Student-Athlete Orientation

APPLE TRAINING INSTITUTE

Holly Deering
APPLE Associate Director

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!
The Seven Slices of the APPLE Model

APPLE GOALS:
- 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
YOU'RE AT APPLE

...Now what?

Student-Athletes must have a significant voice in the process.

Empowering Student-Athletes to Make a Difference

Administrator Role at APPLE

Facilitate more than lead
APPLE Day-by-Day

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

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

SATURDAY

SUNDAY

- Keynote: Jason Kilmer
- 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.

Team Photos

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 Team Resources & Tools
- 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

Engage with APPLE!
@APPLEathletics
#APPLEathletics2020
APPLE & Gordie Center Faculty & Staff
are here to help!

Holly  Susie  Joe
Debra  Brandon  Jill

Time to get moving!

Heads or Tails?

Meet New People

- 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.