Advising Student Athletes

When advising a student-athlete, Athletic Academic Advisors try to…

1. Consider the Academic Background of the Student.
   - Number of solid/core courses in high school,... number of honors/advanced courses
   - Quality and size of high school
   - Last math course taken
   - Grades/GPA
   - Class rank
   - Test scores
   - Results of Nelson Denney
   - Results of composition exam and language placement exams
   - Extra-curricular interests in high school

Information from coaches concerning type of student/person; coaches have been recruiting for a long time and have specific information about home life and potentially personal issues, work ethic and/or other information from high school coaches and counselors.

2. Provide Information about Academic Requirements
   - Checklist for university graduation and distribution requirements.
   - Handouts from academic departments that describe major requirements and/or pertinent information depending on the interests of the student.

3. Follow the Academic Advising for Athletics Rules of Advising
   “No More than Two”:
   
   | Reading Classes | Distribution Classes | Tougther Classes* |
   | Writing Classes | Major Classes         | Medium Classes*   |
   | Problem Set Classes | Elective Classes     | Lighter Classes*  |

   * Tougther, medium and lighter courses are different for every student. They are determined by the student’s background as well as the difficulty and/or time intensity of the course.

4. Make sure that each student is in NO LESS THAN 15 HOURS. Student athletes really need special permission from their athletic academic advisor and their coach to have less than 15 hours. (If they are enrolled in any 4 hour courses, they need to be in 16 hours. 12 hours are required for NCAA Eligibility.)

5. Be conservative with the first semester.
   - The first semester is a big factor in determining cumulative GPA. It is not difficult to maintain good grades but it takes a long time to make up for a really poor first semester.
   - There is a GPA requirement for the NCAA. A really poor first semester could affect a student athlete’s eligibility to compete as a sophomore.

6. Consider Athletic Game, Practice, Workout, and Travel Schedules.
   - Is the student’s sport in season or out of season for the fall or spring semester (or both)?
   - How much traveling will a team be doing and when? (Example: Are they gone on some Fridays?) New students may or may not have this information.
   - When are practice/workout times? New students may or may not have this information.

Please CALL if there are ANY questions or concerns about the class schedule of an athlete:

Julie Griswold  Mike Yeakel  Misha Caylor  Araceli Lopez
Associate Director of  Assistant Director for  Assistant Director for  Academic Advising Coordinator
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## Practice Schedules

<table>
<thead>
<tr>
<th>Sport</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseball</strong></td>
<td>Classes Done by 2:15p Better Lab Day</td>
<td>Classes Done by 2:30p</td>
<td>Classes Done by 2:15p Better Lab Day</td>
<td>Classes Done by 2:30p</td>
<td>Classes Done by 2:15p</td>
</tr>
<tr>
<td><strong>M. Basketball</strong></td>
<td>No classes before 8:30a or between 2:20p – 6:30p Take CHEM Lab 6:30p</td>
<td>No classes before 8:30a or between 2:20p – 6:30p</td>
<td>No classes before 8:30a or between 2:20p – 6:30p</td>
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<td>No classes before 8:30a or between 2:20p – 6:30p</td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td>No classes between 2:20p-7:00p Take CHEM Lab 6:30p</td>
<td>No classes between 2:20p-7:30p</td>
<td>No classes between 2:20p-7:30p</td>
<td>No classes between 2:20p-7:00p</td>
<td>No classes between 2:20p-6:30p</td>
</tr>
<tr>
<td><strong>Golf</strong></td>
<td>No Practice – Schedule Labs</td>
<td>Classes Done by 1:00p</td>
<td>Classes Done by 1:00p</td>
<td>Classes Done by 1:00p</td>
<td>Classes Done by 1:00p</td>
</tr>
<tr>
<td><strong>M. Tennis</strong></td>
<td>No classes before 9:00a or between 2:20p-5:00p</td>
<td>No classes before 9:00a or between 2:20p-5:00p</td>
<td>No classes before 9:00a or between 2:20p-5:00p</td>
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</tr>
<tr>
<td><strong>M. Cross Country</strong></td>
<td>Classes Done by 3:00p</td>
<td>No classes before 9:25a Schedule Labs</td>
<td>Classes Done by 3:00p</td>
<td>No classes before 9:25a Schedule Labs</td>
<td>Classes Done by 3:00p</td>
</tr>
<tr>
<td><strong>M. Track</strong></td>
<td>Done by 2:20p</td>
<td>Done by 2:20p</td>
<td>Done by 2:20p</td>
<td>Done by 2:20p</td>
<td>Done by 2:20p</td>
</tr>
<tr>
<td><strong>W. Basketball</strong></td>
<td>No classes between 2:30p-6:30p Take CHEM Lab 6:30p</td>
<td>No classes between 2:30p-6:30p</td>
<td>No classes between 2:30p-6:30p</td>
<td>No classes between 2:30p-6:30p</td>
<td>No classes between 2:30p-6:30p</td>
</tr>
<tr>
<td><strong>Soccer</strong></td>
<td>No Practice Schedule Labs</td>
<td>Classes Done by 2:20p</td>
<td>Classes Done by 2:20p</td>
<td>Classes Done by 6:00p</td>
<td>Classes Done by 2:20p</td>
</tr>
<tr>
<td><strong>Swimming</strong></td>
<td>No classes before 9:00a or between 2:15p-5:00p</td>
<td>No classes before 9:00a or between 2:15p-5:00p</td>
<td>No classes between 2:15p-5:30p</td>
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</tr>
<tr>
<td><strong>W. Tennis</strong></td>
<td>No classes before 9:00a and finish classes by 2:15p Take CHEM Lab 6:30p</td>
<td>No classes between 2:15p – 5:30p</td>
<td>No classes between 2:15p – 5:30p</td>
<td>No classes between 2:15p – 5:30p</td>
<td>No classes before 9:00a and finish classes by 2:15p</td>
</tr>
<tr>
<td><strong>W. Cross Country</strong></td>
<td>No class before 10:00a Classes Done by 3:30p</td>
<td>Classes Done by 3:30p</td>
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</tr>
<tr>
<td><strong>W. Track</strong></td>
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<td>Classes Done by 2:50p</td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>No classes between 2:00p-6:00p Take CHEM Lab 6:30p</td>
<td>No classes between 2:20p-6:00p</td>
<td>No classes between 2:00p-6:00p</td>
<td>No classes between 2:20p-6:00p</td>
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</tbody>
</table>

If there are any conflicts with schedules according to the chart, please call the Advising Office. *(Numbers are located on the bottom of this page).*

7. Athlete Peer Academic Advisors are a valuable resource. Football, Women’s Soccer and Volleyball new students have all met their Athlete PAA’s. New students from other sports will meet them during the first week of school. Please encourage the new students to interact with the PAA’s from their colleges AND their athlete PAA’s.

Please CALL if there are ANY questions or concerns about the class schedule of an athlete:

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