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 noncountable athletically related activities. NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.

- Strength and conditioning
- Supplemental workouts
- Film review
- Competition
- Practice
- Academics
- Socializing
- Other (e.g., sleep, job and extracurriculars)

Did you know?
These are considered countable athletically related activities (CARA).

- 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 2015 NCAA GOALS study

168 hours
- 38.5 Academics
- 80 Other (e.g., sleep, job and extracurriculars)
- 32 Athletics
- 17.5 Socializing

2/3 Two-thirds of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

1 in every 8.3 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.
Questions to Ask

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

- What is the concept of life in the balance and how does it impact Division II student-athletes?

- What does the typical team travel day/trip look like (e.g., mode of transportation, duration of trip, percentage of day dedicated to academics)?

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

- What are the additional requirements or expectations of being on this team that I may not be aware of (e.g., team fundraisers, community engagement, alumni relations, etc.)?

- As a Division II student-athlete, will I be allowed to pursue any other extracurricular activities that my institution provides?

- Would the typical schedule for my sport allow me to pursue any academic major provided on campus?

- During the offseason, will I be allowed to participate in study abroad and internship opportunities? How will that impact my playing time?

- By choosing to play a Division II sport, will I have enough time for a job?

- If I redshirt, how would my week compare to being on the travel squad?