

# APPLE

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 abuse and promote health and wellness.

## Greetings!

Summer is here and is a great time to get caught up and tackle special projects. APPLE staff are taking advantage of this time to launch a new website in August and create a model ATOD policy that schools can use. Our goal is to provide APPLE attendees resources that they can use to make a difference on their campus without having to start from scratch. We hope you are able to make headway on your own projects and also take some time to rest up for the 2016-2017 academic year!

Susie Bruce, Director  
Holly Deering, Conference Coordinator

## Expectations & Attitudes from Day 1



Summer orientation is a great opportunity to educate incoming student-athletes on alcohol and drug use/abuse. As you and your team make summer plans, be sure to include substance abuse prevention education. Create your own interactive session based on the Friday night APPLE sessions [Framing the Issues](#) and [Minding What Matters for Success](#) and don't forget to conduct Linda Hancock's famous bar tending school activity. [GORDIEcheck](#)

[BAC Cards](#) are great to handout to all student-athletes - student-athlete versions will be available soon for purchase! Looking for online education? [myPlaybook](#) and [NCAA DIII 360 Proof](#) are great resources that student-athletes can complete on their own time.



### Role of Alcohol in Dehydration

Proper hydration for student-athletes is a essential, especially in the summer. Within 4 hours of drinking alcohol, an athlete can experience up to 3% loss of body weight.



### Step UP! Bystander Intervention Facilitator Training

On May 16 & 17, college and university professionals and students came together for an intensive two-day facilitator training held

Dehydration can delay muscle recovery, decrease strength and aerobic capacity and increase the chances of heat cramps, exhaustion and stroke.

To avoid dehydration, it is important to drink an additional 8 oz. of water for every standard drink consumed. This is in addition to the 96 oz. of water student-athletes should drink daily.

[Tips for surviving the summer heat](#) from the *NCAA Sports Science Institute*

at the University of California, Irvine to learn how to create a sustainable and powerful bystander intervention program on their campus. Step UP! is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others. APPLE Conference Director, Susie Bruce, who also serves on the Step UP! executive board, was in Irvine to help train the 150 participants.

Interested in learning more? Check out the [Step UP! Bystander Intervention](#) or attend the Step UP! breakout session at the 2017 APPLE Conference.

## APPLE Team Spotlight: Wilson College

### Student-Athlete Mentor Program Off to a Great Start

From 1999-2016, [Wilson College](#) (Chambersburg, PA) has attended the APPLE Conference 17 times. A member of the NCAA Division III, the North Eastern Athletic Conference and the Eastern College Athletic Conference, Wilson's athletic program currently sponsors five women's sports and five men's sports. Prior to attending APPLE, [Wilson's Athletics Department](#) did not have any alcohol, drug testing or life skills-related policies according to Tracy Randall-Loose, Assistant Athletics Director for Sports Medicine. Firm believers in the value of the student-athlete voice, they involved student-athletes in the writing and reviewing of policies. Randall-Loose asserted that going to APPLE allowed them to review and amend policies that were not working. In 2013, Wilson transitioned from being a women's college to co-ed and required an overhaul of all policies to incorporate gender neutral language.

In addition to policy creation and review, Wilson has also addressed other "slices" of the APPLE. They have made posters, held non-alcoholic tailgates, and conducted various student-athlete educational trainings. In 2014, the Wilson team left APPLE wanting to create a [Student-Athlete Mentor \(SAM\) program](#).



Unfortunately, the program did not get off the ground after a staff departure. In January 2016, a new Wilson APPLE team (Cindy Shoemaker, Director of Counseling, Burke Kearney, Assistant Athletic Trainer, Michael Martin, Sarah Six, Erin Stephan and Jess Thrush, student-athletes) decided to commit to resurrecting the [Wilson SAM program](#) after attending the Student-Athlete Mentor breakout session.

The APPLE team's first goal included recruiting and training 10 SAMs in the spring of 2016. Shoemaker reached out to APPLE schools with established SAM programs, including Saint Francis University, Elizabethtown College and the University of Virginia, to collect materials. She combined the schools' materials along with other counseling and residence life resources to create an 8-week training plan. The SAMs consisted of the 4 APPLE student-athletes and 6 additional student-athletes nominated by coaches. Training began in February meeting weekly; SAMs went to the dining hall first and brought their dinner with

them to the training. Topics included motivational interviewing, student referral, peer mentoring and more.

In August 2016, the new SAM program will launch with a pizza party and refresher training. Each of the 10 SAMs will be assigned new, incoming student-athletes to mentor. The SAMs will also provide the mandated alcohol education training, based on the trainings at APPLE, to all student-athletes. Another 8-week SAM training will occur in the fall semester to grow the program by additional 10 members. Support from the Wilson College Director of Athletics, Lori Frey, is a critical component of the APPLE team's success. The team has been able to present at the Athletics Departmental retreat in May and will present and update again in the fall.



Seventeen years of action plans and projects brought on by interacting with the schools at APPLE and the APPLE staff have made a tremendous impact on Wilson College's Department of Athletics. The team is looking forward to building their SAM program and continuing to make APPLE an annual event.

[VISIT OUR WEBSITE](#)

## Mark your calendars for the 2017 APPLE Conferences!

January 13-15 in Charlottesville, VA

January 20-22 in Nashville, TN

*Registration will open in late August.*

### APPLE Conference

[appleconference@virginia.edu](mailto:appleconference@virginia.edu) | [www.virginia.edu/gordiecenter/apple](http://www.virginia.edu/gordiecenter/apple)



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