



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



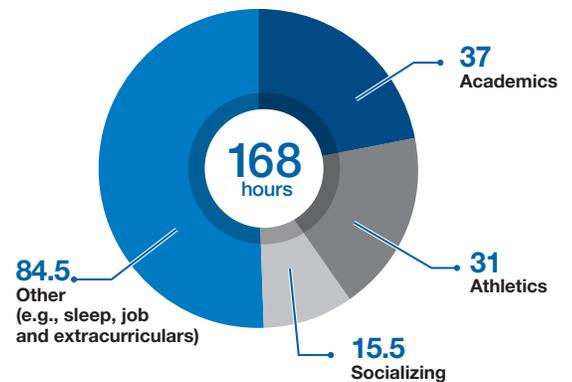
Social activities



Professional development

Time spent on activities per week

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

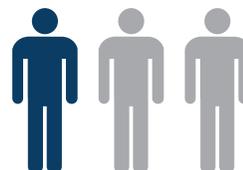


63%

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.*



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?
- ▶ As a Division II student-athlete, will I be allowed to pursue any other extracurricular activities that my institution provides?
- ▶ What does the typical team travel day/trip look like (e.g., mode of transportation, duration of trip, percentage of day dedicated to academics)?
- ▶ Would the typical schedule for my sport allow me to pursue any academic major provided on campus?
- ▶ 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?
- ▶ During the offseason, will I be allowed to participate in study abroad and internship opportunities? How will that impact my playing time?
- ▶ 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.)?
- ▶ 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?