

Friday, January 17

Orientation Session • 4:00 PM – 5:00 PM

Student-Athletes • Promenade Ballroom • Holly Deering, MEd, APPLE Faculty, University of Virginia
Administrators • Gallery • Susie Bruce, MEd, APPLE Faculty, University of Virginia

We'll provide an overview of the APPLE Training Institute format and offer advice on maximizing team meeting efficiency. You'll have the opportunity to discuss strategies to create a strong APPLE team, get to know fellow attendees, and begin to network for success!

Dinner • 5:00 PM – 5:45 PM • Rotunda Ballroom

Welcome from the NCAA and the University of Virginia • 5:45 PM – 6:00 PM • Rotunda Ballroom

APPLE Foundations: Alcohol, Other Drugs & Team Success • 6:00 PM – 7:00 PM • Rotunda Ballroom

Susie Bruce, MEd, Holly Deering, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Learn the social norms of student-athlete alcohol and other drug use, and how alcohol and marijuana use can impact athletic performance. Test your knowledge in a Kahoot quiz with prizes!

Break • 7:00 PM – 7:15 PM

Drunk Driving Prevention Strategies • 7:15 PM – 7:30 PM • Rotunda Ballroom

Brandon Johnson, TEAM Coalition

Learn about TEAM Coalition's mission to promote responsible alcohol consumption through the use of positive messages and rewards for responsible behavior including the use of designated drivers. Teams will also learn about the social media contest!

Keynote: Tools to Make a Difference • 7:30 PM – 8:45 PM • Rotunda Ballroom

Linda Hancock, FNP, PhD, APPLE Faculty, LindaGivesBack

Student-athletes give a lot to our campuses so they deserve our best in return. This session will provide practical tools for understanding and addressing all substances: alcohol, nicotine and other drugs. The most effective prevention, early intervention and recovery support concepts will be shared. Join us to laugh, learn, meet new people and get energized to make a difference.

Evening Wrap Up • 8:45 PM - 9:00 PM

Saturday, January 18

Breakfast • 8:00 AM – 8:45 AM • Rotunda Ballroom

Team Photos • 8:30 AM – 8:45 AM • Montdomaine Room

Party Less. Win More. Sacrifice for Success • 8:45 AM – 9:00 AM • Rotunda Ballroom

Lars Tiffany, University of Virginia

Team culture is hard to change and requires commitment and sacrifice. The head coach of the 2019 NCAA Division I National Champion Men's Lacrosse team will share the team's journey and words of wisdom as a past APPLE attendee.

The APPLE Model: Campus Implementation & Team Meetings • 9:00 AM – 12:00 PM • Rotunda Ballroom

Susie Bruce, MEd, Holly Deering, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Learn about the guiding principles for each "slice" of the APPLE model and action plans implemented by previous APPLE teams. Brief team meetings throughout this session provide you with time to review the results of your campus assessment and discuss your athletic department's strengths and weaknesses in each area. See the *Team Meeting Facilitation Guide* for detailed information.

Lunch • 12:00 PM – 1:00 PM • Rotunda Ballroom

Team Photos • 12:00 PM – 1:30 PM • Montdomaine Room

Break • 1:00 PM – 2:00PM

Breakout Session I • 2:00 PM – 2:50 PM

Step UP! Bystander Intervention Program • Rotunda Ballroom

Slices: Expectations & Attitudes, Education

Holly Deering, MEd, APPLE Faculty, University of Virginia

Have you ever been concerned about a situation and wanted to help... but didn't? You are not alone. This situation is more common than you might think, and is known as the bystander effect. Step UP! is a comprehensive bystander intervention program that includes modules to address a variety of health and wellness topics including alcohol misuse, sexual violence, depression, and hazing. Participate in this session to learn about the Step UP! program and how you can bring it back to your school.

Best Practices for Developing Drug Testing Policies • Giorgio's

Slices: Drug Testing, Policies, Sanctioning

Michaela Stemmons, MA, ATC, Drug Free Sport International

Drug Free Sport will help participants understand how to create or update an institutional drug education and/or drug testing program that is built on "best practices." Session content will focus on the application of safe harbor policies, the drug testing program's objectives, "the team," policy education, substances to consider, penalty structure including sanctions and appeals, sample collection and choosing a laboratory.

Changing Minds, Changing Lives: Building Resilience with College Student-Athletes • Gallery

Slices: Education, Expectations & Attitudes, Referral & Counseling

Genevieve Chandler, PhD, RN & Jim Helling, MSW, LICSW, University of Massachusetts, Amherst

This presentation introduces an evidence-based educational and psychosocial intervention, Changing Minds, Changing Lives* (CMCL), designed to strengthen resilience competencies among student-athletes. Outcomes of the ten-session CMCL class indicate an increase in managing stress, a sense of belonging, leadership capacity and a paradigm shift to building on strengths rather than correcting vulnerabilities. The audience will experience several of the class activities and examine how to integrate a resilience focus into their athletics department. *2017 recipient of an NCAA Innovations Grant

Update on E-cigarettes & Vaping Associated Lung Injury (EVALI) • Promenade

Slices: Education, Expectations & Attitudes, Policies, Referral & Counseling

Linda Hancock, FNP, PhD, APPLE Faculty, LindaGivesBack

Information about e-cigarettes and vaping changes almost daily. This session will provide the most updated research available on vaping nicotine and/or THC concentrates. E-cig and Vaping Associated Lung Injury (EVALI) will be explained. Participants will leave with practical strategies for prevention as well as resources for vaping cessation.

Snack Break • 2:50 PM – 3:10 PM • Rotunda Ballroom Foyer

Breakout Session II • 3:10 PM – 4:00 PM

HAZE: The Movie • Rotunda Ballroom

Slices: Education, Expectations & Attitudes

Carl Reisch, The Gordie Center, University of Virginia

Less than a month after arriving at college, Gordie Bailey was found dead of an alcohol overdose following a hazing event. *HAZE* weaves together interviews with Gordie's friends, family, and national experts to examine the factors that led to Gordie's death and how to prevent a similar tragedy. We will screen the 37-minute film and follow with a brief discussion.

Supplement Traps & Nutrition Gaps: Creating an Education Action Plan • Giorgio's

Slices: Policies, Drug Testing, Education, Sanctioning, Referral & Counseling

Anna Bottoms, MS, CPT, Drug Free Sport International

Student-athletes continue to use dietary supplements to enhance performance, recovery, or nutritional biomarkers. This presentation uses data from Drug Free Sport AXIS to outline current trends in supplement use. With thousands of sports supplement sold and new ingredients being developed each year, this information will help educate on emerging ingredients of concern and marketing ploys to be aware of in order to protect student-athletes. We will learn ways to incorporate healthy food options into a student-athlete's daily meal plan to allow them to reach peak performance.

Help Seeking, Medical Amnesty Policies, & Establishing a Culture of Care in Athletics • Gallery

Slices: Recruitment, Expectations & Attitudes, Education, Policies, Sanctioning, Referral & Counseling

David Wyrick, PhD, Jeff Milroy, DrPH, Institute to Promote Athlete Health & Wellness at UNC Greensboro

Dianne & Chris Williams, McCrae James Williams Foundation

A culture of care in collegiate athletics is critical to promoting help seeking behaviors to prevent harm among student-athletes. Increasing active bystander skills is an especially important harm reduction strategy for alcohol-related emergencies. Medical Amnesty policies are intended to increase help seeking by protecting college students from institutional consequences when they call for help. This session will examine student-athletes' awareness of medical amnesty policies, the influence of policy awareness, and the effect of student-athlete status on expected consequences of help seeking. The tragic death of McCrae Williams, a collegiate lacrosse player, will be highlighted to stress the importance of Medical Amnesty policies.

Student-Athlete Campfires • Promenade

Slices: Education, Expectations & Attitudes, Referral & Counseling

Jackson Appelt & University of Virginia APPLE Team

Student-athletes live incredibly rewarding yet demanding lifestyles where mental toughness and independence in difficult times is expected. This contributes to a dangerous culture in which student-athletes persist through and internalize their issues without seeking help, leaving them isolated and struggling. The Student-Athlete Mentors (SAMs) at the University of Virginia are working to break the stigma surrounding mental health struggles so student-athletes feel supported by their peers. Our Student-Athlete Campfires are our first step at culture shift. These monthly meetings of 6 to 8 people, held after-hours in aesthetic locations around the University, give student-athletes the opportunity to talk through their issues in an open, honest, and vulnerable environment, with peers who often understand similar pressures. We hope these gatherings also give student-athletes the opportunity to develop deep and meaningful relationships with student-athletes from other sports. Come experience a campfire with us!

Breakout Session III • 4:15 PM – 4:45 PM

APPLE Leadership Team Late Night Alternatives & Red Zone Tailgates • Rotunda Ballroom

Slices: Expectations & Attitudes, Education

John Krimmel, MBA, Sarah Ross, MBA, Dakota Graham, Kei-shon Graham, Josh Taylor, & Carysee Norris, Saint Francis University
Learn about our APPLE Leadership Team, its role on campus, and the impact the leadership team has made. We'll also discuss the Late Night Alternatives we put on for all of campus throughout the academic year and the safe tailgates at many of our home events. This is a great opportunity to find out how you can engage all of campus in programming and help reduce risky behaviors on weekends.

Penn Athletics Health & Wellness Captains: Turning Your Action Plan into a Reality • Giorgio's

Slices: Education, Expectations & Attitudes

Karlie Crispin, MEd, Shelby Milne, MS, University of Pennsylvania

After attending APPLE last year, a team of Penn Athletics staff and student-athletes created a student-athlete led, peer-to-peer network of student-athletes who are passionate about health and wellness topics. The initial idea was a collaboration between Sports Performance and Student-Athlete Success as well as needs identified by our student-athletes. The group continues to evolve after a strong start with over 70 student-athletes from 31 of our 33 sports at our first meeting this fall. We'll share how a group of passionate, driven student-athletes can lead the way to action plan implementation.

myPlaybook: The Freshman Experience • Gallery

Slice: Education, Expectations & Attitudes

Abby DuPre, MPH

This session will describe myPlaybook: The Freshman Experience; an online educational curriculum designed specifically for freshmen student-athletes to promote student-athlete well-being through healthy behavioral strategies. Participants will learn details of the myPlaybook curriculum and modules which include: Alcohol and other Drug Prevention, Mental Health, Sexual Violence Prevention, Time Management, Hazing Prevention, Sleep Wellness, and Sport Nutrition. We'll also review data collected through the program and how you can receive campus-specific data.

Engaging Campus Partners: Fostering Relationships for Success • Promenade

Slices: Education, Expectations & Attitudes, Policies, Sanctioning, Referral & Counseling

Ray Tuttle, PhD, University of Mary Washington

APPLE encourages teams to break down silos and partner with other departments across campus on health promotion initiatives. As the Director of Student Conduct and Responsibility at the University of Mary Washington and long-time APPLE team contact, Ray will share his experience and lessons learned in collaborating across campus departments. He will also facilitate a discussion for attendees to ask questions and learn from others in the room. This session is designed for new and returning APPLE attendees to network and discuss strategies for success.

Team Meeting • 4:45 PM – 6:00 PM • Choose Your Own Meeting Location!

Dinner • 6:00 PM – 7:00 PM • Rotunda Ballroom

Dessert Reception • 7:00 PM – 8:00 PM • Rotunda Ballroom

Sunday, January 19

Breakfast • 8:00 AM – 9:00 AM • Rotunda Ballroom

Keynote – One Love: How the Athletics Community is Leading Relationship Health Education

9:00 AM – 10:00 AM • Rotunda Ballroom

Sharon Love & Emily Lloyd, One Love Foundation

The One Love Foundation is a national nonprofit dedicated to educating young people about healthy and unhealthy relationships and empowering them to identify and avoid abuse and learn to love better. Founded in 2010 after Yeardeley Love, a University of Virginia lacrosse player, was killed by her ex-boyfriend, One Love addresses the critical issue of relationship abuse from an innovative angle in a language that young people can understand to prevent what happened to Yeardeley from happening again. They have educated over 850,000 people through in-person workshops and have worked with over 730 colleges across the country. This session will feature Sharon Love, One Love's founder, and Emily Lloyd, Engagement Manager, who will talk through Yeardeley's story and how One Love has changed the conversation around relationship abuse since her death.

TEAM Coalition Contest Winners • 10:00 AM – 10:15 AM • Rotunda Ballroom

Taking APPLE Back Home • 10:15 AM – 10:30 AM • Rotunda Ballroom

Susie Bruce, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Gain motivation for implementing your action plan and learn helpful hints on successful action plan implementation!

Final Team Meeting • 10:30 AM – 11:30 AM

Submit Team APPLE Action Plan & Individual Evaluations • 11:30 AM

Finalize your action plan and submit online prior to departure. Don't forget to pick up your team photo at the registration table! Each team member should complete the post-test and evaluation through the APPLE app.

Hotel Checkout • Noon

Action Plans must be submitted through the APPLE app by 11:30 AM