

DIII 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.

The Division III experience includes:

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.



Academics



Competition



Compliance meetings



Film review



Graduate school



Injury treatment and prevention



Internship/externship



Leadership



Practice



Strength and conditioning



Team fundraising



Teamwork

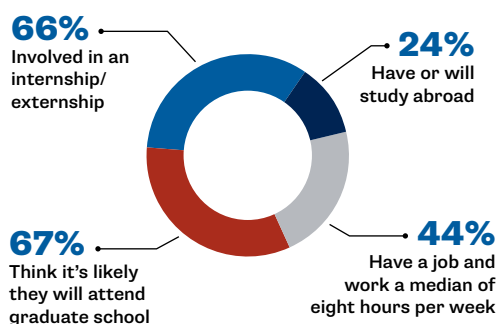


Time management



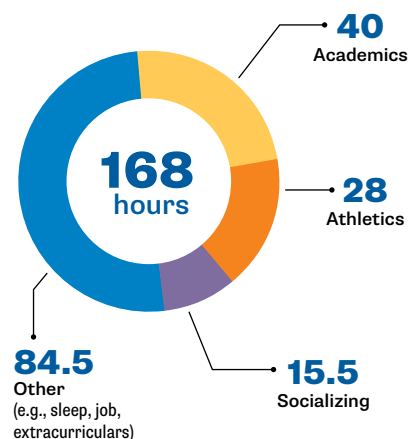
Work

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)



Time spent on activities per week

(numbers listed in hours)



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

*Median amount; based on 2015 NCAA GOALS study.

50%

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.



DIVISION III
DISCOVER | DEVELOP | DEDICATE



Questions to Ask

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

- ▶ How would the time demands of being on the team impact my academics?
- ▶ What does a typical day or week look like when the sport is in season?
- ▶ What does typical team travel look like (e.g., duration of trip, missed class time)?
- ▶ What accommodations are made on campus before an away contest/trip?
- ▶ What are the team's policies on missed practices and what is the institution's policy on missed classes?
- ▶ Does being on the team impact pursuing any specific majors?
- ▶ How do student-athletes pursue interests outside athletics (e.g., internships, externships, study-abroad experiences, community service, etc.)?
- ▶ If I wanted to, would I have time to practice and compete in a second sport?
- ▶ What are the additional requirements or expectations of being on the team that I may not be aware of (e.g., team fundraisers, community service, alumni relations, etc.)?
- ▶ What resources are available to help with my time management?
- ▶ What resources are available to help me succeed academically?

Remember

Division III playing and practice season limits (18 or 19 weeks in length) allow student-athletes to excel academically and athletically, and in co-curricular/leadership activities (e.g., campus organizations, community service).