



APPLE Model Update & New Baseline Assessment



Why update the model?

At the 2020 Charlottesville APPLE Training Institute, we conducted a focus group of 8 team contacts – all of whom had attended APPLE in 2019 – to learn about what we’re doing well at APPLE, what could be improved, and what additional tools could help schools make progress on their action plans. It was clear from their feedback that the [APPLE model](#) – particularly the policy slice – needed to be updated. After several rounds of revisions among the APPLE Athletics staff, we recruited veteran APPLE team contacts from each NCAA division to give us final feedback.

What stayed the same? The 7 guiding principles still form the basis of a comprehensive, evidence-informed substance misuse prevention program for college athletics.

What changed?

The first change you may notice is that “sanctioning” is now called “[accountability](#)” to show the increased focus on educational and restorative sanctions and an expectation that athletics departments will track policy violation and adjudication data to assess equity and efficacy.

The [policy slice](#) has been clarified to focus only on the department’s primary policy that prohibits substance misuse. Policies addressing the specifics of drug testing,

**Thank you to
the following
team contacts
for their
feedback and
insights!**

Chris Everett,
*University of North
Carolina at Charlotte*

Heather Freehill,
Saint Louis University

Christine Gannon,
Gallaudet University

Kaitlin Griego,
*University of Mount
Olive*

Emily Howard,
Monmouth University

Burke Kearney,
Wilson College

John Krimmel,
St. Francis University

Tracy Randall-
Loose,
Wilson College

recruitment, education, referral and expectations are included only with those slices (instead of in those areas *and* the policies slice), which minimizes overlap and confusion.

The baseline assessment has been completely overhauled to reflect these changes and questions for each slice follow a similar format. The first question for each slice is a checklist of model program components, which schools can use to develop their action plans.

Sue Sweeney,
Mercyhurst University

Ray Tuttle,
*University of Mary
Washington*

Athletics-focused videos

As the academic year begins, don't forget to utilize our two videos to support your student-athlete education efforts. The FREE videos are approximately one-minute in length and we hope you will tell us how you are using them in your presentations, social media, and other ways you reach student-athletes.



How Alcohol Impacts Athletic Performance

Have you ever wondered how alcohol impacts athletic performance? Using the latest research on alcohol and performance, this video gives you the information you need to make the best decision for yourself and your team.

Positive Team Building

Hazing can happen to anyone -- including student-athletes. The Gordie Center's APPLE Athletics staff created this video to help you build a positive team culture and create a team that wins on and off the field.



APPLE Training Institute Updates

NCAA Division II Only - September 17-19, 2021 in Orlando, FL.

NCAA association-wide APPLE - TBD. Please note we are **not** planning a January 2022 APPLE.



APPLE Athletics | University of Virginia, PO Box 800139, Charlottesville, VA 22903

[Unsubscribe gordiecenter@virginia.edu](mailto:gordiecenter@virginia.edu)

[Update Profile](#) | [About Constant Contact](#)

Sent by appleathletics@virginia.edu in collaboration
with



Try email marketing for free today!