



Promoting Student-Athlete Wellness  
and Substance Misuse Prevention

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## 5-Minute Ideas for Any Action Plan

The COVID-19 pandemic has disrupted all of our lives, and the upcoming school year will be different from any we've experienced in the past. Health concerns dominate our thoughts along with a global movement for justice and meaningful social change. Campus uncertainties have impacted our schedules, work locations, and mental health. All of this can make it difficult to focus on campus APPLE action plans.

Here are a few quick ideas to help you stay connected with your student-athletes and keep your action plan moving forward...even if it's at a slower pace than you had planned.

- Think back on the APPLE weekend to remember what inspired you about your action plan. What were your student-athletes excited about sharing with their peers?
- Read over your action plan steps and check off what you've already accomplished. Even if you've only held one meeting, celebrate that success to keep moving forward.
- Brainstorm which student-athletes or administrators should be added to your APPLE team when your campus is reopened.
- Bookmark the newly updated [APPLE Model resources page](#). You'll find program ideas organized by APPLE slice and NCAA division!
- If your team hasn't met since APPLE, it's not too late! Scheduling a meeting where everyone can attend might be challenging, so offer to host 2 or 3 half-hour Zoom/WebEx meetings at different times (remembering that you may have members in different time zones). Focus the meeting on a quick check in to see how everyone is doing in a changed environment, a reminder of your action plan, and ask for feedback/new ideas.
- Experiencing roadblocks? [Email](#) the Gordie Center's APPLE staff to brainstorm solutions. We're here to help!



CONNECT

## Rollins College: Developing Athletics Foundations

Rollins College (DII, Winter Park, FL) has attended APPLE for many years, implementing a variety of action plans to improve the student-athlete experience. However, they still faced

challenges in the area of attitudes and expectations, especially getting buy-in from coaches and staff to uphold the same behavioral expectations as student-athletes.

In 2019, the Rollins APPLE team took on the challenge of setting behavioral guidelines and expectations for everyone in the athletics department. They created a short survey, and sent to athletics administrators, coaches and student-athletes. The results, combined with the Rollins' mission statement and NCAA DII attributes, led to the creation of the LACERS pillars (Leadership, Accountability, Collaboration, Excellence, Respect, Service) to guide departmental expectations. At their respective monthly meetings, the head coaches, SAAC, and Leadership Council members discuss the same pillar in order to disseminate information to all the teams.



For the upcoming year, SAAC, the Leadership Council, and the head coaches will review the current department policy for one APPLE slice at each of their group's monthly meetings and suggest revisions. This process will enable Rollins to review all policies at least every other year, ensure that the LACERS pillars are central to departmental policies, and give student-athletes a stronger voice in setting policy.

Feedback on the LACERS pillars has been positive from student-athletes and the majority of coaches. LACERS provide guidance to everyone in the athletics department and “ties” everyone together. The Rollins team presented at the 2020 APPLE Training Institute on the process of creating LACERS, lessons learned, and strategies for staying persistent in creating change on campus. Learn more through their [presentation slides](#) or contact [Jude Wolbert](#).



Thanks to all who attended our webinar that led participants through a demo of the free [Kahoot](#) and [Mentimeter](#) tools as well as tips on creating interactive quizzes using these platforms. If you missed the program, you can view the 45-minute recording on our [website](#).

## Tools to Use - Is it Alcohol Overdose?

Make sure that education on the PUBS signs of an alcohol overdose are included in your fall orientation plans! [Mirror clings](#) can be placed in locker room bathrooms, and 11” x 17” [posters](#) are great for team meeting or locker rooms. They can be [customized](#) too!

Use 20APPLE20  
for 20% off your total purchase at the  
[GORDIEstore!](#)

**Is It Alcohol Overdose?**  
Check for **PUBS** Symptoms  
gordie.org

**U** **B**  
**UNRESPONSIVE** to pinching or shaking  
**BREATHING** is regular, slow, shallow, & has stopped

**P** **G** **S**  
**PUKING** while passed out  
**SKIN** is blue, cold or clammy

**SEE ONE? Call 911!**

**\*UNSURE?**  
Call Poison Control 1-800-222-1222

**See even one? Save a life. Call 911!**

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