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)

- **78.4 Hours**
- **38.5 Hours**
- **17.1 Hours**
- **34 Hours**

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

*Medians collected from the 2015 NCAA GOALS Study

**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

**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

*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*