

APPLE

Promoting Student-Athlete Wellness
and Substance Abuse Prevention



APPLE 2020 Recap

The Gordie Center's 2020 APPLE Training Institutes in Charlottesville, VA, and Newport Beach, CA were a great success with teams from 54 NCAA-member school and nearly 300 participants. PDFs of all PowerPoint slides are now posted to the [APPLE presentations page](#).

School Spotlight: **University of Pennsylvania: Health and Wellness Captains**

The University of Pennsylvania's APPLE team presented a breakout session at the Charlottesville APPLE on their Health and Wellness Captains program. UPenn student-athletes serve as peer leaders, educators, and role models on safety, health, wellness, and performance issues. The student-athletes created a "Cavalry Crew" that provides education and information sessions for student-athletes who have sustained a performance obstacle. The HWC group has also worked on a number of projects including creating a series of "tip sheets" that were posted in locker rooms, a student-athlete cookbook, and a program to get all student-athletes CPR trained. Learn more through their [presentation slides](#) or contact [Karlie Crispin](#) & [Shelby Milne](#).



We are excited to offer APPLE Training Institute schools a \$1,000 discount on the [2020 National College Student Bystander Intervention Study](#). This study is conducted by the [WITH US Center for Bystander Intervention](#)

at Cal Poly, a Gordie Center educational partner. The survey addresses alcohol overdose, hazing, medical amnesty, and bystander intervention behaviors, among other student health issues. After the discount, the total cost for study participation is \$1,500 and includes marketing, survey administration, participant incentives, data analysis, and a campus report.

Visit withus.org/survey for more information on the study and how to sign up. The campus



HAZING
can happen to
ANYONE.

#RememberGordie



Many APPLE attendees have seen the Gordie Center's film *HAZE*, which tells the story of Gordie Bailey's hazing-related alcohol overdose death. Gordie would be alive and celebrating his 34th birthday on February 22nd if someone had called 911 to get him the help that he clearly needed.

How will you remember Gordie on his birthday? We offer [Gordie Kindness Cards](#) to encourage random acts of kindness that spread Gordie's story on his birthday and every day (you can [print your own cards here!](#)). #RememberGordie and help save lives by sharing his lifesaving message.

SHARE YOUR MATERIALS

Did your APPLE team create a recruitment survey? Posters for the locker rooms? A new Student-Athlete Mentor program? Share your success (and lessons learned) with other APPLE schools. [Email us](#) to be highlighted in a future newsletter!

Mark Your Calendars! Future APPLE Dates

DII-only*: October 2-4, 2020 - Orlando, Florida.

Association-wide: October 9-11, 2020 - Orlando, Florida

Association-wide: January 22-24, 2021 - Washington, DC area

*Are you a Division II School interested in attending the DII-only APPLE? Schools are selected to attend by each DII athletic conference.

Contact your conference ASAP to let them know you're interested!

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