

# 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

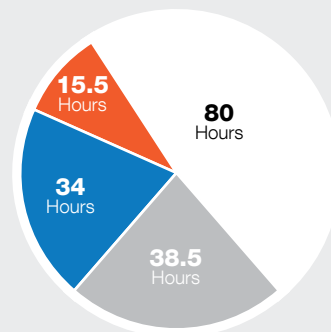


Film review

#### 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)



- Athletics
- Academics
- Socializing/Relaxing
- Other (e.g. sleep, job, extracurriculars)

\*Medians collected from the 2015 NCAA GOALS Study

# 2/3

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



Academic meetings



Injury treatment/prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



Community service



Compliance meetings

**8.6**  
Hours

**4.4**  
Hours

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 [ncaa.org/time-management](http://ncaa.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?