Student-Athlete Orientation

Holly Deering
APPLE 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
  
  AND
  
  - Your team meeting discussions
A Few Items to Expect

- Busy schedule!
- Team photos
- Post-test before departure
- Chance to network & meet other awesome student-athletes
Empowering Student-Athletes to Make a Difference
Friday Night

- Dinner begins promptly at 5:00 PM
- 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
- Q & APPLE
- Dinner and ice cream social
Team Photos

- Team photos will be taken by TEAM Coalition staff on Saturday
- Team contact will receive a printed copy with frame after submitting team Action Plan
- Electronic copies of team photos will be available
Sunday

- Keynote: Linda Hancock
- 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

Bridgewater College

Appalachian State University
APPLE & Gordie Center
Faculty & Staff are here to help!

Michelle

Debra

Joe

Holly

Susie

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

Name, School, Year, Sport, Hometown
Get into groups by **SPORT**

Introduction: Name, School, Year, Position
How do you inspire other student-athletes to get involved at your school?

What really motivates student-athletes to change their behavior regarding alcohol and drugs?

What are the biggest issues facing your school regarding alcohol and drugs?
Rock, Paper, Scissors
Time for Dinner!

Remember: Seating Assigned by School