Student-Athlete Welcome Session

Holly Deering, Health Educator & Conference Coordinator
Session Objectives

- Overview of conference structure/expectations
- Meet new people!
Brief History of APPLE

- Created at the University of Virginia
- Funded by a grant from the NCAA
- Two conferences are held each January - open to all NCAA-member schools
- 2015 - NCAA Division II APPLE Conference
- 2016 - Celebrating our 25th year!
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
A few items to expect

- Pretest upon arrival
- Evaluations of every session
- Post-test before departure
- Team photos
- APPLE Swag
- Chance to network

Salisbury University
This weekend
Tonight

- Dinner begins promptly at 5:15pm
- Learn about how alcohol effects performance
- Find out about the TEAM Coalition competition
- Linda Hancock is returning for her famous alcohol education session
- Evening team building & fun till 10pm! Bring your t-shirt!
Saturday

- Learn about the APPLE Model and have team meetings in the morning
- Breakout sessions on health and wellness issues for student-athletes
  - Breakout sessions 4 & 5 are only 20 minutes long and repeat
- Team Meetings to create Action Plans
- Don’t forget to team photos!
- Murder Mystery Dinner
- 25th Anniversary party with dessert, music and photo booth
Sunday

- Share action plans by NCAA division
- Closing keynote
  - Aaron White
- Submit action plan
Advice/tips from past APPLE student-athletes?
APPLE Staff are Here to Help

Joe          Debra         Susie         Holly
Please move the chairs to the sides of the room
<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
<th>Sport (if applicable)</th>
<th>Why are you at APPLE?</th>
<th>What do you hope to get out of this weekend?</th>
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</thead>
</table>

Groups of 4
Not students from your school
Name

School & Hometown

Sport (if applicable)

If you could play another sport what would it be and why?

Get into groups based on the last # on your nametag
Groups by Birth Month

How about them APPLES?
Time to Eat!

Buffet is upstairs in the Rotunda Ballroom

Seated by college/university

- Apples on tables with school name