Time Management

What Division I student-athletes should expect.
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 the field.

What takes up a Division I 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 department for more information.

Did you know?
These activities do not count toward a team or student-athlete's countable athletically related activities limit.

Time spent on activities per week

*Medians collected from the 2019 NCAA GOALS study.

168 hours

- 35.5 Academics
- 33 Athletics
- 14.5 Socializing/Relaxing
- 85 Other (e.g., sleep, job, extracurriculars)

67%

67% 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 2019 NCAA GOALS study.

9 hours

4 hours

During a typical day of competition, Division I student-athletes report spending anywhere from four to nine 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