Educational Programming Initiatives to Implement After APPLE
“SAMs are student-athletes who want to make a difference in their teammates and other peoples’ lives.”
How does SAM benefit student-athletes?

• Supports a safe & healthy atmosphere for teams
• Promotes alcohol & drug abuse prevention and education
• Provides extra support for first-year teammates
• Helps teammates get help with problems before they get out of control
• Facilitates communication between coaches and athletes
• Teaches coping strategies and problem solving
• Improves interpersonal relationships
• Provides leadership opportunities
SAM Programs Across the Country

• Focus
  ▫ Primary – Education
  ▫ Secondary – Community Service, Leadership

• Activities
  ▫ Educational programming
  ▫ Mentoring relationships
  ▫ First year involvement and connections
• Each team must have at least two representatives

• Nomination/volunteer selection

• Directed by SAM Council

• Co-advised by Phil Gates (Athletics) & Holly Deering (Gordie Center)
SAM Responsibilities

Attend initial and on-going training
- Monthly meeting

Wellness programming
- 1 program/semester/team
- Post monthly SAMs Say posters in locker rooms

Internal resource on wellness issues and resources
Community service
• Shoot Out for Cancer
• 1 team-based service activity/year

Encourage inter-team relationships
• Game Night
• Care Packages
Create a SAM program to meet the needs of your college/university!