



Time Management

What Division I student-athletes should expect.

Time management is a key component of any college student's success, but it is especially important for students who play Division I sports. From classes to competition, and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.

What takes up a Division I student-athlete's time?

Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



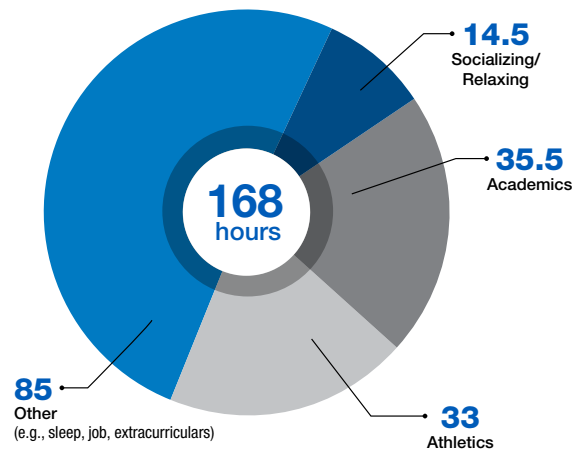
Community service



Compliance meetings

Time spent on activities per week

*Medians collected from the 2015 NCAA GOALS study.



67%

67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2015 NCAA GOALS study.



During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport. For the full breakdown by sport, visit ncaa.org/time-management.

*Based on a 2015 survey of Division I student-athletes.



Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition, and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

What takes up a Division II student-athlete's time?

Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Prospective student-athlete host duties



Team fundraising



Community engagement



Compliance meetings



Study hall



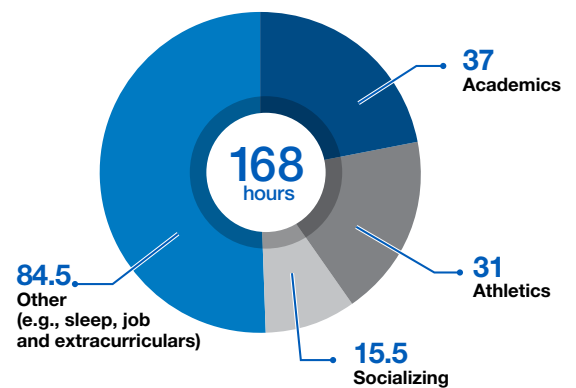
Social activities



Professional development

Time spent on activities per week

**Median figures, collected from the 2015 NCAA GOALS study.*



63%

63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

**Based on the 2015 NCAA GOALS study.*

1 in every 8.5 Division II student-athletes will participate in a NCAA championship during their college experience.



One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

**Based on the 2015 NCAA GOALS study.*

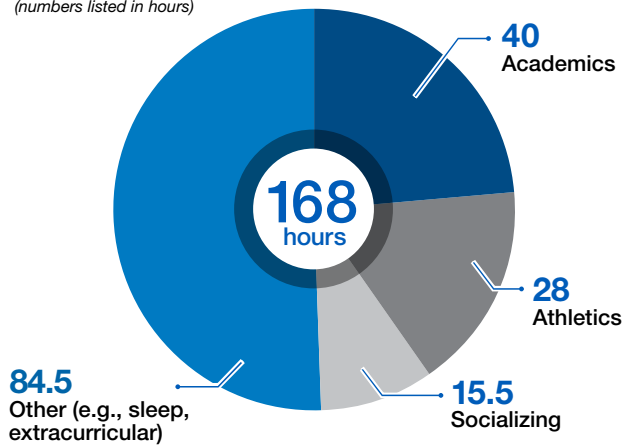
Time Management

What Division III student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition, and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

Division III student-athlete's time each week

(numbers listed in hours)



Did you know?

Division III student-athletes note their athletics experience did **not** hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)



24%

Have or will study abroad

44%

Have a job and work a median of 8 hours per week

66%

Involved in an internship/externship

67%

Think it's likely they will attend graduate school



Division III student-athletes report spending one day a week away from campus.

**Median amount; based on 2015 NCAA GOALS study.*



Half of Division III student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

**Based on the 2015 NCAA GOALS study.*

The Division III experience includes:



Academics



Internship/
externship



Work



Graduate
school



Competition



Practice



Strength and
conditioning



Film review



Injury
treatment and
prevention



Team
fundraising



Compliance
meetings



Teamwork



Time
management



Leadership