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 campus.

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

**Competition**

**Practice**

**Strength and conditioning**

**Supplemental workouts**

**Film review**

**Academic meetings**

**Injury treatment/prevention**

**Sports psychologist sessions**

**Nutritionist sessions**

**Prospective student-athlete host duties**

**Team fundraising**

**Media activities**

**Community service**

**Compliance meetings**

**Athletics**

**Academics**

**Socializing/Relaxing**

**Other (e.g. sleep, job, extracurriculars)**

**TIME SPENT ON ACTIVITIES PER WEEK**

(168 hours per week)

- **38.5 Hours**
  - Athletics
- **34 Hours**
  - Academics
- **17.1 Hours**
  - Socializing/Relaxing
- **78.4 Hours**
  - Other (e.g. sleep, job, extracurriculars)

**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.

**TIME SPENT ON ACTIVITIES PER WEEK**

(168 hours per week)

- **17.1 Hours**
  - Team fundraising
- **38.5 Hours**
  - Practice
- **34 Hours**
  - Supplemental workouts
- **8.6 Hours**
  - Film review

**Two-thirds 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 4.4 to 8.6 hours on their sport. For the full breakdown by sport, visit ncaac.org/time-management**

*Based on a 2015 survey of Division I student-athletes*
QUESTIONS TO ASK

While you are on campus visit, consider asking the following questions about time expectations:

- Would the time demands of being on this sports team allow me to pursue the academic major of my choosing? Why or why not?

- What does the typical team travel look like (for example, mode of transportation, duration of trip, percentage of day dedicated to academics)?

- What resources would be available to me as a student-athlete to help with my time management skills?

- What does a typical day/week look like when the team is in season and how does that compare to a day/week during the offseason?

- What are the major requirements or expectations of being on this team that I may not be aware of?

- Would I have time in the offseason to pursue interests outside athletics (for example, internships, study-abroad experiences, etc.)? If yes, how much?

*Questions compiled by the national Division I Student-Athlete Advisory Committee*