Administrator Orientation

APPLE TRAINING INSTITUTE

Supie Bruce, APPLE Director

- Overview of APPLE structure and expectations
- Tips for effective team facilitation & coaching
- Meet new people!

This 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
  - AND
    - Your team meeting discussions

Why are you here?
The Seven Slices of the APPLE Model

APPLE GOALS:
prevent alcohol, tobacco, and other drug (ATOD) misuse through:
  Education
  Empowering Teams
  Post-training coaching
  Networking

New for 2020 APPLE App!
- 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

Empowering Student-Athletes to Make a Difference
A Brief History of APPLE

APPLE is funded by a Grant from the NCAA Sport Science Institute

1991 - APPLE Model created at the University of Virginia
1992 - First APPLE conference
2015 - First NCAA Division II APPLE Conference
2017 - Name changed to APPLE Training Institute

Two Training Institutes are held each January. Open to all NCAA member schools!

APPLE President:
Dr. Joe Davis & Dr. Shane Fusselma

Sponsors

Educational Partners

Drug Free Sport International

UNCG Greensboro Institute to Promote Active Health and Wellness

myPlaybook

YOU'RE AT APPLE

...Now what?
APPLE Day-by-Day

Network Name: Hyatt Meetings
Password: Southwest

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

SATURDAY

SUNDAY

Keynote: Dr. Jason Kilmer: Alcohol, Cannabis/Marijuana, and Student-Athletes: Emerging Research & Prevention Implications
• 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.

University of Texas at Arlington
Macalester College

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.

Team Photos

APPLE Team Resources & Tools
- Agenda at a glance
- Team Meeting Facilitation Guide
- Blank Action Plan
Student-Athletes must have a significant voice in the process.
Keys to Success:
Facilitating Constructive Discussion

- Ask open-ended questions
- Encourage students to speak first
- Listen carefully
- Show respect
- Validate concerns
- Let the group address dissent
- Guide discussion to focus on solutions

VEGAS RULE

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

Returning
APPLE administrator advice:
What are your top suggestions to our APPLE rookies to promote APPLE Team success?

SETTING UP FOR SUCCESS!

Biggest barriers reported by schools...
- TIME!
- Student leaders graduating
- Administrative turnover
- “We could have been more diligent with meeting self-defined deadlines”
How did teams gain support for their action plan?

- Through face-to-face meetings. Exercising goals and what we learned.
- Student athletes took the lead to decide what parts of their plan were feasible for the year.
- Regressing our trip and presenting our plan immediately upon arriving back on campus. The gathered support while it was relevant to everyone involved and from these continuous updates to SAAC, Athletic Staff, Student Life Staff, etc.
- Keeping the energy rolling.
- Networking and pitching a plan to promote the well-being of our student athletes.
- A member of our team “chatted” the idea to anyone who would listen. One student he spoke to about it was able to gain the interest of the Athletic Director.
- We met with the entire athletic staff and were clear about our goals, which we ensured were aligned with theirs.
- Set up meetings with administration across campus, explained to them our plan and the fact that we would just be suggesting options that were already in place.
- We proposed what we wanted to do to a few student athletes and had multiple brainstorming sessions, then took it to the entire student-athlete body. With their interest, we presented to our AD, coaches, and staff.

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**EXPECTATIONS**

- Meet regularly with your APPLE team to implement the action plan you created at the Training Institute.
- Complete post-APPLE surveys in March and October on your progress, barriers, etc.
- Keep APPLE staff informed of changes to team contact information.

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**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."

"Encourage your team to be open, be willing and daring to make a change, no matter what size—big or small, one person or the whole university or college."

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**AFTER APPLE**

Taking it all back to campus.
Questions?

Time to get moving!

- Get into groups of 4 or 5 people
- Do not get in a group with anyone you know

PLEASE CONTACT US!
APPLEathletics@virginia.edu
434 982-0704
434 982-1814
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.