ALCOHOL

Because no great story ever started with someone eating a salad.

Good vs Not so Good?
Why are you here?

APPLE TEAMS UP AGAINST DRUNK DRIVING
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
This Weekend
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
- Lunch – sit with other student-athletes
- Breakout sessions on health and wellness issues for student-athletes
- Team meetings to create Action Plans
Austin Ranch
6:30-10PM
4 Ds: Dinner, DJ, Dancing, & Dessert!
Team Photos

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

- Keynote: Aaron Taylor
- TEAM Coalition Contest Winners Announced
- 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.
Seating is by team for general sessions

Henderson State University

Quincy University
APPLE & Gordie Center faculty & staff are here to help!

Michelle  Susie  Joe  Debra  Holly  Jill
WiFi Password: found on the inside of your booklets.
Student-Athlete Perspective
Heads or Tails?
Get into groups by the last digit number on the front of your nametag
Introductions

Name, School, Year, Sport, Hometown
Rock, Paper, Scissors
Time for Dinner!

Remember: Seating Assigned by School