Student-Athlete Welcome Session

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ALCOHOL

Good vs Not so Good?

BECAUSE NO GREAT STORY EVER STARTED WITH SOMEONE EATING A SALAD.
Why are you here?
Session Objectives

- Overview of training institute structure & expectations
- Meet new people!
A 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 – Celebrated 25th year
- August 2016 – Name Change to APPLE Training Institute
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
APPLE Faculty & Staff are here to help!

Joe          Holly    Susie     Debra

Tia          Jill     Katie
Student-Athlete Perspective
Get Moving
Heads or Tails?
Get into groups by the last digit number on the back of your nametag
Who are You?

- Name
- Year in school
- School
- Sport
- Hometown
Trivia Time!

WHAT ARE THE TOP 10 COLLEGE FOOTBALL STADIUMS BY CAPACITY?
Speed Friending
What do you love most about the sport you play?

Non-student-athletes: What sport do you love the most?
If you could play any other sport, what would it be and why?
What items can you not live without when you travel?
Best vacation/place you traveled? Why?
What do you want to do when you graduate?
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 do you name it? Where do you sail?
If you could go to any concert, what would it be?
You accidentally forgot to put on socks and underwear and only have time to put on one, which do you choose?
What do you typically do over the summer?
What is the last text you sent?
What did you do last weekend?
Favorite fast food?
What is your best joke or pick up line?
Rock, Paper, Scissors
Time for Dinner!

Tables Assigned by School