



NCAA Student-Athlete Needs, Aspirations and Perspectives (SNAP) Study, April 2026 Survey Results
May 2026

NCAA SNAP April 2026 Survey

- ▶ The NCAA partnered with Teamworks to distribute a 3-minute, confidential survey of Division I student-athletes from April 26 to May 3 about career preparation, team travel and competition.
- ▶ Survey participation was voluntary and confidential. Deidentified results shared back with the NCAA ensured the identity of the student was unknown.
- ▶ All active and reclassifying Division I schools were invited to participate. In total, 177 schools agreed to participate (48%).
- ▶ After the opt-in window closed:
 - ▶ The survey was distributed via the Teamworks platform to nearly 56,300 NCAA student-athletes on April 26. NCAA Research shared survey links with 18 additional schools that were not Teamworks users, seven of which distributed the link to an unknown number of student-athletes.
 - ▶ 5,603 student-athletes from 158 Division I schools took the survey. The estimated response rate was 10%. Women's sports were overrepresented in the sample compared to annually reported Division I demographic rates.
 - ▶ Findings are reported separately for men's and women's sports overall. Subanalyses for specific sports are reported only for items with responses from at least 50 student-athletes.



Participant Demographics

Representativeness of Sample

	April 2026 SNAP Survey	NCAA DI Demographics
Men's Sports Athletes	44%	53%
Women's Sports Athletes	56%	47%

Note: There were 2,471 men's sports and 3,130 women's sports participants in the full sample. Two participants did not indicate participation on a men's or women's team. Their responses are included in the Overall analyses but are excluded when broken out by sport gender.

Sources: NCAA SNAP Study, April 2026, and Division I demographics data extracted from the [NCAA Demographics Database](#) (2025).



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Response Rates by Conference

Conference	N of Schools	Athletes Invited	Athletes Responded	Response Rate
Big Sky	6	1,445	309	21.4%
MAAC	2	481	76	15.8%
SoCon	7	1,366	214	15.7%
Big East	3	871	133	15.3%
Southland	3	859	130	15.1%
MAC	6	2,284	325	14.2%
Horizon	4	1,063	145	13.6%
OVC	7	1,863	246	13.2%
Summit	4	1,629	209	12.8%
ASUN	10	2,970	381	12.8%
Sun Belt	7	2,457	310	12.6%
Conference USA	4	1,433	174	12.1%
Big 12	9	3,789	409	10.8%
Big South	5	554	59	10.6%
WAC	3	893	93	10.4%
Mountain West	6	2,351	221	9.4%

Conference	N of Schools	Athletes Invited	Athletes Responded	Response Rate
SEC	5	2,166	201	9.3%
CAA	9	2,578	226	8.8%
American	9	3,557	307	8.6%
MVC	6	1,613	132	8.2%
Big Ten	10	5,892	474	8.0%
WCC	7	1,696	132	7.8%
Big West	4	1,264	94	7.4%
Patriot	5	1,625	111	6.8%
ACC	7	4,064	251	6.2%
Ivy	3	1,995	115	5.8%
SWAC	2	724	37	5.1%
Northeast	5	607	30	4.9%
American East	2	266	11	4.1%
A-10	7	1,657	42	2.5%
MEAC	1	263	6	2.3%

Note: Athletes invited is limited to Teamworks users.
Source: NCAA SNAP Study, April 2026.

Number of Participants by Sport

Men's Sports	Sample N
Baseball	294
Basketball	47
Cross Country	84
FBS Football	647
FCS Football	600
Golf	47
Ice Hockey	40
Lacrosse	50
Soccer	132
Swim and Dive	62
Tennis	68
Track and Field	310
Wrestling	41
Other Men's Sports	50

Women's Sports	Sample N
Basketball	186
Beach Volleyball	54
Cross Country	143
Field Hockey	54
Golf	117
Gymnastics	72
Lacrosse	164
Rowing	193
Soccer	472
Softball	443
Swim and Dive	189
Tennis	137
Track and Field	446
Volleyball	328
Other Women's Sports	131

Notes: Multisport athletes are counted in their self-reported primary sport. Sports with under 40 athletes in the sample are included in the "Other" category. Two participants did not indicate participation on a men's or women's team. Their responses are included in the Overall analyses but are excluded when broken out by sport gender.

Source: NCAA SNAP Study, April 2026.



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Career Preparation

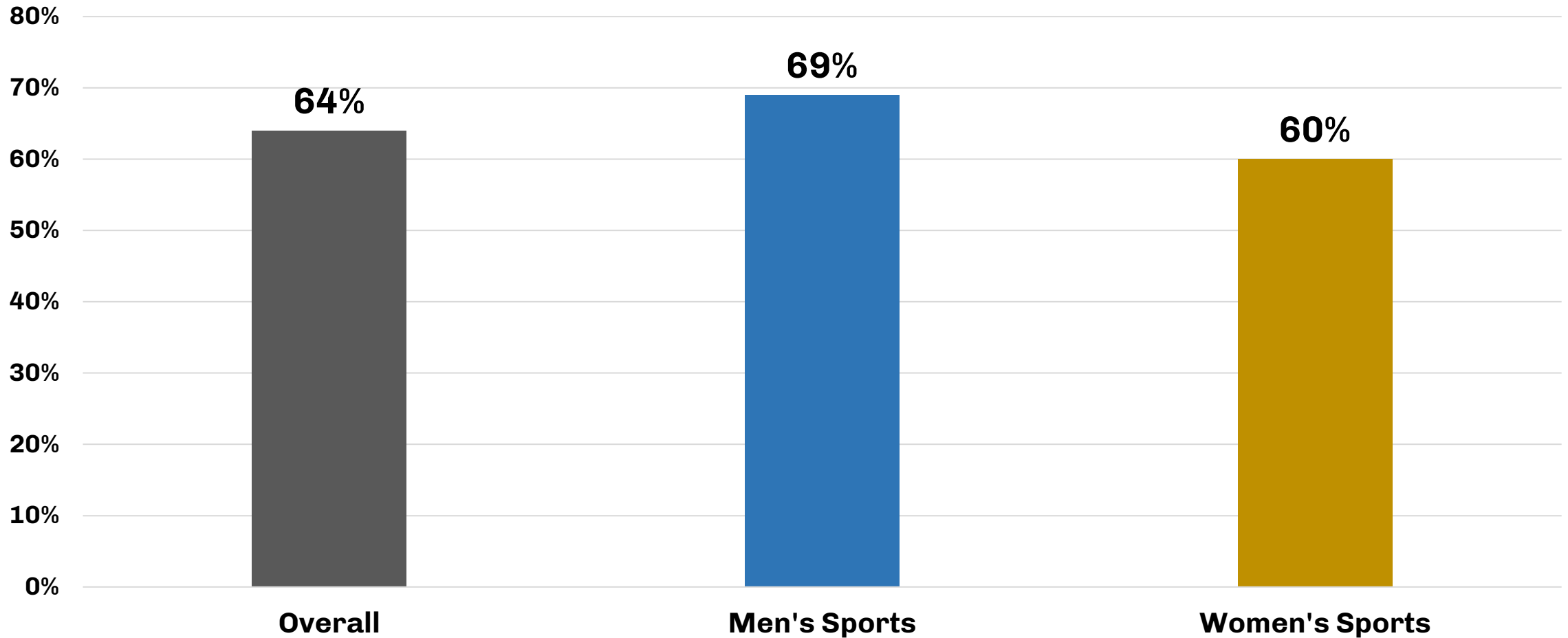
Key Takeaways Regarding Career Preparation

- ▶ Nearly two-thirds of study participants reported feeling positive or very positive about their career prospects in today's evolving economy. Men's sports athletes were more likely to have a positive outlook (69%) than women's sports athletes (60%), and feelings of positivity were lower for those in their junior year of college and later (65% among men's sports and 55% among women's sports). Career optimism also varied by major, with those in the health professions expressing the highest level of optimism (73% for men's sports, 63% for women's sports) and women's sports participants in liberal arts majors indicating the lowest rates of optimism at 44%.
- ▶ When discussing future plans, over 90% of participants in their junior year or later indicated reaching out to family, over 80% connect with friends, nearly 40% talk with coaches, one-third rely on their athletic academic advisors, and one-quarter connect with former student-athletes. Women's sports athletes discuss future plans with both athletic and major academic advisors at rates 10 percentage points higher than men's sports athletes.
- ▶ Men's sports participants believe it is likely they'll be professional or Olympic athletes at a rate three times that of women's sports study participants (33% vs. 11%, respectively). Those without professional sports expectations were more likely to endorse having taken a range of career preparation actions by junior year or later, often at rates 10-20 percentage points higher than their peers with professional sports expectations.
- ▶ Nearly 20% of respondents in their junior year and above had not used career services on campus. Among those who had, over 80% responded that they were somewhat satisfied or satisfied with these services.



Feelings About Future Career Prospects in Today's Evolving Economy

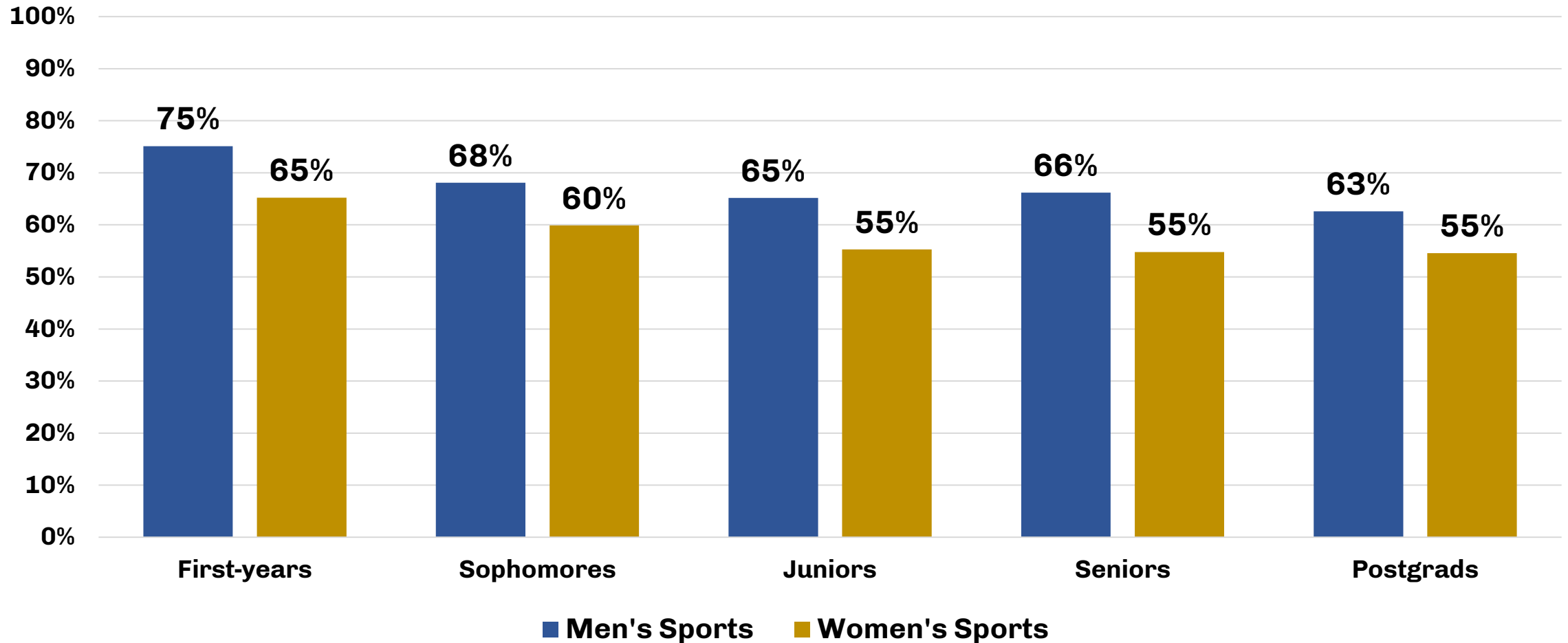
(Percentage responding "Positive" or "Very Positive")



Source: NCAA SNAP Study, April 2026.

Feelings About Future Career Prospects in Today's Evolving Economy

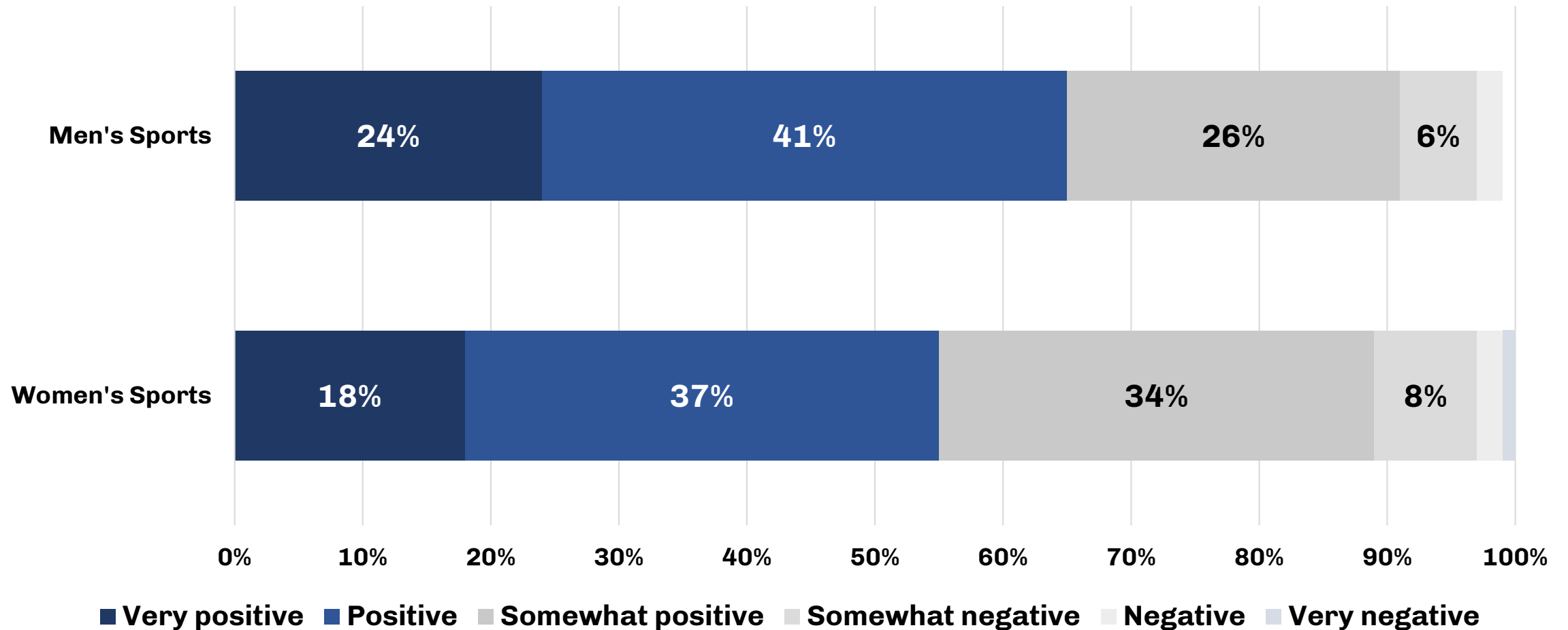
(Percentage responding "Positive" or "Very Positive" by Year and Sport Gender)



Note: All subcategories had over 100 participants: First-years, 788 M, 992 W; Sophomores, 652 M, 823 W; Juniors, 560 M, 684 W; Seniors, 334 M, 491 W; Postgrads 131 M, 132 W.
Source: NCAA SNAP Study, April 2026.

Feelings About Future Career Prospects in Today's Evolving Economy

(Responses from Juniors and Above by Sport Gender)



Notes: Limited to juniors and above in sample; men's sport N=1,025 and women's sport N=1,307. Values below 4% are not labeled.

Source: NCAA SNAP Study, April 2026.

Current Major of Survey Participants

Major	Men's Sports	Women's Sports
Business	40%	24%
Other	15%	11%
STEM	13%	16%
Undecided	7%	3%
Health Professions	7%	19%
Multidisciplinary	6%	8%
Social Sciences	5%	11%
Liberal Arts	4%	6%
Recreation	4%	2%

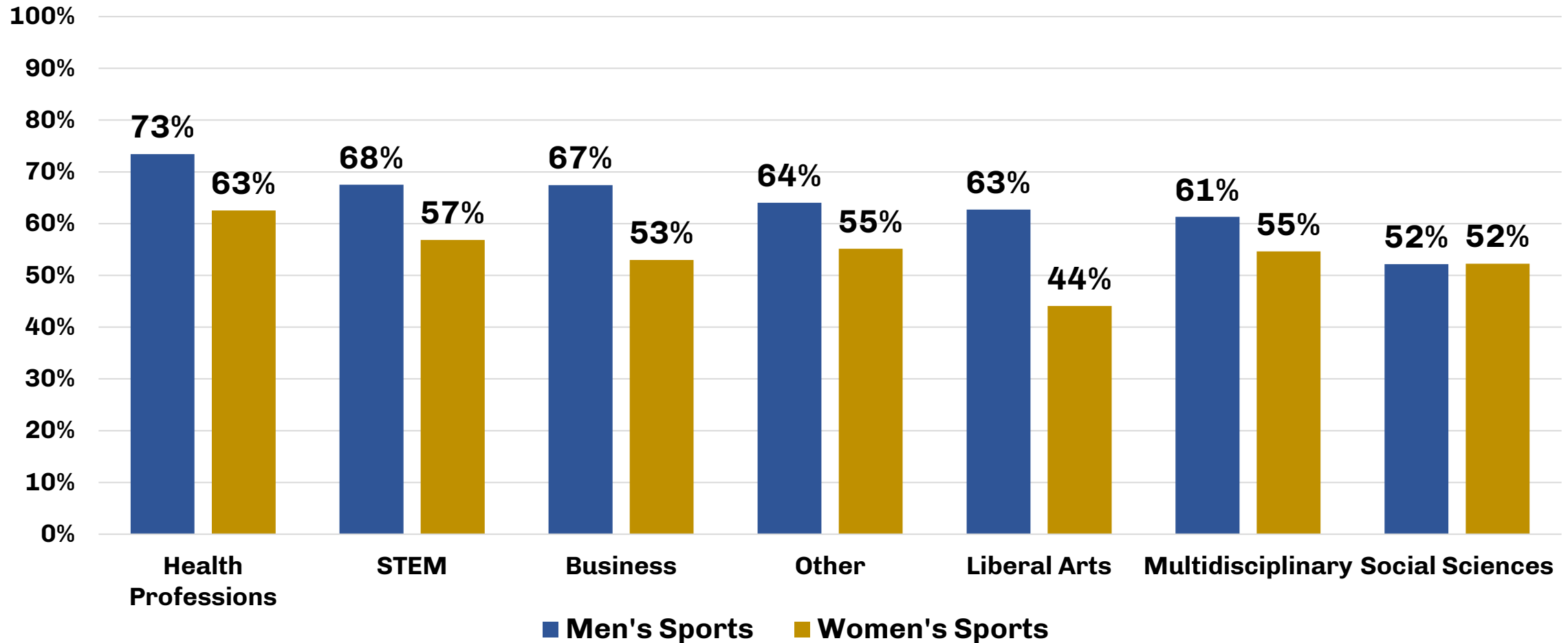
Source: NCAA SNAP Study, April 2026.



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Feelings About Future Career Prospects in Today's Evolving Economy

(Percentage of Juniors and Above responding "Positive" or "Very Positive" by Major and Sport Gender)



Note: Only sports with at least 50 men's sports or women's sports juniors and above in the major are displayed.
Source: NCAA SNAP Study, April 2026.

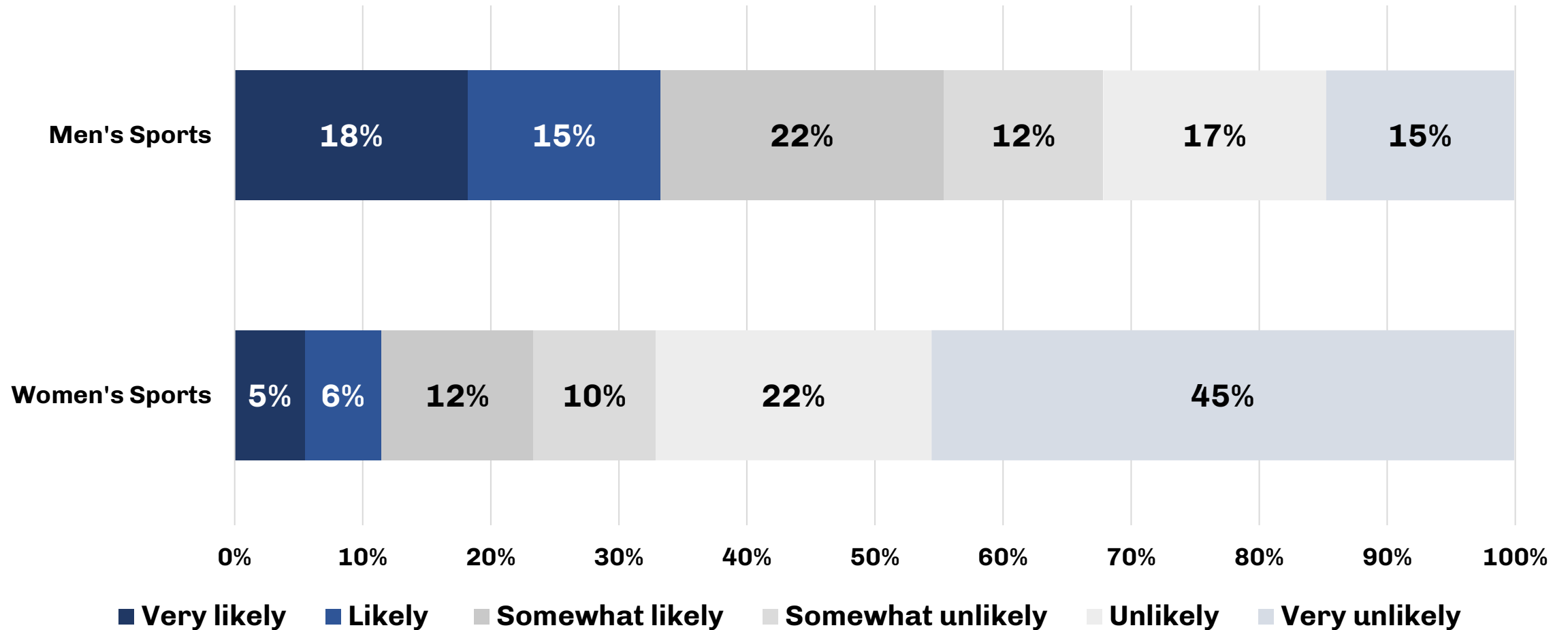
Who do you talk to about your plans for the future? (Juniors and Above)

Source	Men's Sports	Women's Sports
Family	92%	96%
Friends or Teammates	78%	87%
Coaches	39%	43%
Athletic Academic Advisor	29%	40%
Former Student-Athletes	23%	27%
Major Academic Advisor	18%	29%
Athletics Student Development Staff	7%	11%
Sports Agent	6%	2%
Campus Career Services	5%	6%
Mental Health Counselor	3%	13%

Notes: Participants were encouraged to select all that applied. Limited to juniors and above in sample; men's sport N=1,025 and women's sport N=1,307. Shading indicates difference of ten percentage points or more.
Source: NCAA SNAP Study, April 2026.

Likelihood That You Will Become a Professional or Olympian in Your Sport

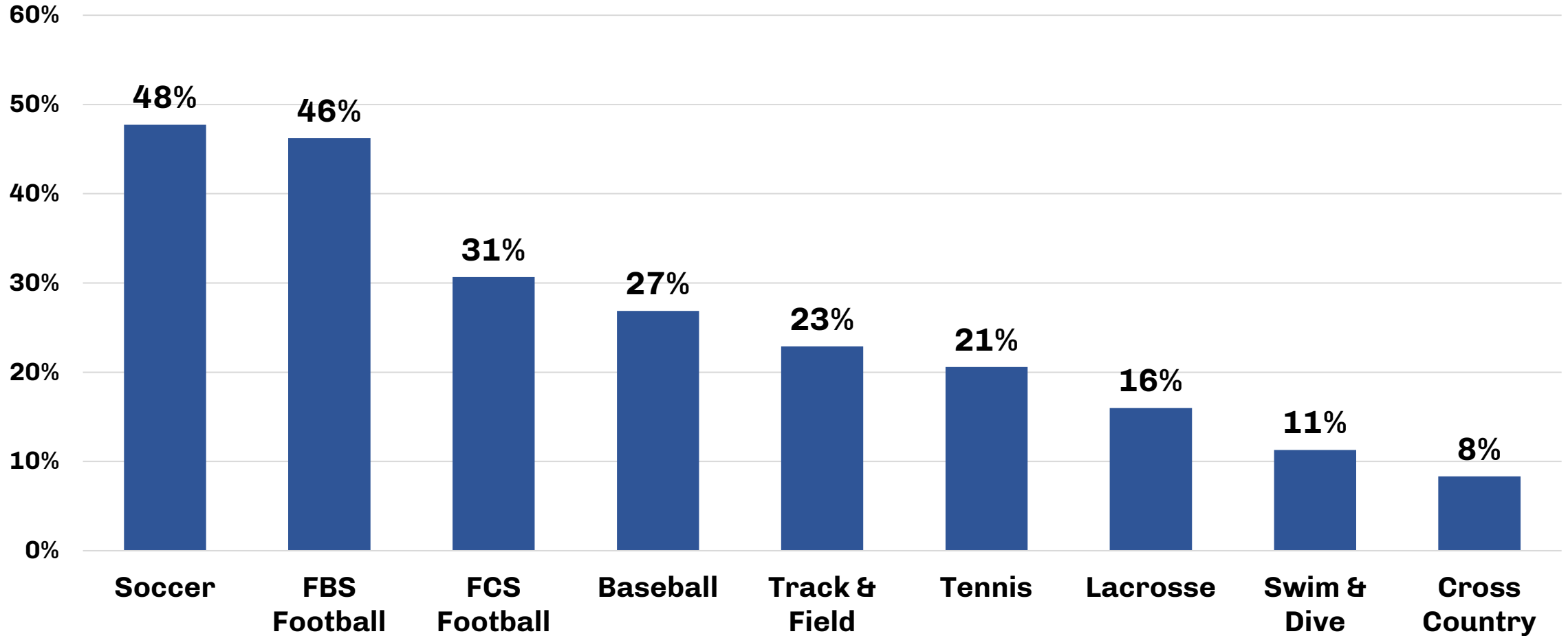
(Responses by Sport Gender)



Source: NCAA SNAP Study, April 2026.

Likelihood That You Will Become a Professional or Olympian in Your Sport

(Percentage of Men's Sports Participants Responding "Likely" or "Very Likely")

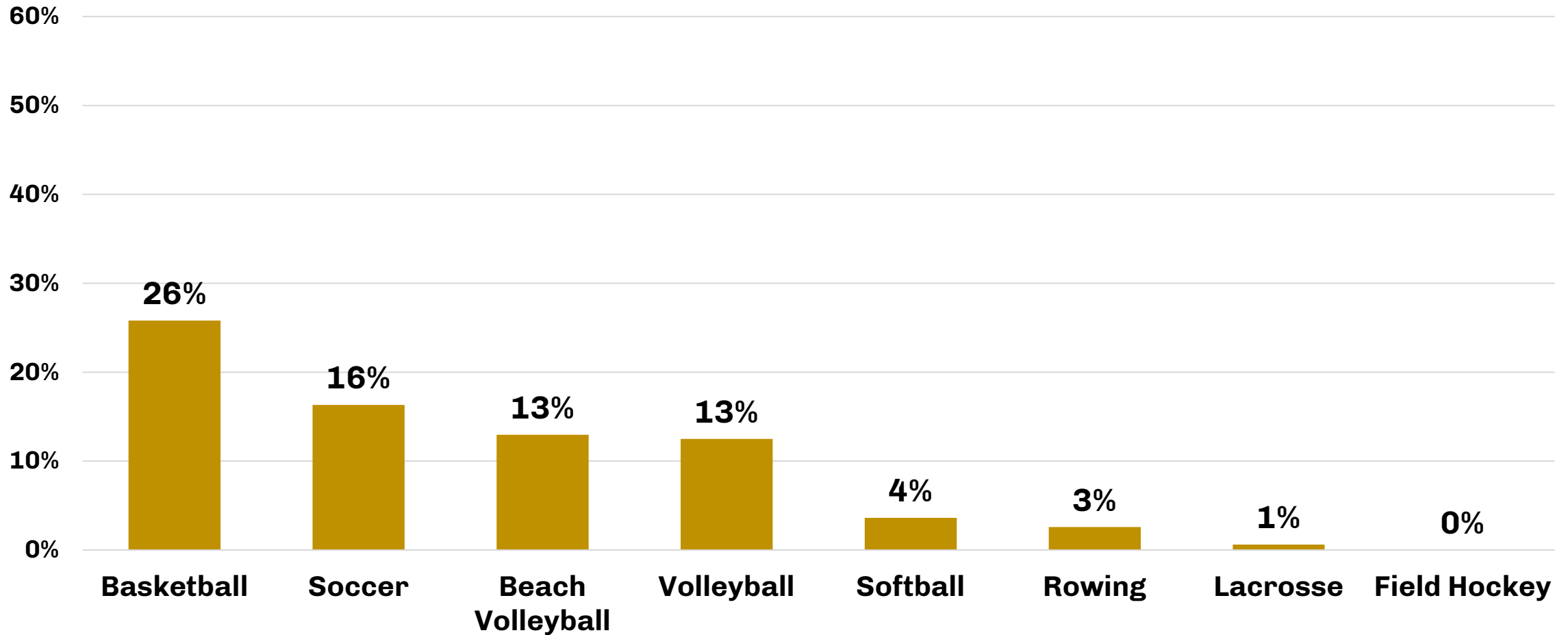


Notes: Limited to sports with over 50 participants in the study. This item was included to examine the impact of these beliefs on career preparation. For representative data on professional sport expectations, please refer to [NCAA GOALS \(2025\)](#) data.

Source: NCAA SNAP Study, April 2026.

Likelihood That You Will Become a Professional or Olympian in Your Sport

(Percentage of Women's Team Sports Participants Responding "Likely" or "Very Likely")



Notes: Limited to sports with over 50 participants in the study. This item was included to examine the impact of these beliefs on career preparation. For representative data on professional sport expectations, please refer to [NCAA GOALS \(2025\)](#) data.

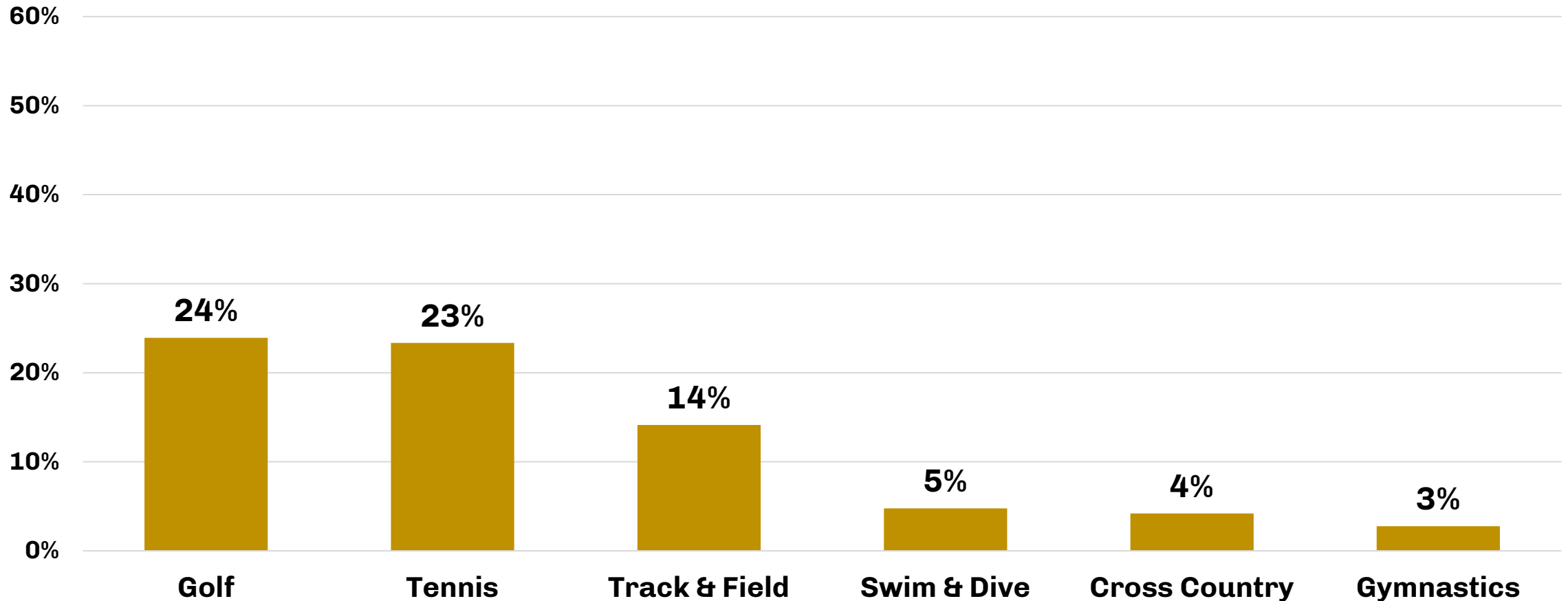
Source: NCAA SNAP Study, April 2026.



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Likelihood That You Will Become a Professional or Olympian in Your Sport

(Percentage of Women's Individual Sports Participants Responding "Likely" or "Very Likely")



Notes: Limited to sports with over 50 participants in the study. This item was included to examine the impact of these beliefs on career preparation. For representative data on professional sport expectations, please refer to [NCAA GOALS \(2025\)](#) data.

Source: NCAA SNAP Study, April 2026.



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Actions Taken to Prepare for Post-Athletics Career

Action	Overall	Men's Sports	Women's Sports
Resume Prep	53%	47%	57%
Created LinkedIn Profile	52%	48%	55%
Informational Interview w/ Employers	29%	28%	30%
Job Shadowing	25%	20%	29%
Internship	25%	23%	27%
Mock Interviews	24%	23%	24%
Connected w/ a Mentor	21%	21%	21%
Attended Career Service Session(s)	18%	17%	19%
Met w/ Career Counselor	16%	14%	18%
Networking Event Participation	16%	14%	17%
Applied to Grad School	8%	7%	9%
Obtained(ing) Professional Certificate	7%	6%	7%
Taken / Studied for GRE, LSAT, etc.	4%	3%	5%
Enrolled in a Career Prep Course	4%	3%	4%
Have not done any of these	22%	27%	18%

Notes: Participants were encouraged to select all that applied. Shading indicates difference of ten percentage points or more between sport gender.

Source: NCAA SNAP Study, April 2026.

Actions Taken to Prepare for Post-Athletics Career

(Responses by Year in School)

Action	First-Years	Sophomores	Juniors	Seniors+
Resume Prep	39%	49%	61%	71%
Created LinkedIn Profile	38%	51%	58%	70%
Internship	12%	19%	30%	50%
Informational Interview w/ Employers	18%	26%	35%	45%
Applied to Grad School	–	–	3%	36%
Mock Interviews	14%	21%	30%	35%
Job Shadowing	19%	24%	29%	33%
Connected w/ a Mentor	14%	18%	26%	30%
Networking Event Participation	7%	13%	22%	26%
Attended Career Service Session(s)	13%	16%	23%	25%
Met w/ Career Counselor	14%	15%	19%	19%
Obtained(ing) Professional Certificate	4%	5%	7%	13%
Taken / Studied for GRE, LSAT, etc.	1%	2%	6%	9%
Enrolled in a Career Prep Course	3%	4%	5%	4%
Have not done any of these	33%	24%	16%	8%

Note: Participants were encouraged to select all that applied.

Source: NCAA SNAP Study, April 2026.

Actions Taken to Prepare for Post-Athletics Career

(Responses from Juniors and Above by Sport Gender)

Action	Men's Sports	Women's Sports
Resume Prep	59%	71%
Created LinkedIn Profile	60%	66%
Internship	35%	43%
Informational Interview w/ Employers	37%	41%
Job Shadowing	24%	36%
Mock Interviews	31%	33%
Connected w/ a Mentor	27%	28%
Networking Event Participation	22%	25%
Attended Career Service Session(s)	22%	25%
Met w/ Career Counselor	16%	22%
Applied to Grad School	15%	21%
Obtained(ing) Professional Certificate	9%	11%
Taken / Studied for GRE, LSAT, etc.	5%	9%
Enrolled in a Career Prep Course	4%	5%
Have not done any of these	17%	9%

Notes: Participants were encouraged to select all that applied. Limited to juniors and above in sample; men's sport N=1,025 and women's sport N=1,307. Shading indicates difference of ten percentage points or more between sport gender.

Source: NCAA SNAP Study, April 2026.

Actions Taken to Prepare for Post-Athletics Career

(Responses From Juniors and Above by Professional Sport Expectations)

Action	Men's Sports		Women's Sports	
	Pro Athlete Expectations	Other	Pro Athlete Expectations	Other
Resume Prep	42%	66%	63%	72%
Created LinkedIn Profile	46%	66%	58%	68%
Internship	23%	40%	25%	45%
Informational Interview w/ Employers	25%	43%	25%	44%
Job Shadowing	18%	27%	14%	40%
Mock Interviews	23%	35%	21%	35%
Connected w/ a Mentor	21%	30%	22%	29%
Attended Career Service Session(s)	18%	24%	17%	26%
Networking Event Participation	20%	22%	22%	26%
Met w/ Career Counselor	14%	17%	13%	23%
Applied to Grad School	11%	17%	17%	22%
Obtained(ing) Professional Certificate	6%	11%	9%	11%
Taken / Studied for GRE, LSAT, etc.	1%	7%	3%	10%
Enrolled in a Career Prep Course	3%	4%	4%	5%
Have not done any of these	26%	13%	17%	8%

Notes: Participants were encouraged to select all that applied. Limited to juniors and above in sample; men's sport N=1,025 and women's sport N=1,307. Shading indicates difference of ten percentage points or more between those with and without professional sport expectations within sport gender. Professional sport expectations defined as those who endorsed "very likely" or "likely" that they will be a professional or Olympic athlete in their sport.

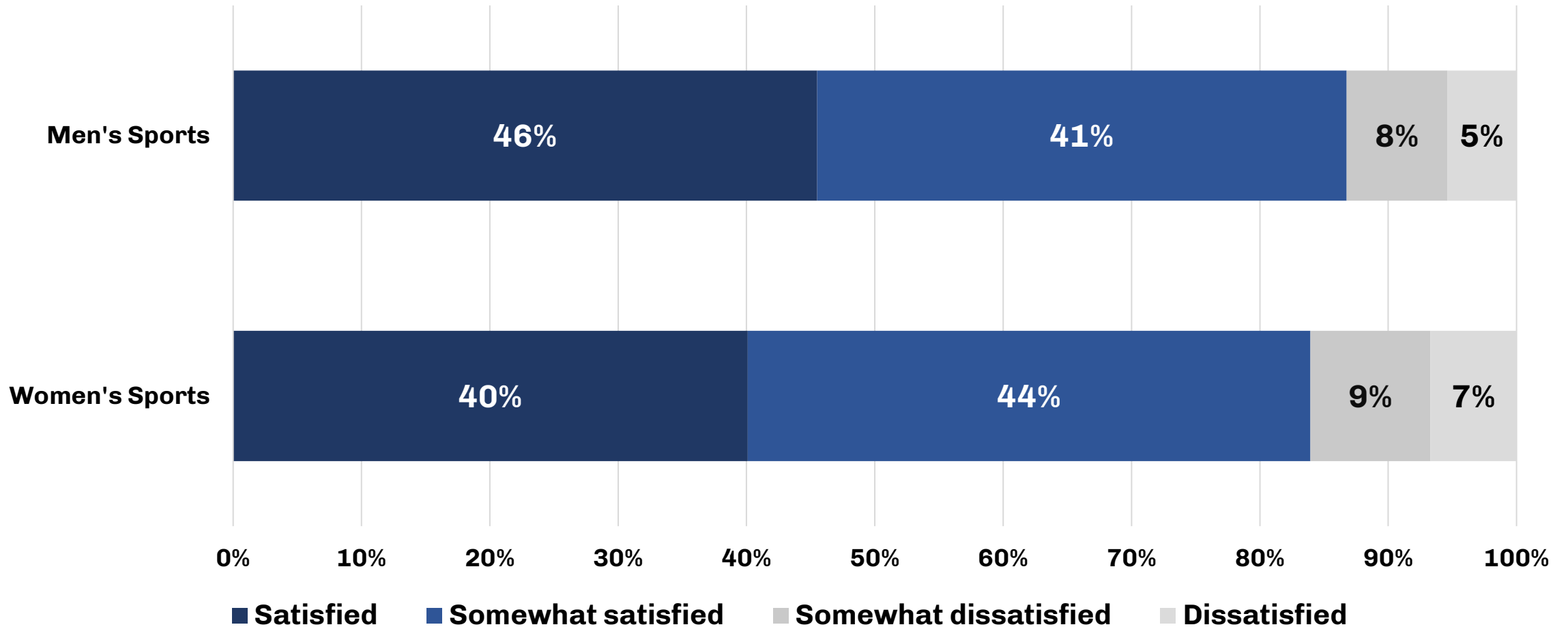
Source: NCAA SNAP Study, April 2026.



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Satisfaction With Career Counseling Support Services

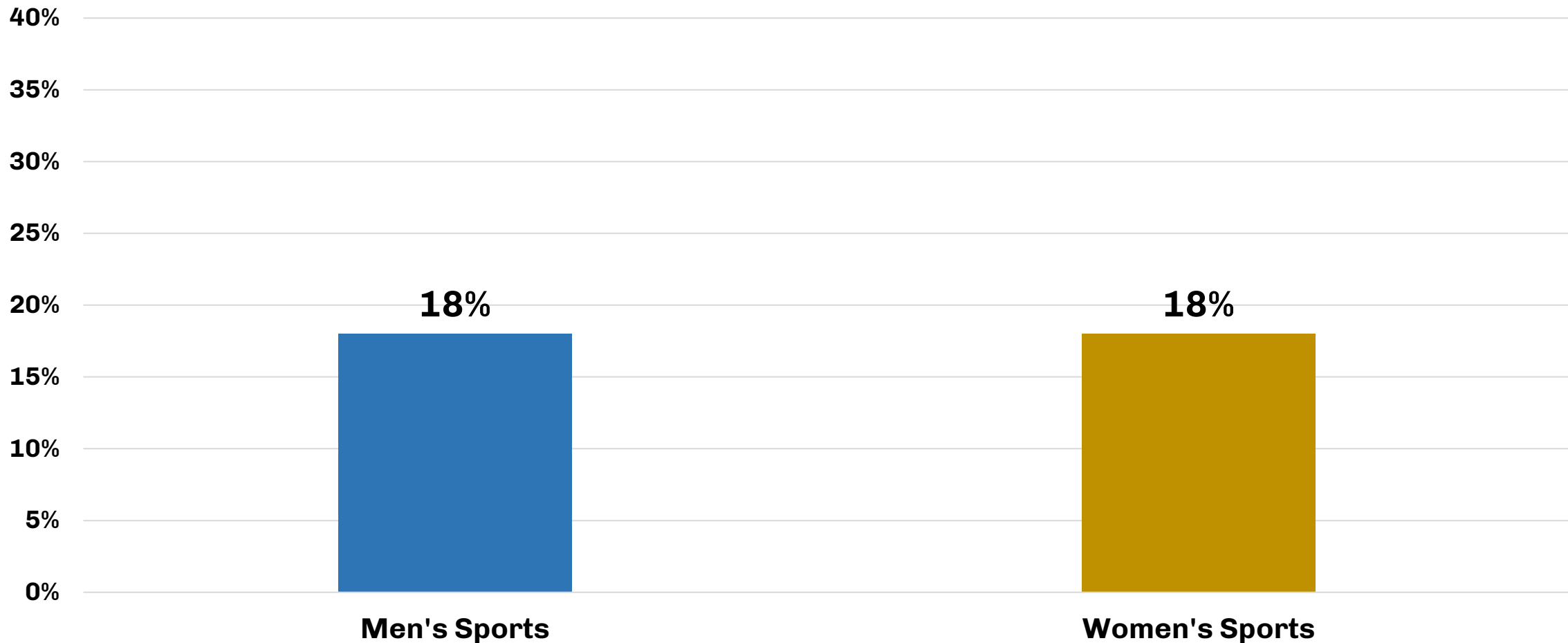
(Responses Among Juniors and Above Who Accessed Career Services by Sport Gender)



Notes: Limited to juniors and above in sample who did not select on "Services Not Available" or "Have Not Used;" men's sport N=838 and women's sport N=1,079.
Source: NCAA SNAP Study, April 2026.

Use of Career Counseling Support Services

(Percentage of Juniors and Above Responding “Did not use”)



Note: Limited to juniors and above in sample; men's sport N=1,025 and women's sport N=1,307.
Source: NCAA SNAP Study, April 2026.

Transition Out of Sport

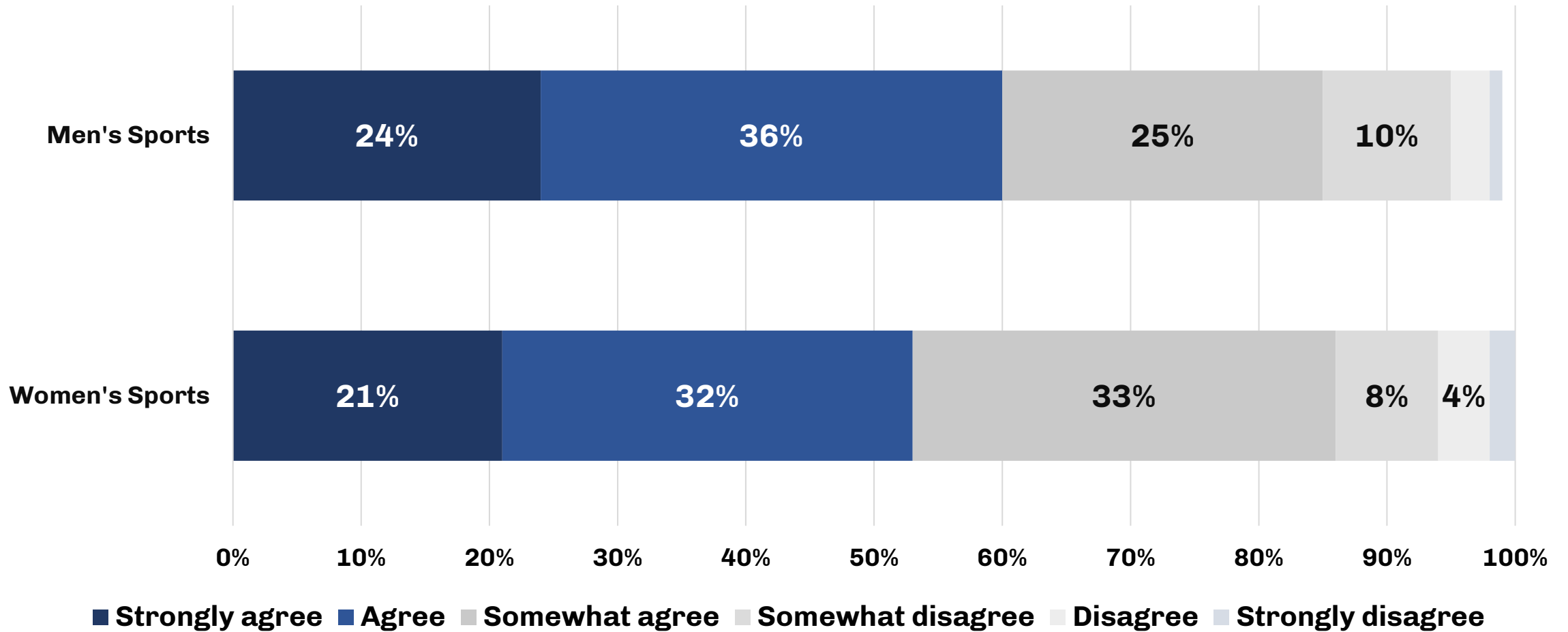
Key Takeaways Regarding Transition Out of Sport

- ▶ Among participants in junior year and above, 60% in men's sports and 53% in women's sports agreed or strongly agreed that they feel prepared to make their transition out of sport.
- ▶ Over half of the study participants indicated concerns about finding career opportunities and the cost-of-living post-college. These were the top two areas of concern regardless of sport gender or year in school. Concerns about staying fit, managing weight and eating healthy as well as finding identity outside of sport were higher among students further along in college. Women's sports athletes in their junior year and later endorsed these concerns at higher rates than men's sports athletes (staying fit/managing weight, 49% W, 21%M; finding identity, 44% W, 30% M).
- ▶ Concerns about identity outside of sport, staying fit/managing weight, and building and retaining relationships were endorsed highest by seniors, while concerns around finding career opportunities and securing housing were endorsed highest by juniors.
- ▶ While all NCAA athletes have access to post-eligibility health insurance, only 23% of men's sports athletes and 14% of women's sports athletes in the sample indicated awareness of the program. Seniors and postgraduates had the lowest rates of awareness as compared to those earlier in their college athletics careers.



I Feel Prepared to Make My Transition Out of College Sport

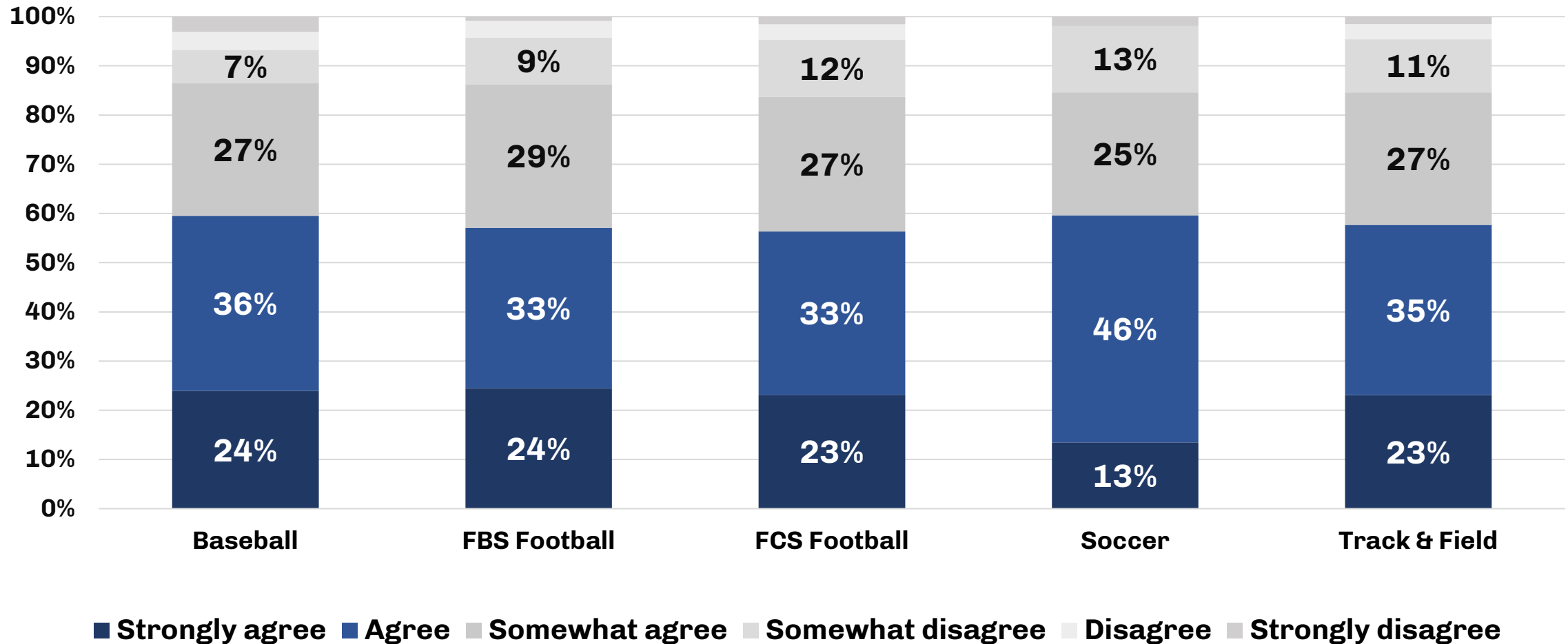
(Responses of Juniors and Above by Sport Gender)



Notes: Limited to juniors and above in sample; men's sports N=1,025 and women's sports N=1,307. Values below 4% are not labeled.
Source: NCAA SNAP Study, April 2026.

I Feel Prepared to Make My Transition Out of College Sport

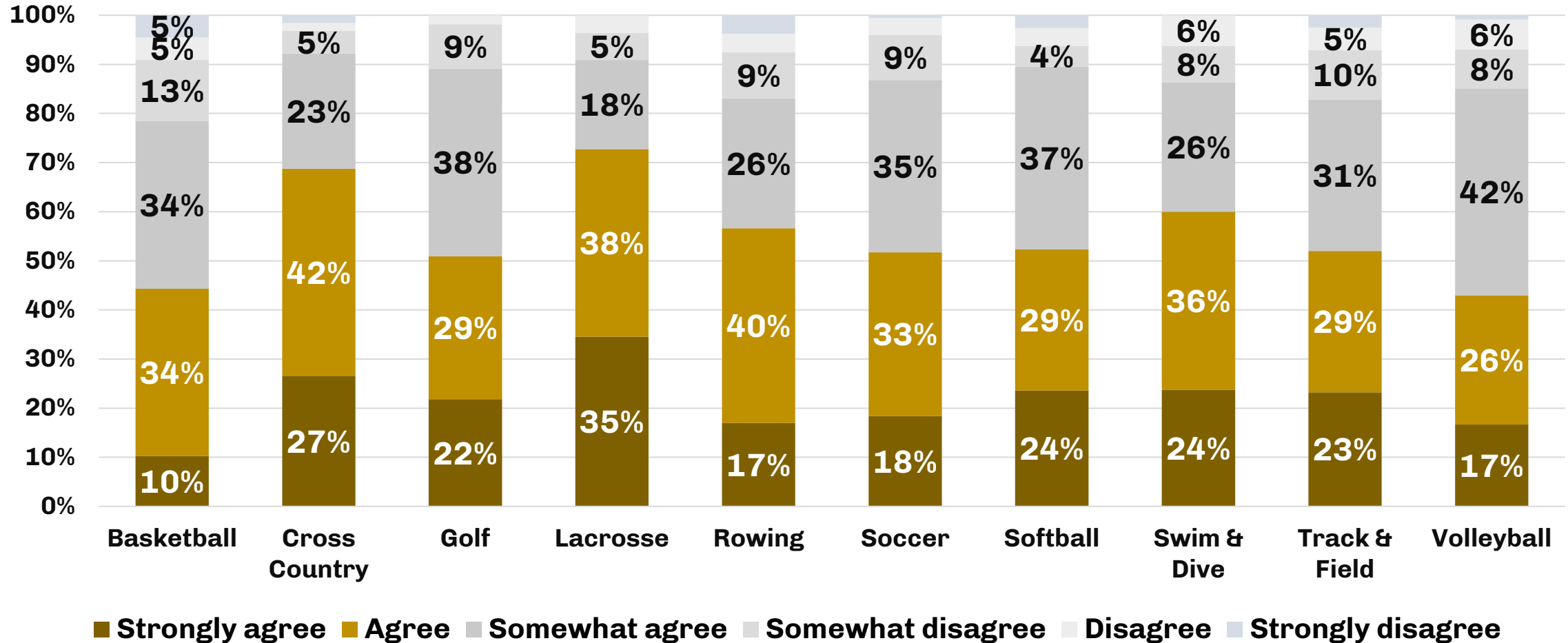
(Men's Sports, Juniors and Above)



Note: Only sports with 50 or more athletes in junior year and above responding to the survey are displayed.
 Source: NCAA SNAP Study, April 2026.

I Feel Prepared to Make My Transition Out of College Sport

(Women's Sports, Juniors and Above)



Note: Only sports with 50 or more athletes in junior year and above responding to the survey are displayed.
 Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

Concern	Overall	Men's Sports	Women's Sports
Finding career opportunities	57%	54%	59%
Finances / cost of living	54%	46%	60%
Finding identity outside of sport	36%	27%	43%
Staying fit / managing weight / eating healthy	33%	18%	44%
Housing / living situation	30%	24%	35%
Building new relationships	27%	19%	32%
Maintaining relationships with friends / teammates	22%	16%	26%
Getting into grad school	21%	12%	27%
Managing my time	18%	17%	18%
Navigating healthcare needs and insurance	14%	10%	18%
Accessing mental health support	7%	4%	10%
Losing NIL opportunities	6%	8%	4%
Not concerned about any of the above	11%	16%	6%

Notes: Participants were encouraged to select all that applied. Shading indicates difference of ten percentage points or more between sport gender.

Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

(Responses by Year in School)

Concern	First-Years	Sophomores	Juniors	Seniors+
Finances / cost of living	50%	56%	55%	55%
Finding career opportunities	57%	58%	57%	54%
Staying fit / managing weight / eating healthy	29%	32%	33%	41%
Finding identity outside of sport	35%	34%	36%	40%
Building new relationships	24%	26%	25%	34%
Housing / living situation	29%	30%	33%	29%
Maintaining relationships with friends / teammates	18%	20%	23%	28%
Navigating healthcare needs and insurance	12%	14%	15%	17%
Getting into grad school	19%	23%	26%	16%
Managing my time	20%	19%	16%	15%
Accessing mental health support	6%	6%	8%	10%
Losing NIL opportunities	5%	6%	6%	6%
Not concerned about any of the above	13%	10%	9%	9%

Notes: Participants were encouraged to select all that applied. Seniors+ includes seniors and postgraduates in sample.
Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

(Responses from Juniors and Above)

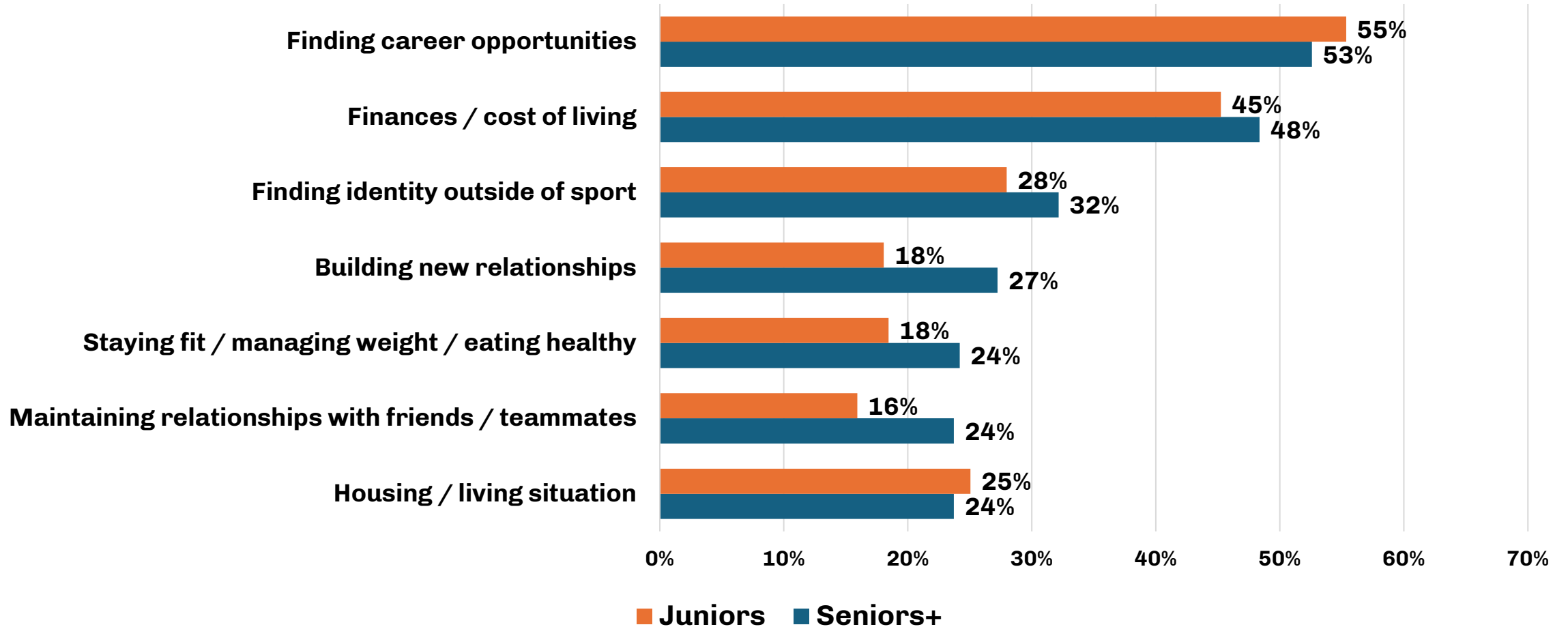
Concern	Men's Sports	Women's Sports
Finances / cost of living	47%	62%
Finding career opportunities	54%	56%
Staying fit / managing weight / eating healthy	21%	49%
Finding identity outside of sport	30%	44%
Housing / living situation	24%	37%
Building new relationships	22%	34%
Maintaining relationships with friends / teammates	19%	29%
Getting into grad school	13%	27%
Navigating healthcare needs and insurance	12%	19%
Managing my time	14%	17%
Accessing mental health support	5%	12%
Losing NIL opportunities	7%	5%
Not concerned about any of the above	14%	6%

Notes: Participants were encouraged to select all that applied. Limited to juniors and above in sample; men's sports N=1,025 and women's sports N=1,307. Shading indicates difference of ten percentage points or more between sport gender.

Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

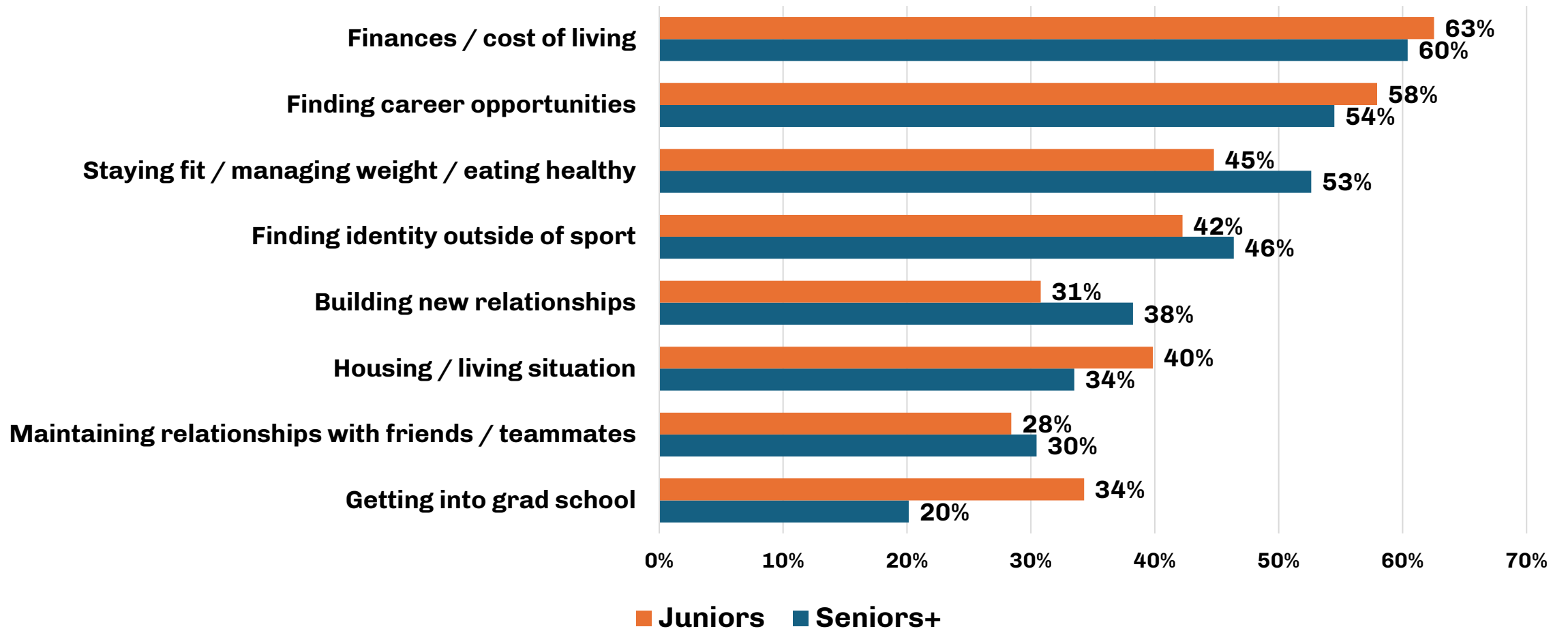
(Comparison Between Junior and Senior+ Responses from Men's Sports Athletes)



Notes: Includes items endorsed by participants at rates of 20% or more. Number of junior men's sports athletes in sample=560; Seniors+ includes seniors and postgraduates in sample, N=465.
Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

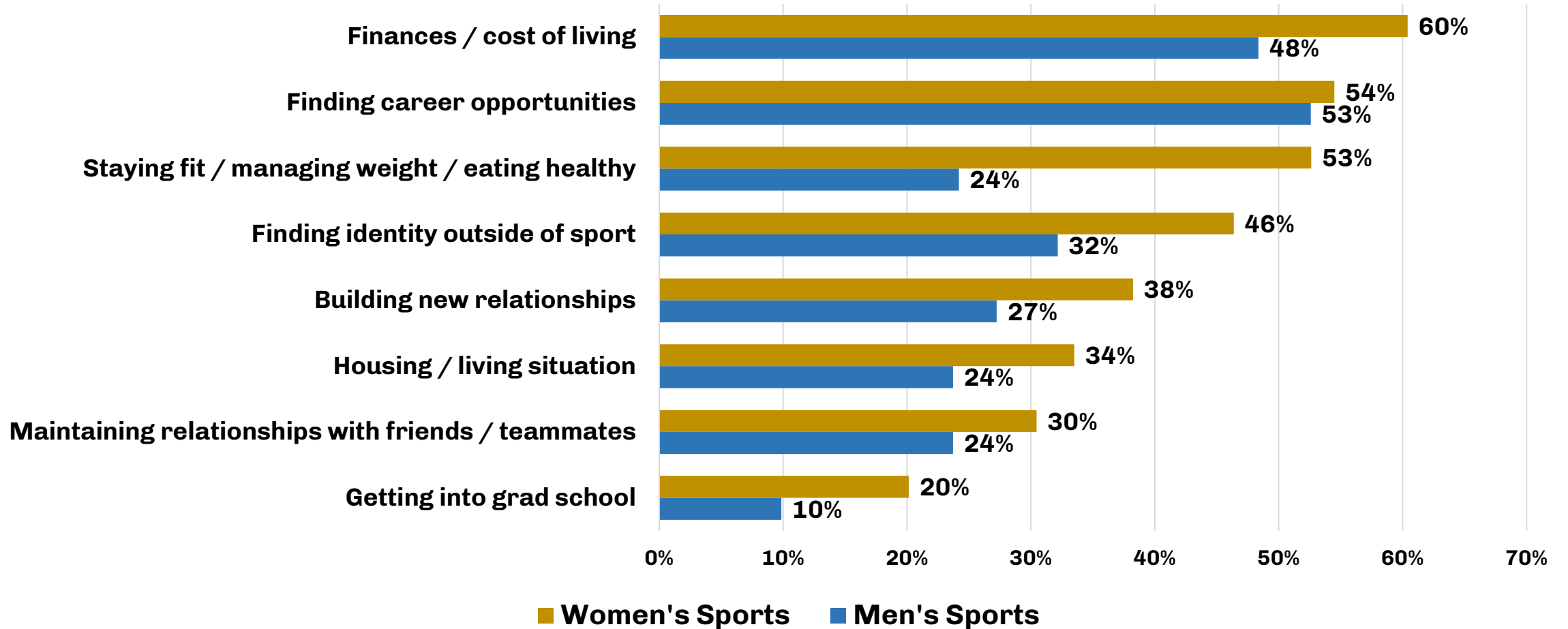
(Comparison Between Junior and Senior+ Responses from Women's Sports Athletes)



Notes: Includes items endorsed by participants at rates of 20% or more. Number of junior women's sports athletes in sample=684; Seniors+ includes seniors and postgraduates in sample, N=623.
 Source: NCAA SNAP Study, April 2026.

Biggest Concerns When Thinking About the Transition Out of Sport

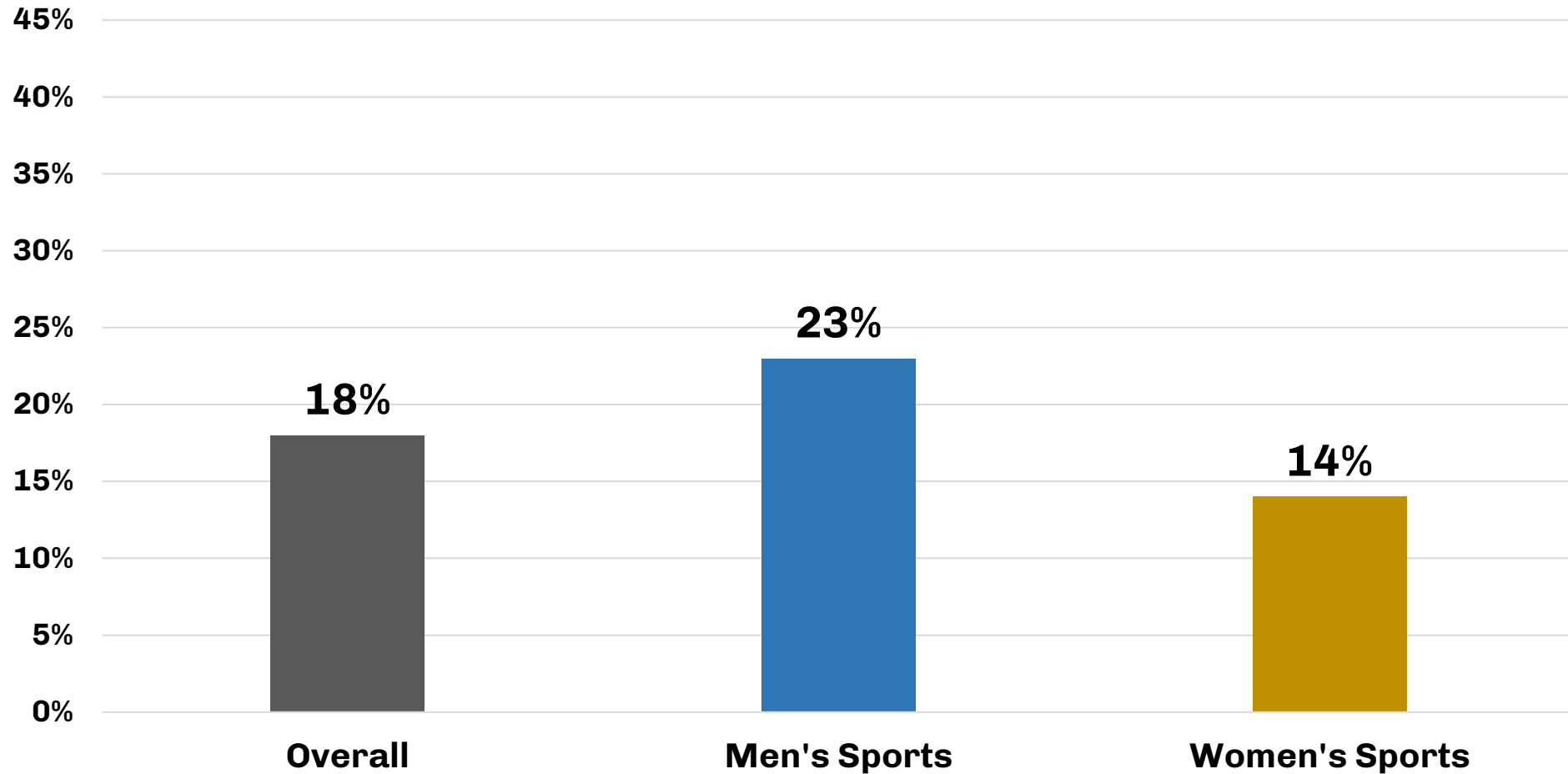
(Responses from Seniors and Above by Sport Gender)



Notes: Includes items endorsed by participants at rates of 20% or more. Limited to seniors and above in sample; men's sports N=465, women's sports N=623.
Source: NCAA SNAP Study, April 2026.

Awareness of NCAA Post-Eligibility Health Insurance

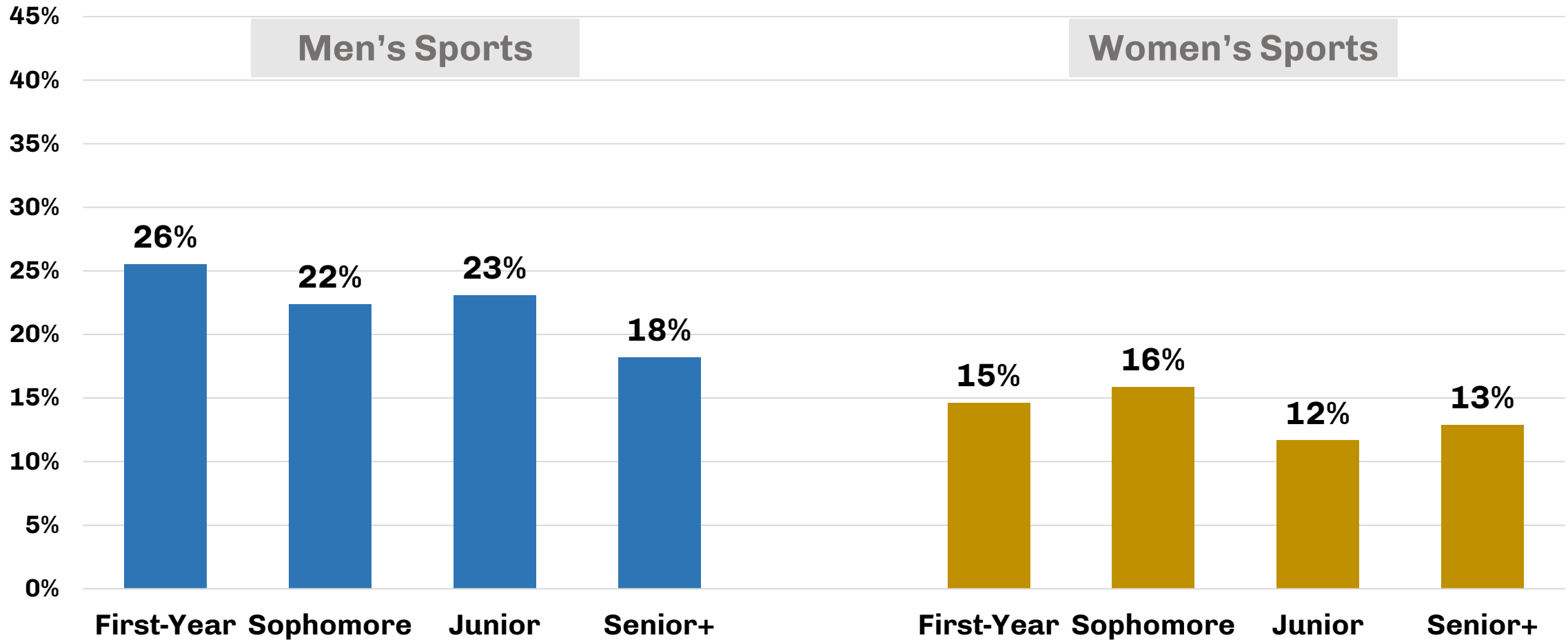
(Percentage responding "Yes")



Source: NCAA SNAP Study, April 2026.

Awareness of NCAA Post-Eligibility Health Insurance

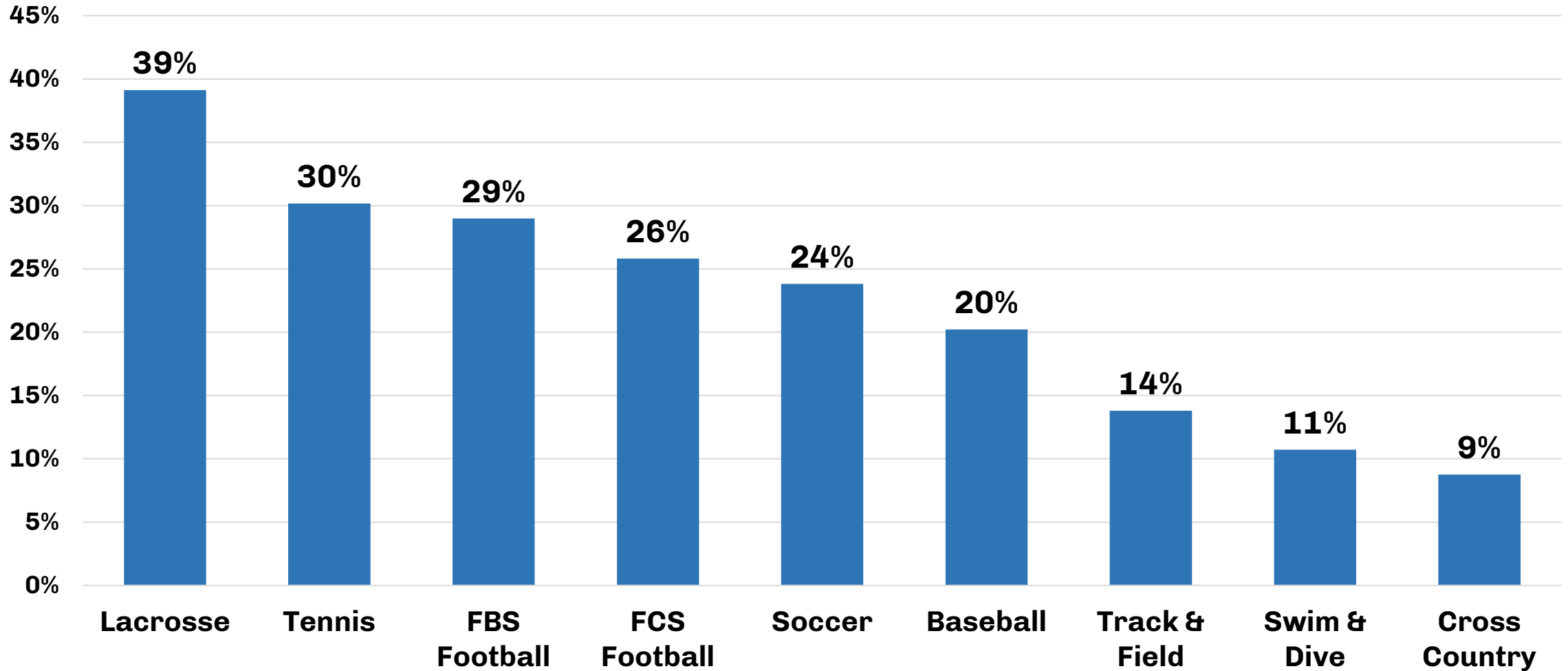
(Percentage responding "Yes" by Year and Sport Gender)



Source: NCAA SNAP Study, April 2026.

Awareness of NCAA Post-Eligibility Health Insurance

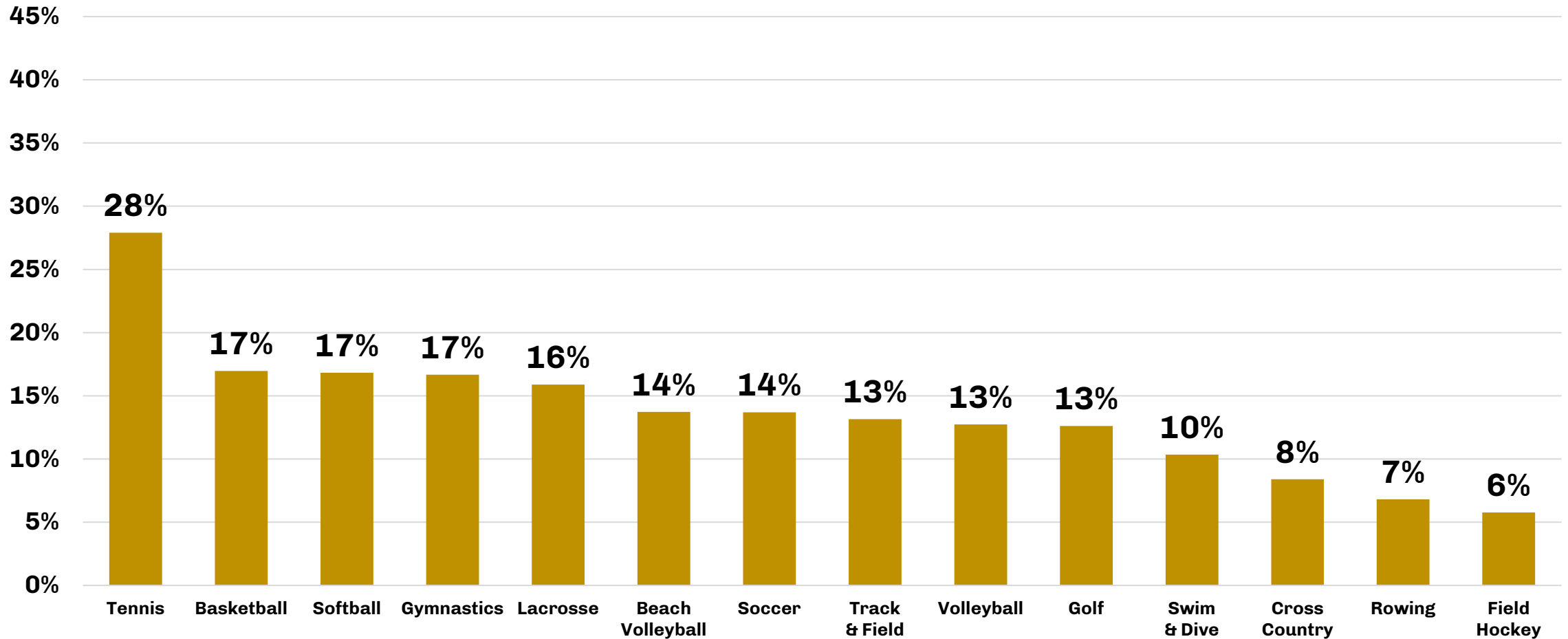
(Percentage of Men's Sports Participants Responding "Yes")



Note: Limited to sports with over 50 participants in the study.
Source: NCAA SNAP Study, April 2026.

Awareness of NCAA Post-Eligibility Health Insurance

(Percentage of Women's Sports Participants Responding "Yes")



Note: Limited to sports with over 50 participants in the study.
Source: NCAA SNAP Study, April 2026.

Summer Plans

Key Takeaways Regarding Summer Plans

- ▶ Over half of student-athlete study participants intend to focus on their sport this summer, with about a third overall working in a job or internship related to their major. Women's sports athletes were twice as likely to be traveling for fun this summer (33% as compared to 16% of men's sports athletes) and men's sports athletes anticipated focusing on NIL engagements at 2.5 times the rate of women's sports athletes (11% as compared to 4%).
- ▶ Very few participants anticipated participating in an international trip with their college team this summer (4% among men's sports, 2% among women's sports).



Plans for This Summer

Summer Activity	Overall	Men's Sports	Women's Sports
Focusing on my sport	53%	54%	52%
Job or internship related to major	34%	29%	38%
Taking summer courses	31%	29%	32%
Job or internship <u>unrelated</u> to major	27%	22%	30%
Traveling for fun	25%	16%	33%
Preparing for grad school	8%	4%	11%
NIL engagements	7%	11%	4%
Studying abroad	2%	1%	2%
Serving as a full-time caregiver	1%	1%	1%
No plans at this time	7%	10%	4%

Notes: Participants were encouraged to select all that applied. Shading indicates difference of ten percentage points or more between sport gender.

Source: NCAA SNAP Study, April 2026.

Plans for This Summer

(Men's Sports Athletes by Year in School)

Summer Activity	First-Years	Sophomores	Juniors	Seniors+
Job or internship related to major	18%	26%	33%	46%
Focusing on my sport	56%	58%	57%	43%
Taking summer courses	29%	29%	36%	23%
Traveling for fun	15%	16%	14%	18%
Job or internship <u>unrelated</u> to major	26%	23%	21%	17%
Preparing for grad school	1%	1%	4%	14%
NIL engagements	13%	10%	11%	6%
Studying abroad	1%	2%	1%	1%
Serving as a full-time caregiver	1%	1%	0%	1%
No plans at this time	12%	9%	7%	10%

Notes: Participants were encouraged to select all that applied. Sorted highest to lowest among Senior+ students.

Source: NCAA SNAP Study, April 2026.

Plans for This Summer

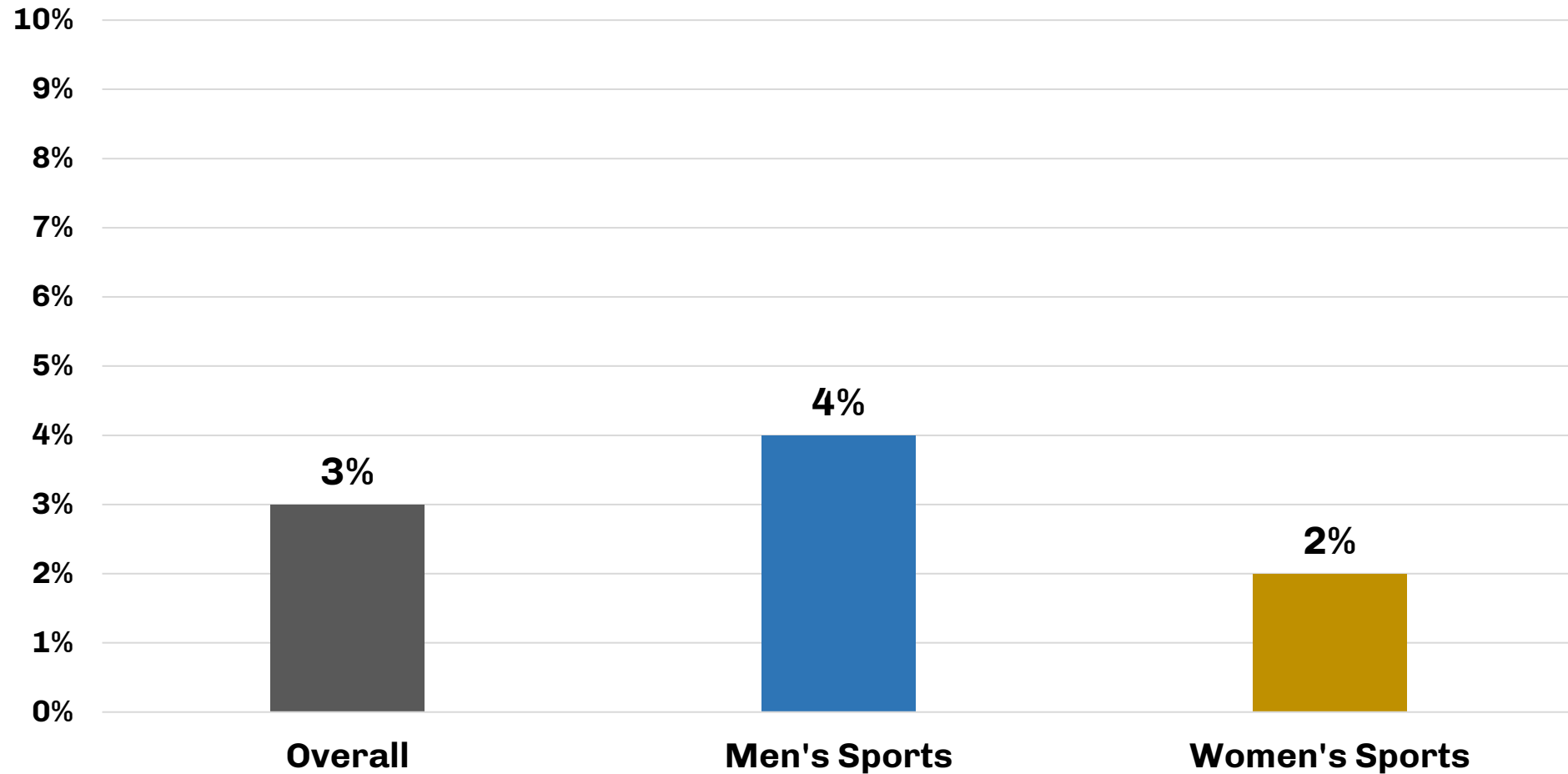
(Women's Sports Athletes by Year in School)

Summer Activity	First-Years	Sophomores	Juniors	Seniors+
Job or internship related to major	25%	37%	47%	52%
Preparing for grad school	1%	3%	13%	34%
Focusing on my sport	62%	58%	52%	30%
Traveling for fun	38%	33%	30%	29%
Taking summer courses	31%	36%	39%	22%
Job or internship <u>unrelated</u> to major	38%	33%	27%	19%
NIL engagements	5%	4%	4%	2%
Serving as a full-time caregiver	1%	1%	1%	2%
Studying abroad	2%	3%	3%	1%
No plans at this time	5%	4%	3%	5%

Notes: Participants were encouraged to select all that applied. Sorted highest to lowest among Senior+ students.

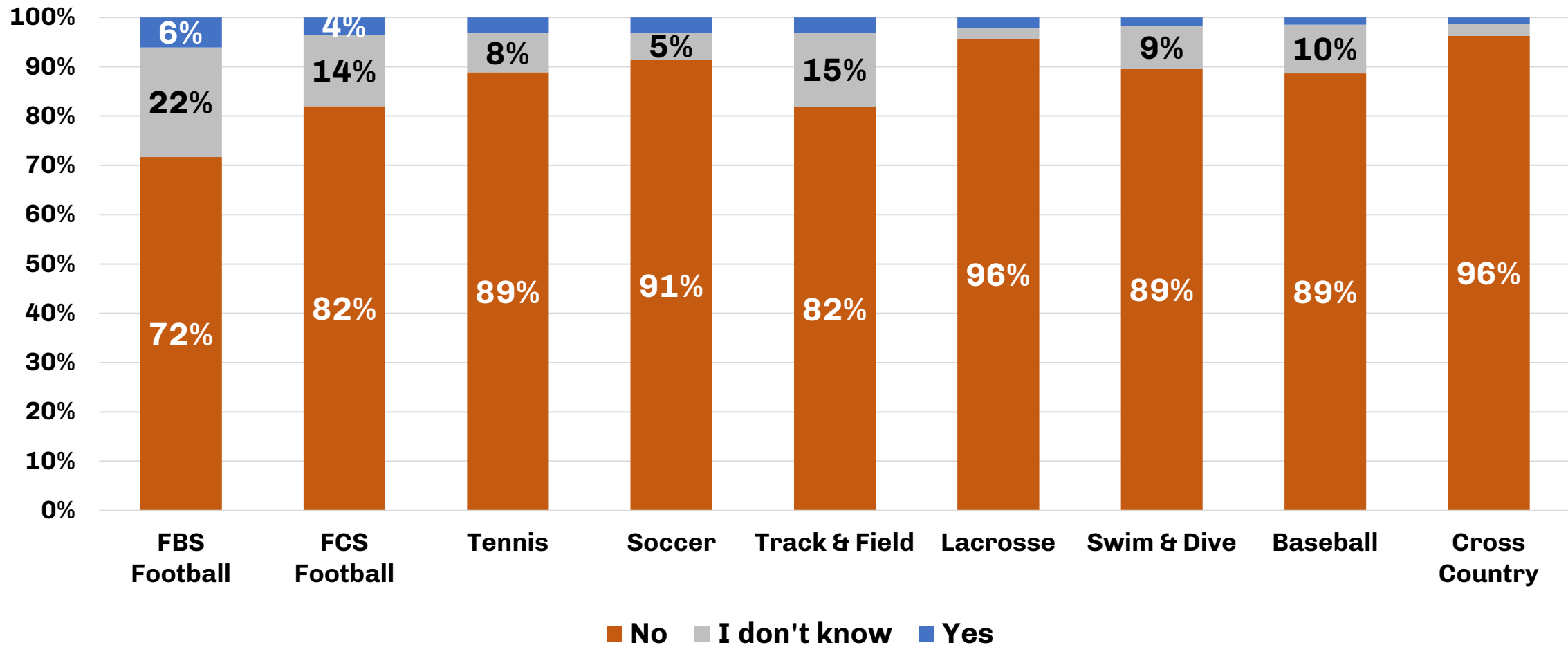
Source: NCAA SNAP Study, April 2026.

Percentage Participating in International Trip With College Team This Summer



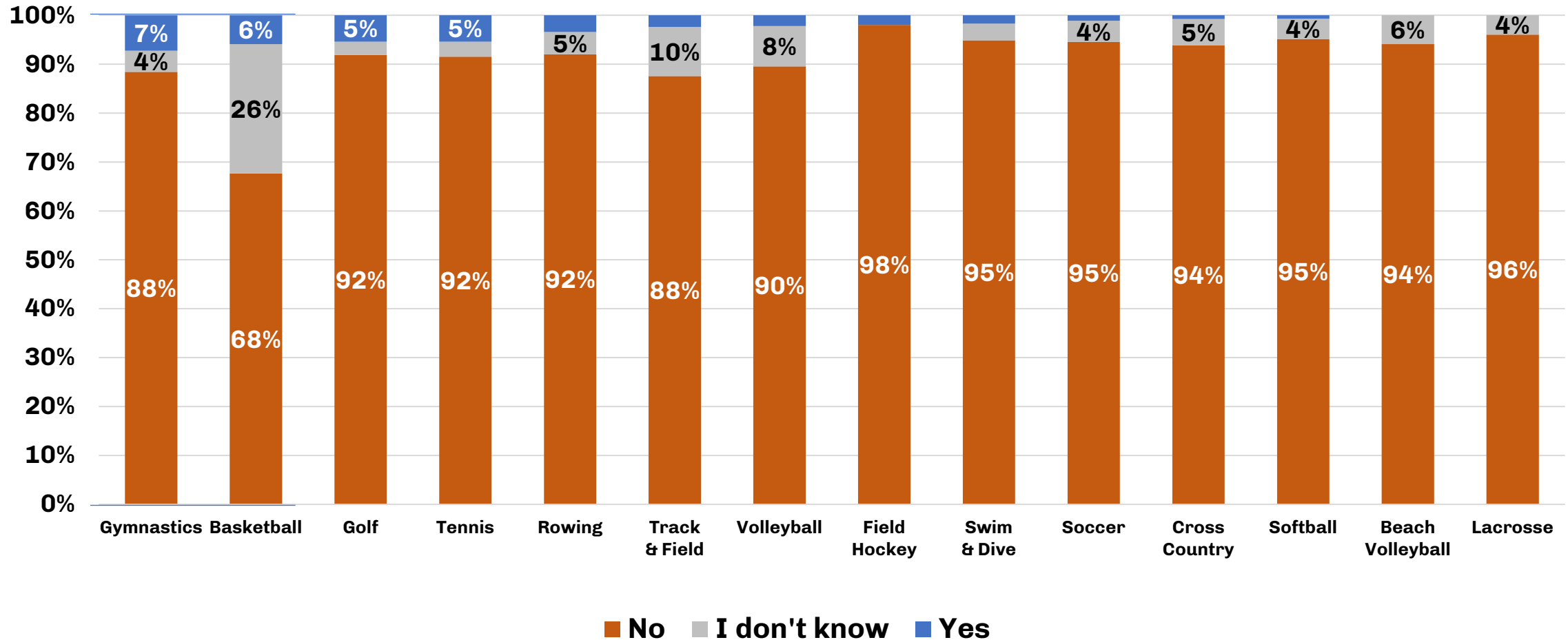
Source: NCAA SNAP Study, April 2026.

Percentage of Men's Sports Participating in International Trip With College Team This Summer



Notes: Limited to sports with over 50 participants in the study. Percentages below 4% not displayed.
Source: NCAA SNAP Study, April 2026.

Percentage of Women's Sports Participating in International Trip With College Team This Summer



Notes: Limited to sports with over 50 participants in the study. Percentages below 4% not displayed.
 Source: NCAA SNAP Study, April 2026.

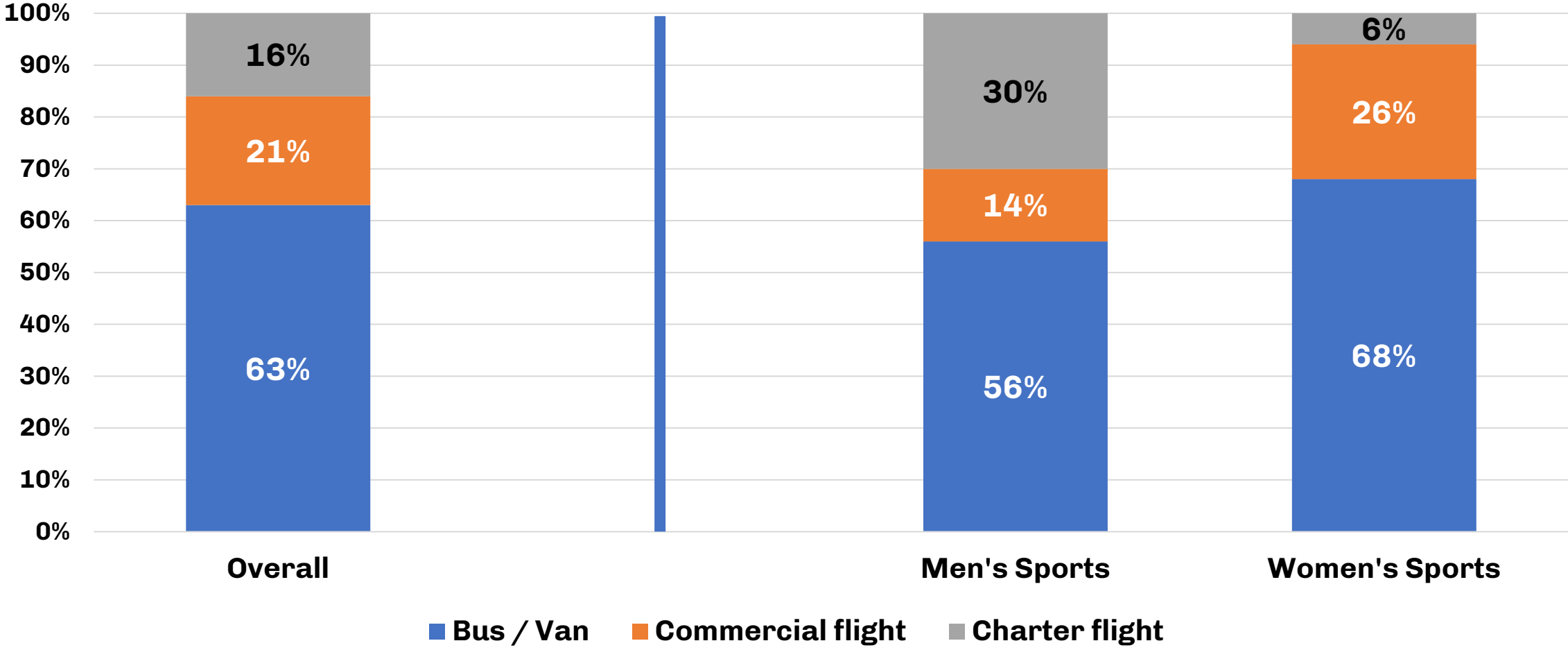
Travel and Competition

Key Takeaways Regarding Travel and Competition

- ▶ A majority of student-athlete participants indicated that their most common mode of competition travel this season was via bus or van (56% men's sports; 68% of women's sports).
- ▶ Men's sports athletes in the sample, were five times more likely to commonly take charter flights than women's sports athletes (30% as compared to 6%). Football participants, who comprised just over 50% of the men's sports athletes in the sample, indicated the highest rates of charter travel (63% among FBS and 42% among FCS).
- ▶ Study participants from autonomy conferences were more likely than nonautonomy to charter. The difference in magnitude was most pronounced among women's sports athletes, with 14% from autonomy conferences indicating primarily chartering as compared to 3% of their nonautonomy peers.
- ▶ Participants reported a median of 6 hours spent on their sport during a typical day of competition. Among men's sports with over 50 athletes in the study, men's swim and dive reported the highest median number of hours (7), while soccer reported the lowest (4). Among women's sports participants, women's golf reported the highest median number of hours (9), while women's soccer and field hockey reported the lowest (5).

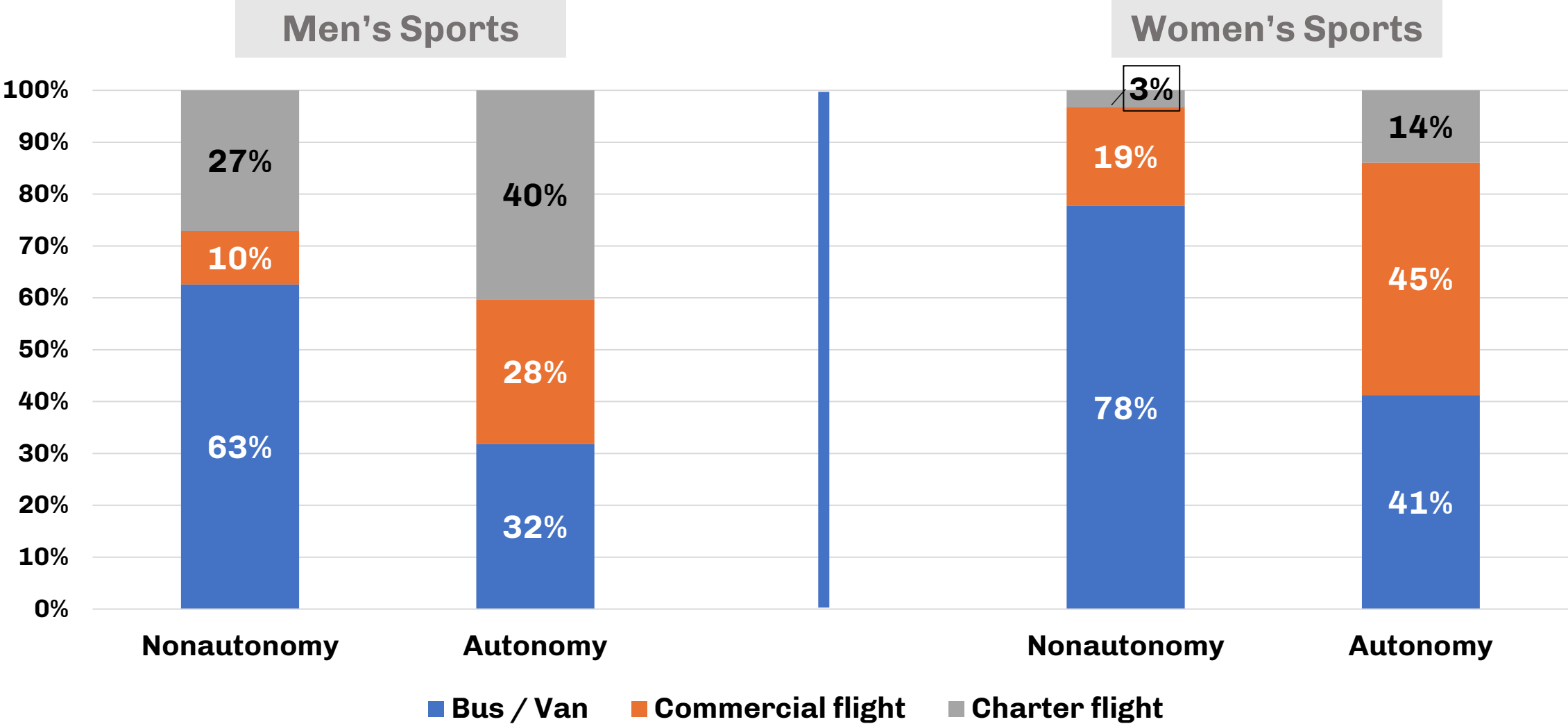


Most Common Mode of Team Travel to Competition Sites This Season



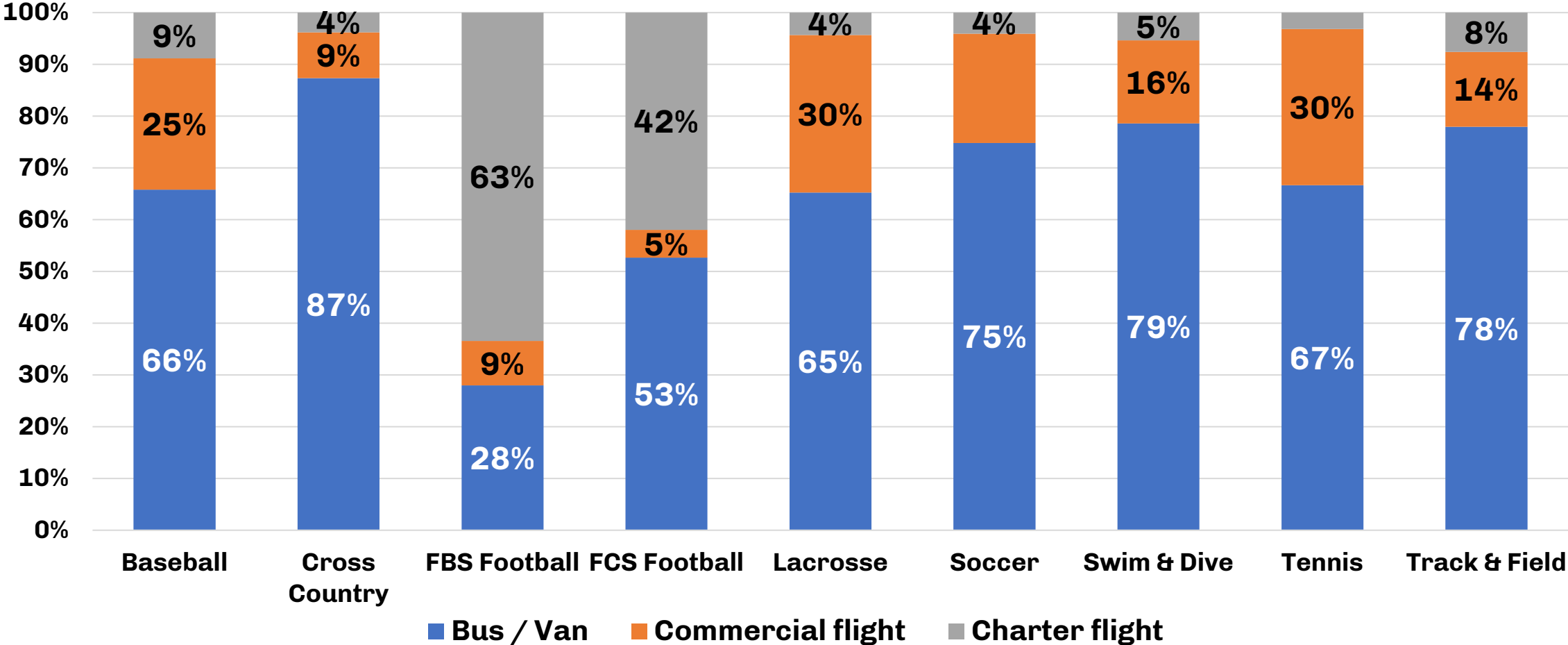
Source: NCAA SNAP Study, April 2026.

Most Common Mode of Team Travel to Competition Sites This Season



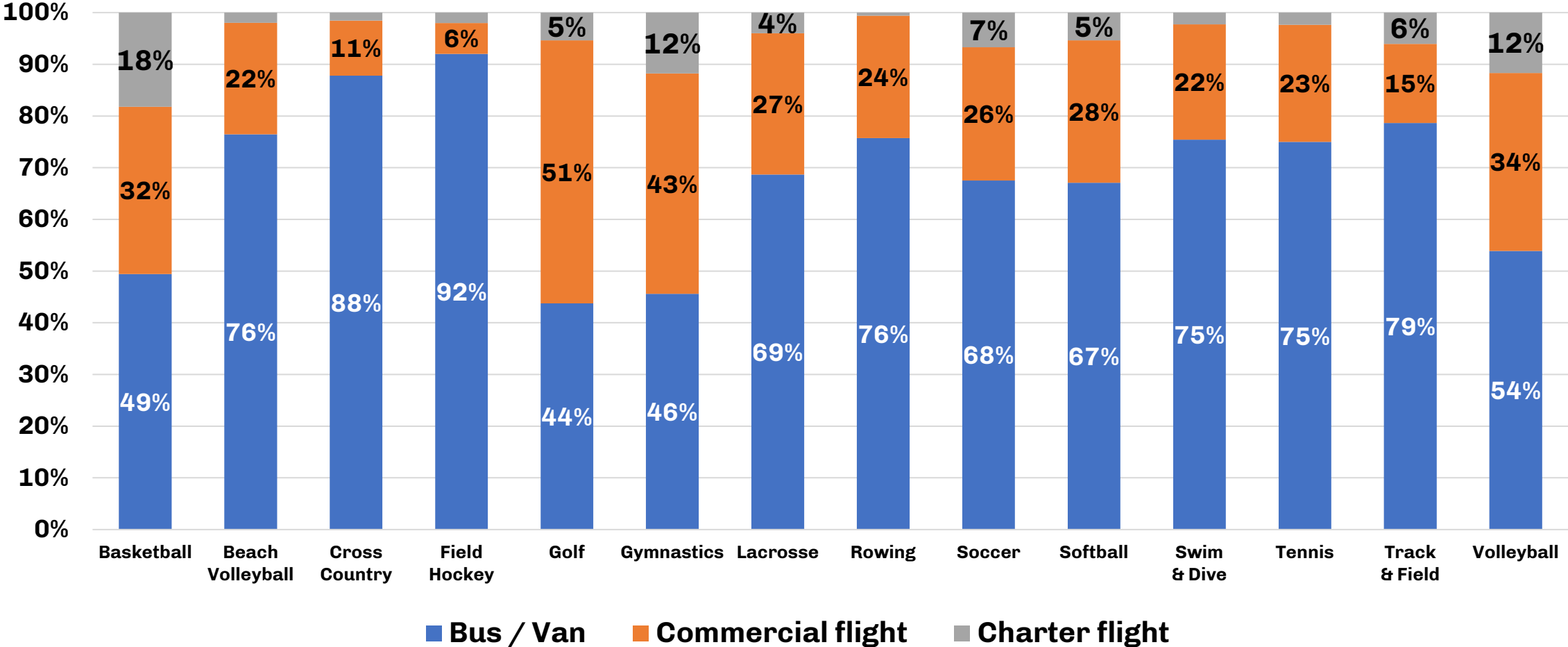
Source: NCAA SNAP Study, April 2026.

Most Common Mode of Team Travel to Competition Sites This Season



Notes: Limited to sports with over 50 participants in the study. Percentages below 4% not displayed.
 Source: NCAA SNAP Study, April 2026.

Most Common Mode of Team Travel to Competition Sites This Season



Notes: Limited to sports with over 50 participants in the study. Percentages below 4% not displayed.
 Source: NCAA SNAP Study, April 2026.

Hours Spent on Sport During a Typical Day of Competition

Men's Sports	Average	Median
Swim & Dive	7.8	7.0
Track & Field	6.7	6.0
FBS Football	6.6	6.0
FCS Football	6.5	6.0
Baseball	6.5	6.0
Tennis	6.1	5.0
Cross Country	6.0	5.0
Lacrosse	5.6	5.0
Soccer	5.0	4.0
All Men's Sports	6.5	6.0
Full Sample	6.9	6.0

Women's Sports	Average	Median
Golf	9.2	9.0
Beach Volleyball	9.3	8.0
Rowing	8.8	8.0
Swim & Dive	8.7	8.0
Track & Field	8.0	8.0
Gymnastics	7.5	7.0
Cross Country	7.0	6.0
Softball	6.9	6.0
Volleyball	6.8	6.0
Basketball	6.2	6.0
Tennis	6.2	6.0
Lacrosse	6.0	6.0
Soccer	5.9	5.0
Field Hockey	5.7	5.0
All Women's Sports	7.1	6.0

Notes: The question asked, "On average, how many hours do you spend on your sport during a typical day of competition (including required pre-competition activities, competition and post-competition responsibilities)?" and responses were restricted to whole numbers. Responses above 24 hours were coded as missing. Hours per sport limited to sports with over 50 participants in the study.

Source: NCAA SNAP Study, April 2026.



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