



Just Released! Athletics-focused videos

The APPLE Athletics staff are thrilled to announce the release of two videos to support your student-athlete education efforts. They were one of our "pandemic projects" designed to support APPLE schools in a time of reduced budgets and increased need for quality virtual education. 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.



Additional APPLE Athletics Resources

ALCOHOL, CANNABIS, & ATHLETIC TEAM SUCCESS



APPLE ATHLETICS

Tailored, 1-hour live training with APPLE Athletics experts on the impact of substance use on athletic team success, with time for Q&A.

Bring APPLE to your campus through our interactive virtual training on "Alcohol, Cannabis, and Athletic Team Success," facilitated by Gordie Center APPLE Athletics staff members. The training lasts 1 hour, and the cost includes a brief consultation to tailor the training for your audience.

Please fill out the **APPLE Athletics Program Request form**, and an APPLE Athletics staff member will contact you to discuss pricing and options.



Student-Athlete BAC (blood alcohol concentration) cards are evidence-informed and student-tested, with alcohol information relevant to student-athletes. The cards are small, easy to read, and fit perfectly in students' wallets.

The cards are an excellent resource for athletic departments to give out to every team member.

BUY NOW

The cards contain a standard drink conversion chart, female and male BAC charts, the PUBS signs of alcohol overdose, as well as student-athlete specific statistics, information on how alcohol impacts athletic performance, and tips to maintain a lower BAC. These cards can be customized to include your institution's logo (please contact us to discuss customization pricing!).





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