



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



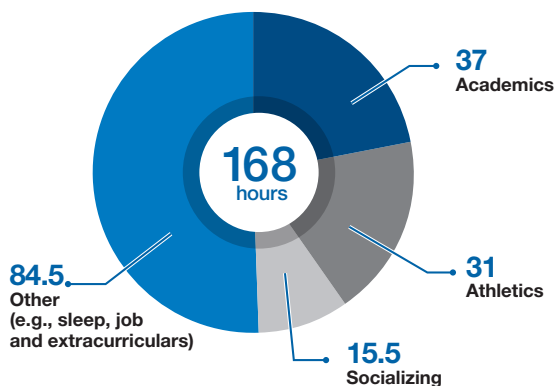
Social activities



Professional development

Time spent on activities per week

**Median figures, collected from the 2019 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 2019 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 2019 NCAA GOALS study.*