Administrator Welcome Session

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Director, Gordie Center for Substance Abuse Prevention &
APPLE Training Institute
University of Virginia
Why are you here?
Session Objectives

- Overview of training institute structure & expectations
- Tips for effective team facilitation & coaching from veteran APPLE attendees
- Meet new people!
A Brief History of APPLE

- Created at the University of Virginia
- Funded by annual grants from the NCAA
- Two conferences are held each January – Open to all NCAA-member schools
- 2015 – 1st NCAA Division II-only APPLE
- 2016 – Celebrated 25th year
- August 2016 – Name Change to APPLE Training Institute

Susan Grossman & Joe Gieck

Susan Grossman, Susie Bruce, Debra Reed
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

- Evaluations of every session
- Post-test before departure
- Team photos
- APPLE Swag
- Chance to network
This Weekend
Tonight

- Dinner begins promptly at 5:15pm
- Learn about how alcohol affects performance
- Linda Hancock is returning for her famous alcohol education session
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 is by role – bring your t-shirt to swap with others at the table
Team Photos

- Team photos will be taken by TEAM Coalition 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

- Share action plans by NCAA division
- Closing Keynote
  - Linda Hancock – Mindfulness
- Submit Action Plan
- Post-Test
- Complete Evaluations
Facilitator vs. Presenter

WHAT’S THE DIFFERENCE?
The Role of a Facilitator

- Most productive way to engage participants in the learning process.
- Highlights the needs of the team.
- Assumes the possibility of working with more than one right answer.

Adapted from Effective Facilitation (Klecka & Willet, 2012)
Keys to Success: Establishing Ground Rules

- Take turns
- Listen
- Respect (what does that look like?)
- Positive
- Be on time
- Others?
How to Minimize Defensiveness

- Ask open-ended questions
- Listen carefully
- Show respect
- Legitimize the issue
- Use humor
- Let the group address it
- Take a break
- What others?

Adapted from The Community Tool Box at the University of Kansas (2012)
Keys to effective team meetings

- Be aware of your own non-verbals
- Be flexible
- Avoid detailed decision making  
  - The time for that is back on campus
- Bring closure to each team meeting  
  - Summarize  
  - Review next steps/delegated tasks

Adapted from The Community Tool Box at the University of Kansas (2012)
After APPLE
Expectations

▪ Meet with your APPLE team to implement the action plan created at the conference.

▪ Complete post-APPLE surveys in March and October on your progress, barriers, etc.

▪ Keep APPLE staff informed of changes to the team contact information.
Thoughts from APPLE Team Contacts

“The conference structure helps me walk the students through the planning process. It's not that we don't know the steps and how to plan, it's that we never take the time, so having the structure of the institute to force us to go through that process is amazing.

It's like a time out from the rest of our busy schedules to do it right, the way we know we should.”
Thoughts from APPLE Team Contacts

“[APPLE] provided a safe arena for candid, honest dialogue between all entities- student-athletes, coaches, staff, and administration”
Let’s hear from returning APPLE administrators

What are your top suggestions to our APPLE rookies to promote APPLE Team success?
Comments from APPLE Team Contacts

“Harnessing the excitement of student-athletes always serves as an important affirmation of why we enter into this field.”
Comments from APPLE Team Contacts

“[APPLE] pushed all of us to reach beyond anything we'd done as a group and allowed us to do more than we imagined.”
APPLE Faculty & Staff are here to help!

Joe    Holly    Susie    Debra

Jill    Katie
Let’s Get Moving
Get into groups by the last digit number on the back of your nametag.

If there are already 7 people in your group, please join a smaller group.
Who are You?

- Name
- School
- Role at your institution
- Hometown
Speed Friending
What sport do you love the most?
(to play or to watch!)
If you could have any other job, what would it be and why?
What items can you not live without when you travel?
What is the best vacation/place you’ve been? Why?
Tell an interesting fact about yourself.
Would you rather see the future or change the past?
If you could have an endless supply of food, what would it be?
You were just given a yacht, what would you name it? Where would you sail?
If you could go to any concert, what would it be?
What is the last text you sent?
What did you do last weekend?
Favorite fast food?
Time for Dinner!

Tables Assigned by School