Student-Athlete Welcome Session

Holly Deering, APPLE Conference Coordinator
Session Objectives

• Overview of conference structure/expectations
• Meet new people!
APPLE Conference
Brief History of APPLE

• Created at the University of Virginia
• Funded by a grant from the NCAA
• Celebrating our 24th year!

Drs. Susan Grossman & Joe Gieck
Educational Partners

NCAA® Division II

UNIVERSITY OF VIRGINIA

TEAM

Drug Free Sport

Promoting Athlete Health & Wellness

myPlaybook

The Monday Campaigns
The day all health breaks loose.
Goals of APPLE

- Educate
- Empower &
- Support teams

in preventing alcohol, tobacco and other drug (ATOD) use/abuse
The Seven “Slices”
By the end of the 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
  - Your team meeting discussions

AND

- Your team meeting discussions
To Help You Out

• Free wireless internet in guest rooms and meeting spaces.
  – See the inside cover your booklet for network name and password.

• Athletic facilities are available
  – Beach run Saturday & Sunday. Meet at 7am meet in lobby
  – Insanity class Saturday at 7am in Atlantic 1 & 2
A few items to expect

- Evaluations of every session
- Post-test before departure
- Team photos
- Yummy food
- Beach games
TONIGHT
• Dinner begins promptly at 5:45pm
• Linda Hancock is presenting her top rated alcohol education session
• Learn about the TEAM Coalition video contest
• Get to know you activities and t-shirt swap
Saturday

- Learn more about the APPLE Model
- Breakout sessions on health and wellness issues for student-athletes
- Beach games
- Team meetings
Sunday

- Share action plans
- Jason Kilmer will provide the Sunday morning keynote
- Team meeting
- Submission of action plan
- Conference ends at 11:30AM
“Encourage your team to be open, be willing and to be daring to make a change, no matter what size... big or small, one person or the whole university or college.”
Follow the APPLE conference!

Like “APPLE Conference”

@APPLEathletics
#APPLE2015
Questions?

If you have a question at any time during the conference, feel free to ask!

The Gordie Center staff and out speakers will be more than happy to speak with you!