



Promoting Student-Athlete Wellness
and Substance Abuse Prevention

A training institute to learn how to apply the APPLE model within athletics departments to prevent student-athlete substance misuse and promote health and wellness.

Greetings!

We hope the summer months have brought you time to feel renewed and energized (and of course moving forward on your APPLE action plans!). Here in Charlottesville, we're hard at work planning for the 2020 APPLE Training Institutes.

This edition of our APPLE newsletter highlights two of our 2019 APPLE school presenters that utilized the NCAA's CHOICES grant program to kick start their programs. You'll also find information on planning for National Hazing Prevention Week in September. As you begin planning for fall, please keep these wonderful resources in mind!

Susie Bruce, Director

Holly Deering, Associate Director

APPLE Team Spotlight: Colby College

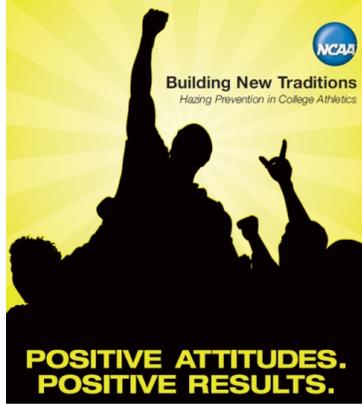


Promo video for JanPlan Mule Games

Colby College (Dill, Watertown, Maine) used what they learned at APPLE along with funding from an NCAA CHOICES Grant to implement the [JanPlan Mule Games](#). Through this programming, varsity athletic teams are invited to host substance-free events during Colby's January term, when students only take one class. The program empowers student-athletes as social hosts in a non-drinking context and promotes athlete/non-athlete engagement. This program has been successful in increasing alcohol and drug-free programming during JanPlan.

National Hazing Prevention Week Resources for Athletics

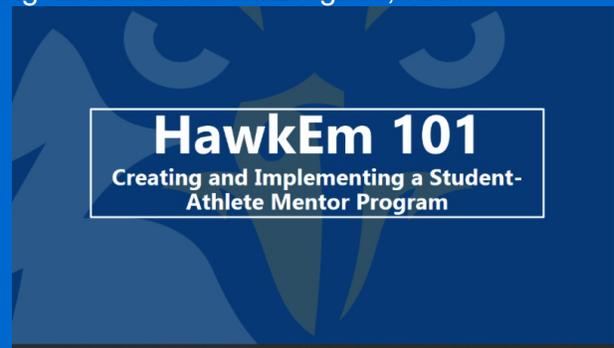
The 2019 [National Hazing Prevention Week](#) is September 23-27, which includes [National GORDIEday](#) on September 26 to raise awareness of alcohol overdose and encourage students to intervene when a friend is in distress. A critical component for preventing and responding to hazing within athletic teams is



empowering student-athletes to take the lead in discussions and programs. The NCAA has a number of excellent programs to support you in addressing hazing on your campus, including the guide [Building New Traditions: Hazing Prevention in College Athletics](#) and the article, [Addressing Student-Athlete Hazing](#), written by Gordie Center staff. The NCAA is also a sponsor of the national [Step UP! Bystander Intervention Program](#), which has a [hazing prevention module](#).

APPLE Team Spotlight: University of North Georgia

The 2017 University of North Georgia's APPLE team (DII, Dahlonega, Georgia) chose to work on the education slice by creating a student-athlete led peer-to-peer mentoring program for first year student-athletes called: HawkEm 101. Utilizing an NCAA CHOICES grant, UNG's athletics department partnered with multiple departments across campus to provide education and resources to student-athletes, fraternity and sorority life, and first-year residential students. Their 2019 APPLE presentation focused on lessons learned during program creation, planning and implementation as well as the value of partnering across campus to educate on responsible behaviors and social norms.

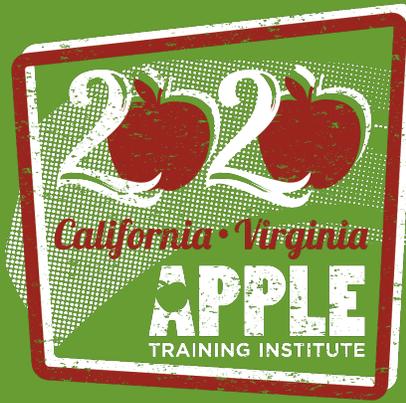


UNG's APPLE [presentation slides](#)

APPLE Action Plan Checklist

As you begin to plan for the fall semester, you may find that other priorities make it challenging to focus on moving your action plan forward. Here are a few 5-minute ideas to help you get back on track!

- Read over your action plan steps and check off what you've already accomplished.
- Write down the names of student-athletes who should be added to your APPLE team once the semester begins.
- Send an email to your APPLE team to remind them of your success so far (and remember that even having meetings last spring is an activity to celebrate!)
- Bookmark the [APPLE Model resources page](#). At your next APPLE team meeting, review the ideas from other schools listed on the APPLE Model page.
- Send an email to your APPLE team to set your first meeting of the semester.
- Send an [email](#) to the Gordie Center's APPLE staff to get help with roadblocks. We're here to help!



Upcoming 2020 Training Institutes

January 17-19 in Charlottesville, VA
January 24-26 in Newport Beach, CA
Registration opens September 3, 2019

SHARE YOUR MATERIALS

Did your APPLE team create a social norms survey? Posters for the locker rooms? Recruiting guide? We want your materials to share with other APPLE schools. [Email us](#) to share!

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