Student-Athlete Orientation

Holly Deering, Program Manager
Good vs Not so Good?
Why are you here?
Session Objectives

- Overview of training institute structure & expectations
- Meet new people!
A Brief History of APPLE

- **1991** – Created at the University of Virginia
- **2015** – First NCAA Division II APPLE Conference
- **2016** – Celebrated 25th year
- **2017** – Changed name to APPLE Training Institute
- Funded by a grant from the NCAA
- Two conferences are held each January – Open to all NCAA-member schools
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

2018 APPLE Action Plan
A Few Items to Expect

- Evaluations of every session
- Post-test before departure
- Team photos
- Chance to network
This Weekend
Empowering Student-Athletes to Make a Difference
Friday Night

- Dinner begins promptly at 5:00pm
- Focus of the evening is the foundations of the APPLE model and understanding the impact of alcohol on athletic performance
Saturday

- Learn about the APPLE model and have team meetings in the morning
- Breakout sessions on health and wellness issues for student-athletes
- Team meetings to create Action Plans
- Dinner and a movie
Team Photos

- Team photos will be taken by APPLE staff Friday and Saturday.
- Team contact will receive a printed copy with frame after submitting team Action Plan.
- Electronic copies of team photos will be available.
Sunday

- Pop Up Conversations
- Keynote: Don McPherson
- Submit Action Plan
- Post-Test
- Complete Evaluations
Meals

- Friday dinner through Sunday breakfast provided. All meals served buffet style.
- Snacks are provided Saturday afternoon.
- Please see APPLE or hotel staff if you need a specific meal.
In General Sessions – Sit by Team

American University

Roanoke College
APPLE & Gordie Center
Faculty & Staff are here to help!

Jill
Debra
Susie
Lauren
Michael
Holly
Joe
@APPLEathletics
#APPLE2018

snapchat
Student-Athlete Perspective
Time to Get Moving
Heads or Tails?
Get into groups by the last digit number on the back of your nametag
Get into groups by 

SPORT
General Introductions

Who are you?
Why are you here?
Winter Olympic Trivia!
True or False
Rock, Paper, Scissors
Time for Dinner!

Tables Assigned by School