



To improve the **health and wellness** of all athletes through the translation of prevention research to **effective programs, policies, and practices.**

<http://athletewellness.uncg.edu>



Institute *to* Promote
Athlete Health *and* Wellness



SPORT SCIENCE
INSTITUTE™

myPlaybook™

The Freshman Experience



UNC
GREENSBORO

Institute *to* Promote
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Core Module: Alcohol & Other Drug Prevention

Identify drugs banned by the NCAA, understand why they are banned, and review NCAA drug testing policies

Examine social norms related to alcohol use and drug use among student-athletes

Guide student-athletes through understanding their expectations about what will happen if they use alcohol or drugs.

Help student-athletes to identify harm prevention strategies for themselves and others.



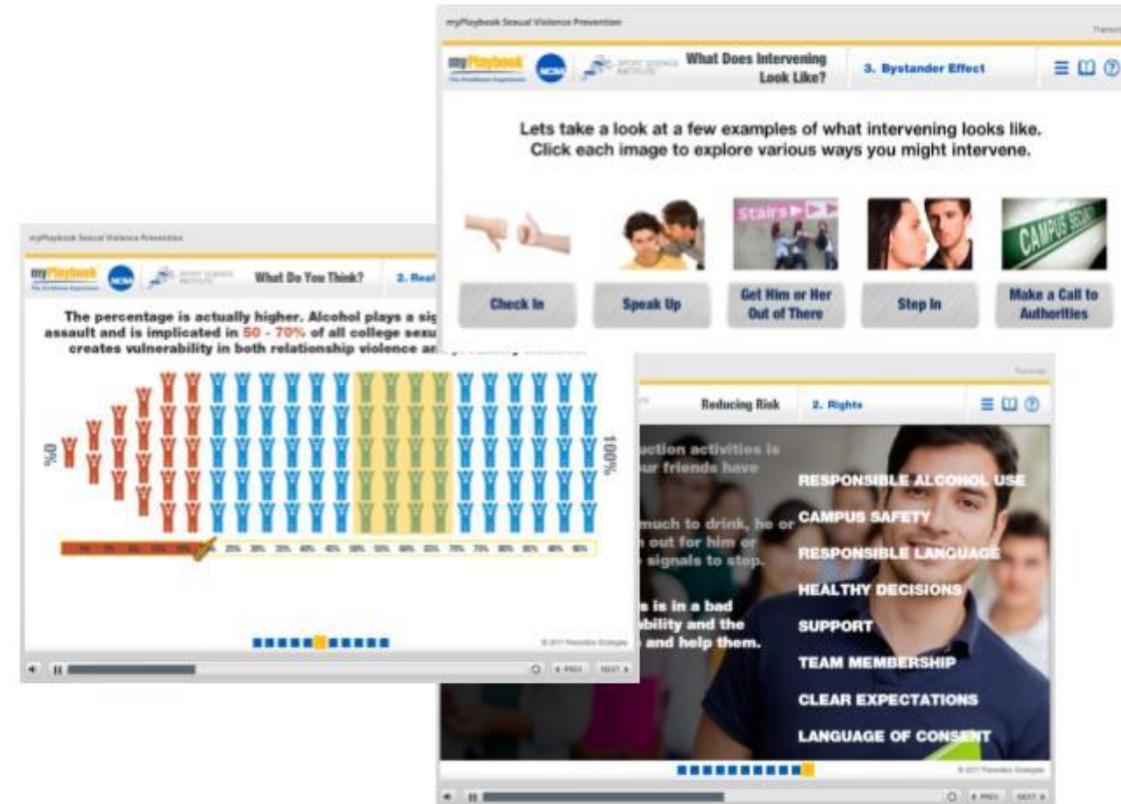
Sexual Violence Prevention

Identify the problem of sexual violence on college campuses, the impact of sexual assault, and the role of alcohol

Explore the responsibilities of the campus community, the rights of a student who experiences sexual assault, and the role of teams and athletic departments

Recognize the importance of language in creating a positive and supporting culture

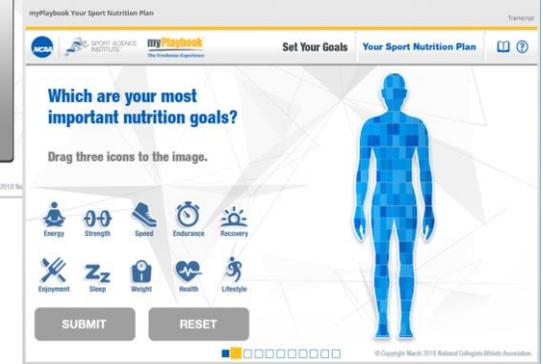
Learn about the bystander effect and ways to intervene safely



Mental Health



Your Sport Nutrition Plan



Time Management



Sleep Wellness





Who can be enrolled?

The Freshman Experience is available at no cost to first-year student-athletes at NCAA member schools.

While the curriculum is designed specifically for first-year student-athletes, transfer student-athletes may also access the program at no cost.

How can you use myPlaybook: the Freshman Experience on your campus?

- IPAHW will work with you to create your specific implementation plan:
 - Course selections
 - Implementation schedule
- IPAHW will create a unique myPlaybook account for each of your student-athletes and they will receive their login instructions and completion reminders via email
- Campus administrators have access to completion reports
- IPAHW offers personal technical support throughout the implementation process

Increasing student-athlete participation

- Announce in appropriate meetings.
- Setting a due date.
- Communicate with IPAHW so that we can support your specific implementation plan.
- Coordinating the implementation of myPlaybook with other student-athlete specific AOD education efforts.
- Regular email correspondence with student-athletes by the institution about myPlaybook.
- Informing all athletic staff about myPlaybook

Other resources on the NCAA website

- [Supporting student-athlete mental wellness educational modules](#)
- [Coaches Assist for Empathic Response training video](#)

myPlaybook™

For more information about myPlaybook: the Freshman Experience,
please contact Abby DuPre at eadupre@uncg.edu