



FLIGHT PLAN

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RICE OWLS



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WHAT IS FLIGHT PLAN?

The Student-athlete Opportunities for Advancement through Rice values (SOAR) department supports student-athletes' ability to successfully navigate the transitions in, through, and beyond Rice University. Furthering the ability to think critically about our campus, community, and world, Flight Plan identifies key experiential learning opportunities that foster participation in all that Rice has to offer. Engagement with the SOAR Office and the Flight Plan ensures that Rice student-athletes are positioned to prosper and that owl alumni are equipped to soar!

Rice Student-Athletes can now earn up to \$5,980 each academic year through education-related benefits, commonly known as Alston awards, following the Supreme Court's 9-0 decision in NCAA v. Alston in June 2021. Athletes will earn this money by remaining academically eligible to compete, attending all assigned educational events, and completing all assigned tasks related to their holistic development as laid out in the Flight Plan Program.

FLIGHT PLAN BENEFITS

Each semester, eligible student-athletes who complete all Flight Plan requirements will earn \$1,794 after the semester's grades are posted, plus a deferred award of \$1,196 towards a Graduation Fund payable to a student-athlete upon undergraduate degree completion at Rice within 6 years of matriculation.

Per Semester: \$2,990 (60%-40% split)
\$1,794 (60%) at the end of that semester
\$1,196 (40%) deferred to Graduation Fund

Per Year: \$5,980
\$2,990 Fall / \$2,990 Spring



POTENTIAL EARNINGS

Flight Plan provides Rice student-athletes the opportunity to earn a total of \$23,920+ over the course of their undergraduate degree. Graduate students are not eligible for a Graduation Fund, but can earn the full \$2,990 per semester upon completion of their Flight Plan requirements.

Student-athletes earn Flight Plan benefits by satisfying ALL of the semester's requirements related to their holistic development as laid out in the Flight Plan Program. Flight Plan benefits are not awarded on a pro rata basis for completion of some events or tasks during the semester. Student-athletes are either awarded \$1,794 per semester, plus \$1,196 towards the Graduation Fund, or they don't earn anything for that semester.

ELIGIBILITY FOR PARTICIPATION

Rice student-athletes must be academically eligible to compete and an officially participating member of a varsity sport throughout the entire semester, confirmed by the compliance department, to participate in the Flight Plan program. Scholarship, partial scholarship, and walk-on student-athletes are all eligible to earn Flight Plan benefits. Participation in Flight Plan programming is voluntary and, as long as they are eligible to participate, student-athletes can opt-in or opt-out in any semester they choose.

- **Injured Athletes:** Students who are injured and unable to compete, but are still actively participating with their team, are eligible to participate.
- **Medical Disqualification:** Medically disqualified student-athletes are eligible to participate for the remainder of the school year in which they were medically disqualified. After that school year, medically disqualified students will no longer be eligible for Flight Plan benefits because they are no longer actively participating on a Rice varsity sports team.
- **Exhausted Eligibility:** Student-athletes who have exhausted their eligibility and/or are attending Rice as a graduate student, but are not competing in a Rice varsity sport, are not eligible to participate.
- **Senior undergraduate athletes and graduate students** who compete in a fall sport that exhausts their athletic eligibility will be eligible to participate in Flight Plan for the remainder of that school year.
- **Leave of Absence:** Student athletes who take a leave of absence for personal or professional reasons have up to 6 years from matriculation to complete their degree and receive their Graduation Fund. If a student-athlete has exhausted their eligibility by the time they return to Rice to complete their degree, they are not eligible to earn additional Flight Plan benefits.
- **Student-Athletes** who transfer, quit the team, or do not complete their degree within 6 years of matriculation, forfeit their Graduation Fund.

FLIGHT PLAN REQUIREMENTS

Eligible Rice student-athletes are entitled to receive Flight Plan benefits when they complete all Flight Plan curriculum requirements for the semester and, with respect to the Graduation Fund, also complete their undergraduate degree at Rice. Student-athletes who matriculate as freshmen at Rice must graduate from Rice within six years of matriculation to receive the Graduation Fund. Student-athletes who transfer from another institution must graduate from Rice within six years of when they matriculated at their first university or junior college to receive the Graduation Fund.



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Flight Plan curriculum requirements are assigned to student-athletes based on their academic class year and credits earned. Transfer student-athletes will begin their Flight Plan experience at their academic level. For example, if a transfer student-athlete completed two years of school at their previous institution, they would start their fall semester at Rice as a Third-Year in the "Look to Launch" curriculum as shown below.

2024 Entrance Date: Pilot Your Potential (First-Year)

2023 Entrance Date: Elevate Your Expectations (Second-Year)

2022 Entrance Date: Look to Launch (Third-Year)

2021 Entrance Date: Take Flight (Fourth-Year)

5th Year/Post Bacc/Graduate Students: Increase Altitude

YEAR 1: PILOT YOUR POTENTIAL

FALL	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• Opendorse and SOAR Network Account• 1 Financial Literacy Event• 1 Mental Health / Wellbeing Event• 4 hours Community Service	\$1794 + \$1196 DEFERRED
SPRING	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• 1 Professional Development Event• 2 Mental Health / Wellbeing Events• 4 hours Community Service	\$1794 + \$1196 DEFERRED

YEAR 2: ELEVATE YOUR EXPECTATIONS

FALL	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• 2 Professional Dev. Events• 1 Mental Health / Wellbeing Event• Submit Resume to SOAR for Review• 1 Resume Review Meeting (Fall or Spring)• 4 hours Community Service	\$1794 + \$1196 DEFERRED
SPRING	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• Complete UNIV212• 4 hours Community Service <p>OR -----</p> <ul style="list-style-type: none">• Launch Pad Self-Guided Training• 1 Professional Development Event• 1 Mental Health / Wellbeing Event• 1 Resume Review Meeting (If Not Completed in Fall)• 4 hours Community Service	\$1794 + \$1196 DEFERRED

YEAR 3: LOOK TO LAUNCH

FALL	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• 2 Professional Development Events<ul style="list-style-type: none">• Preferred CCD Career Expo• 1 Leadership / DEI Event<ul style="list-style-type: none">• Preferred Participation in Doer Institute Activation Program• 4 hours Community Service	\$1794 + \$1196 DEFERRED
SPRING	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• Registration for R Association Mentorship Program• 1 Professional Development Event<ul style="list-style-type: none">• Preferred: Beyond the Hedges• 2 Leadership / DEI Events• 4 hours Community Service	\$1794 + \$1196 DEFERRED

YEAR 4: TAKE FLIGHT

FALL	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• Participate in R Association Mentorship Program• 1 Leadership / DEI Event• 1 Senior Transition Event• 4 hours Community Service	\$1794 + \$1196 DEFERRED
SPRING	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• Participate in R Association Mentorship Program• 1 Leadership / DEI Event• 1 Senior Transition Event• 4 hours Community Service• SOAR Senior Exit Survey	\$1794 + \$1196 DEFERRED



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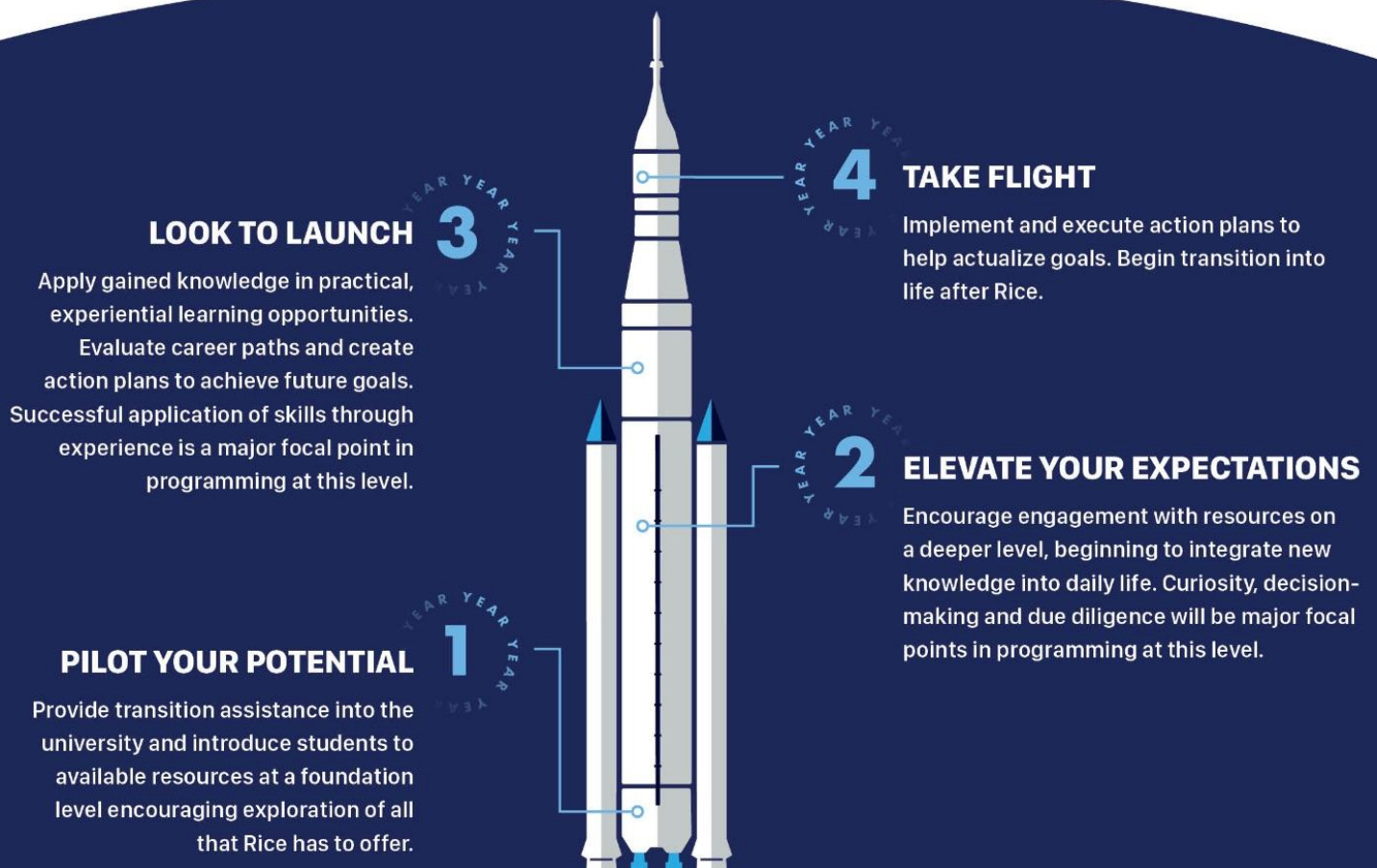
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YEAR 5: (UNDERGRAD) INCREASE YOUR ALTITUDE

FALL	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• 1 Leadership / DEI Event• 1 Senior Transition Event• 4 hours Community Service	\$1794 + \$1196 DEFERRED
SPRING	<ul style="list-style-type: none">• Launch Pad Self-Guided Training• 1 Leadership / DEI Event• 1 Senior Transition Event• 4 hours of Community Service	\$1794 + \$1196 DEFERRED

GRADUATE / POST-BACC: INCREASE YOUR ALTITUDE

FALL	<ul style="list-style-type: none">• 1 Leadership / DEI Event• 1 Senior Transition Event• 1 Professional Development Event• 4 hours of Community Service• Achieve a B or better in Post-Bacc classes or remain in good academic standing in your graduate program	\$2990
SPRING	<ul style="list-style-type: none">• 1 Leadership / DEI Event• 1 Senior Transition Event• 1 Professional Development Event• 4 hours of Community Service• Achieve a B or better in Post-Bacc classes or remain in good academic standing in your graduate program <p>Graduation Fund is not available to Graduate Students, therefore they are eligible to earn the full \$2,990 per semester.</p>	\$2990



Resources

OpenDorse/ LaunchPad

Launch Pad is an element of Flight Plan's NIL programming, providing an interactive marketplace for businesses to directly engage with our world-class student-athletes for NIL deals. Flight Plan's Launch Pad also hosts required self-guided educational resources for our student-athletes, covering topics such as Social Media Management, Branding, Mental Health, Sexual Violence and Prevention, Financial Literacy, and more.

www.opendorse.com

SOAR Network

The Rice Owls SOAR Network is a collaborative engagement platform ensuring that Rice student-athletes and letterwinners have greater access to the services, programs, and resources available to them both during their time within the hedges and for their life beyond the hedges. SOAR Network will host Flight Plan Updates, Community Service Form, and the R Association Mentorship Program

www.riceowls.com/soar

12twenty

12twenty is your one-stop shop for a personalized career development journey. Review the [12twenty Student Toolkit](#) here.

rice.12twenty.com

Mentorship Signup

Participation in the R Association mentorship is a requirement for the Year 4: Take Flight curriculum. To sign up, fill out the form [here](#):

[Mentorship Program Sign Up](#)



If you have any questions about your progress feel free to reach out to Brian McDevitt.

Phone: 401.932.2979

Email: bm73@rice.edu

Office: 1310 (Bixby Academic Center)

Community Service Events & Opportunities

[Flight Plan Community Service Submission Form](#)

<u>Organization</u>	<u>Volunteering Opportunities</u>	<u>Time & Days</u>	<u>Address</u>
Hermann Park Centennial Gardens	Join SAAC gardening in Hermann Park to help our neighbors keep the community beautiful!	Sign Up Online OR Reach out to Brian!	Free Parking Available (Lot C), 1500 Hermann Drive, Houston Texas 77004
Creative Dreams Outreach Center	Come play sports and games with underprivileged and foster children in the Houston Community!	Reach out to Brian for opportunities!	1730 Staffordshire Rd, Stafford, TX 77477
Bread of Life Inc	Meal Packing and Distribution for local Homeless Community	M, W, F, Su 6-8pm-Meal Distribution Many more opportunities available, check website!	1400 Lubbock St., Houston, Texas
Rice Holistic Gardens Volunteering on campus!	Garden Work on Rice Campus!	Wednesdays 9-11 am Sundays 10am-2pm	Urban Farm is located behind the Gibbs Rec. Center and next to O'Connor Field.
Houston Food Bank	Serving/Stocking/Prepping	Endless Shifts available! Check Site	Multiple volunteer locations



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September 2024

[Flight Plan Event Registration Form](#)

2024 Flight Plan Launch Week 09/09-09/13

'Fendi Speaks' Kickoff Event	9/9	7:00pm	R Room	Mental Health & Wellness Senior Transition Leadership & DEI
World Suicide Prevention Day QPR Training	9/10	12pm-1pm 3pm-4pm 6pm-7pm	Trauber Suite	Mental Health & Wellness Leadership & DEI
DOER Leadership "Breathe. It's Just Feedback"	9/10	6:00pm-8:00pm	Register HERE	Leadership & DEI
CCD Dress for Success/Career Gear Hours	9/11	11:00am	Huff House (Register on 12twenty)	Professional Development
SAAC Kickoff Meeting	9/11	7:00pm	Trauber Suite	Leadership & DEI
Wellbeing: Communication & Assertiveness Workshop	9/12	12:15pm	Trauber Suite	Leadership & DEI Mental Health & Wellness
SOAR Lunch & Learn: Budgeting Basics for Student-Athletes	9/13	12:15pm	Trauber Suite	Financial Literacy
DOER Leadership "Conflict Isn't A Dirty Word"	9/17	6:00pm-8:00pm	Register HERE	Leadership & DEI

2024 ProfessionOWL Development Week 09/17-09/24

Field to Fashion Lunch & Learn	9/17	12:15pm	Trauber Suite	Professional Development
WISE Houston NIL Panel (*Female Student-Athletes Only*)	9/17	6:00pm	R Room	Professional Development Financial Literacy
NIL Workshop w/ Bri Cassidy (Opendorse Director of NIL Education)	9/18	7:00pm	Patterson Team Room	Financial Literacy Professional Development
CCD Expo Prep Workshop (HIGHLY RECOMMEND)	9/19	12:15pm	Huff House (Register on 12twenty)	Professional Development Senior Transition
Accenture Consulting Workshop	9/19	7:00pm	Trauber Suite	Professional Development

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September 2024

[Flight Plan Event Registration Form](#)

2024 ProfessionOWL Development Week 09/17-09/24

SOAR Lunch & Learn #2: Resume/Cover Letter/Career Drop In Hours	9/20	10:00am-4:00pm	Bixby Academic Center	Professional Development Senior Transition
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Synergy Financial Fitness	9/23	7:00pm	Zoom	Financial Literacy
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Rice Athletes with Pride	9/23	7:00pm	TBD	Leadership & DEI
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9/24 National Voter Registration Day

CCD Career Expo	9/24	10:00am	Tudor Fieldhouse	Professional Development
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DOER Leadership "Breathe. It's Just Feedback"	9/24	6:00pm-8:00pm	Register HERE	Leadership & DEI
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CCD Tech Careers Night	9/25	5:00pm-8:00pm	O'Connor Building 5th Floor	Professional Development
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Rice International Owls Kick Off Meeting	9/26	7:00pm	R Room	Leadership & DEI
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DOER Leadership "To Do? Or To Delegate?"	9/26	6:00pm-8:00pm	Register HERE	Leadership & DEI
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DOER Leadership "Conflict Isn't A Dirty Word"	9/30	6:00pm-8:00pm	Register HERE	Leadership & DEI
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October 2024

[Flight Plan Event Registration Form](#)

CCD LinkedIn & Networking Workshop	10/1	11:30am-1:30pm	Huf House (Register on 12twenty)	Professional Development
Synergy Financial Fitness	10/2	7:00pm	Zoom	Financial Literacy
October SAAC Meeting	10/2	7:00pm	Trauber Suite	Leadership & DEI
SOAR Lunch & Learn #3: Voter Registration Event	10/4	12:15pm	Trauber Suite	Leadership & DEI
AAC Powerful Minds Week 10/5 - 10/12				
"So I Have This Friend..." Supporting Mental Health Panel	10/7	7:00pm	Patterson Team Room	Mental Health & Wellness
Mastering Mindset with Pasha Cook	10/8	7:00pm	TBD	Mental Health & Wellness
Rice Athletes for Wellness: Yoga Night	10/9	7:00pm	Fox Gym	Mental Health & Wellness
DOER Leadership "Breathe. It's Just Feedback"	10/9	6:00pm-8:00pm	Register HERE	Leadership & DEI
World Mental Health Day Workshop - Rice Wellbeing Office	10/10	12:15pm	Trauber Suite	Mental Health
CCD Careers in the Energy Transition	10/10	5:00pm-8:00pm	O'Connor Building - Fifth Floor (Register on 12twenty)	Professional Development
AAC Unity Week 10/13- 10/19 (October Recess 10/14-10/15)				
DOER Leadership "Boost your Resilience"	10/16	6:00pm-8:00pm	Register HERE	Leadership & DEI
SAAC Affinity Group Social	10/16	7:00pm	R Room	Leadership & DEI
DOER Leadership "Breathe. It's Just Feedback"	10/23	6:00pm-8:00pm	Register HERE	Leadership & DEI
Rice Athletes with Pride Workshop	10/28	7:00pm	Trauber Suite	Leadership & DEI
Pre-Election Conflict Resolution Workshop - Rice Wellbeing	10/30	7:00pm	Trauber Suite	Mental Health Professional Development Senior Transition
CCD Finance Careers Night	10/30	5:00pm	McNair Hall (Register on 12twenty)	Professional Development
Owl-O-Ween Movie Night	10/31	7:00pm	Rice Stadium	Mental Health & Wellness

November 2024

[Flight Plan Event Registration Form](#)

Election Day 11/5				
SOAR Relaxation Hours in Bixby	11/6	11:00am-4:00pm	Bixby Academic Center	Mental Health & Wellness
SOAR Lunch & Learn #4: Financial Literacy	11/8	12:15pm	Trauber Suite	Financial Literacy
<u>Synergy</u> Financial Fitness Session	11/12	7:00pm	ZOOM	Financial Literacy
November SAAC Meeting	11/13	7:00pm	Trauber Suite	Leadership & DEI
Bio/MedTech Careers Night	11/14	5:00pm	Virtual (Register on 12twenty)	Professional Development Senior Transition
SOAR Lunch & Learn #5: Enterprise Mobility Internship Workshop	11/15	12:15pm	Trauber Suite	Professional Development
CCD Strategies for Job/Internship Search	11/9	12:15pm	Huff House (Register on 12twenty)	Professional Development Senior Transition
<u>Synergy</u> Financial Fitness Session	11/20	7:00pm	ZOOM	Financial Literacy Professional Development
Rice International Owls Meeting	11/21	7:00pm	Trauber Suite	Leadership & DEI
SOAR Lunch & Learn #6: Skills That Get the Job (Interview Prep)	11/22	12:15pm	Trauber Suite	Professional Development
Rice Athletes with Pride Meeting	11/25	7:00pm	Trauber Suite	Leadership & DEI



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December 2024

[Flight Plan Event Registration Form](#)

Bruckner Chase - Mindfulness & Meditation	12/02	7:00pm	Patterson Team Room	Mental Health Senior Transition
SOAR Office Final Exam Relaxation Hours	12/03	10:00am-4:00pm	Bixby Academic Center	Mental Health & Wellness
December SAAC Meeting	12/04	7:00pm	Trauber Suite	Leadership & DEI Mental Health
SOAR Lunch & Learn #7: I Got Paid! Now What?	12/06	12:15pm	Trauber Suite	Financial Literacy Professional Development

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