

# 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

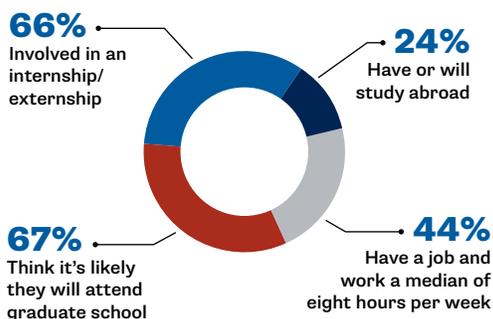


Time management



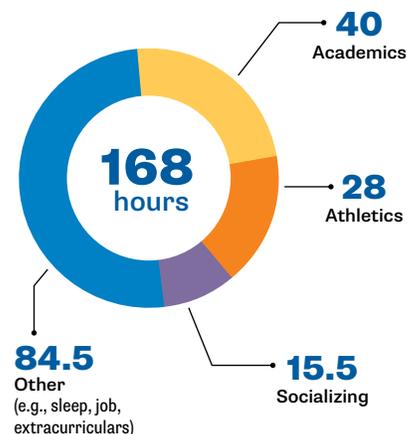
Work

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.