Student-Athlete Orientation Session

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ALCOHOL

Good vs Not so Good?

True Story

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
- APPPLE Swag
- Chance to network

Cal State, East Bay
This Weekend
Tonight

- Dinner begins promptly at 5:00pm
- Learn about how alcohol affects performance
- Linda Hancock is returning for her famous alcohol education session
- T-shirt swap at 8:45pm
Saturday

- Learn about the APPLE model and have team meetings in the morning
- Student-athlete only lunch
- Breakout sessions
- Team meetings to create Action Plans
- Mindfulness keynote after dinner
- Evening reception for student-athletes
Team Photos

- Team photos will be taken on Saturday
- Team contact will receive a printed copy with frame after submitting team Action Plan
- Electronic copies of team photos will be available

Shippensburg University

University of Virginia’s College at Wise
Sunday

- Share action plans by NCAA division
- Closing Keynote
  - Ross Szabo – Mental Health & Substance Abuse
- Submit Action Plan
- Post-Test
- Complete Evaluations
APPLE Faculty & Staff are here to help!

Joe             Holly         Susie     Debra
Student-Athlete Perspective
Time to Get Moving
Heads or Tails?
Get into groups by the last digit number on the back of your nametag
Get into groups by sport
Who are You?

- General introductions
NCAA DII Trivia Time!
True or False
Rock, Paper, Scissors
Time for Dinner!

Tables Assigned by School