet lunch and break
• Team photos
• Breakout sessions on health and wellness issues for student-athletes
• Team meetings to create action plans

EVENING:
• Dinner
• Dessert reception
• Keynote: One Love
• Final team meeting to complete your action plan
• Submit action plan online
• Complete post-test and overall evaluation through the APPLE App
Seating is by team for general sessions and meals.
Meals

• We provide meals from Friday dinner through Sunday breakfast
• All meals are served buffet style to accommodate diverse preferences
  • Snacks are provided on Saturday afternoon

We have vegetarian, vegan and gluten-free options!

Questions? See an APPLE staff member or ask hotel staff.
• Photos are taken by TEAM Coalition staff on Saturday during breakfast and after lunch
• The team contact will receive a framed copy on Sunday after submitting their team Action Plan
APPLE Training Institute Administrator Team Meeting Facilitation Guide

General Guidelines for All Team Meetings

Every team member should have input. Action plans should be the result of consensus formed after thorough discussion. Make sure everyone contributes to the creation of your action plan. Remember, the best plan is the one that you can make work!

Saturday Morning Team Meeting

Goal: Honestly assess your athletics department’s strengths and weaknesses

During the APPLE Model Campus Implementation session, you can provide time to discuss each “tool” of the APPLE. Review each idea as directed and review the results of your departmental assessment.

Recruitment

1. Discuss the results of the departmental assessment. What seems accurate? What is surprising?

2. What programs, policies, procedures, etc. are already in place at our school?

3. What are some areas for improvement?

4. Ideas to potentially implement in our action plan:

5. Additional notes from our discussion about the RECRUITMENT idea:

- Agenda at a glance
- Team Meeting Facilitation Guide
- Blank Action Plan
APPLE App
Action Planning Tools

- PDF of sample action plans
- Policy development
- Student-athlete mentor program
- Link to online action plan submission form
Online action plan submission
www.appleathletics.org
Conference Presentation Slides & Evaluation
APPLE app
www.APPLEathletics.org

Empowering Student-Athletes to Make a Difference
APPLE & Gordie Center Faculty & Staff are here to help!
Time to get moving!
Heads or Tails?
• Get into groups by the LAST DIGIT NUMBER on your nametag.

• Don’t have a nametag? Pick a number between 0–9.
Introduce Yourself:

Name, School, Year, Sport, Hometown
Rock
Paper
Scissors
Time for dinner!

Tables assigned by school.