



NCAA RESEARCH PROJECT COVER SHEET
(Please use this form for all new submissions, resubmissions, and major changes.)

SECTION A

PROJECT TITLE: Division I SNAP Survey, April 2026 _____

PRINCIPAL INVESTIGATOR NAME: Lydia Bell, Ph.D _____

EMAIL: lbell@ncaa.org _____ EXTENSION: x 6 2 6 8 _____

GROUP/DEPARTMENT: NCAA Research _____

CO-PRINCIPAL INVESTIGATOR NAME: Kelsey Gurganus-Wright, MPH _____

EMAIL: kgurganus@ncaa.org _____ EXTENSION: x 6 5 6 6 _____

GROUP/DEPARTMENT: Research _____

TODAY'S DATE: 4/9/2026 _____

ANTICIPATED START DATE: 4/15/2026 _____

ANTICIPATED COMPLETION DATE: 5/18/2026 _____

SECTION B

Proposal. Attach a detailed summary of the research to be undertaken; i.e., a clear statement of purpose, an indication of the practical application of the results and a statement outlining the importance of this research to the NCAA membership. Include any additional background or rationale pertinent to the request.

SECTION D

Human Subjects Certification. If this research involves the use of human subjects, NCAA Research Review Board (RRB) must certify that this project has been reviewed to ensure the protection of human subjects. Please refer to the RRB Standard Operating Procedures should you have questions about the terms or general procedures herein. Consult the, RRB Administrator, Chair, or Vice Chair for more detailed information.

- 1. Is this a NEW PROPOSAL;
 - RESUBMISSION OF A PROPOSAL NOT PREVIOUSLY REVIEWED BY THE RRB;
 - resubmission of a proposal PREVIOUSLY REVIEWED BY THE RRB; OR A
 - submission of a MAJOR CHANGE TO AN RRB approved PROPOSAL?
2. Are human subjects involved? YES NO

Human subjects are defined as a living individual about whom an investigator conducting research obtains (1) data through intervention or interaction with the individual, or (2) identifiable private information.

If **NO** then skip to the end, sign and return the document to the NCAA Research Department.

3. Do you consider this research to involve greater than minimal risk? YES NO

"Minimal risk" means that the probability and magnitude of harm or discomfort anticipated in the research are not greater, in and of themselves, than those ordinarily encountered in daily life or during the performance of routine psychological examinations or tests.

4. Are you requesting: (please see the RRB Standard Operating Procedures for definitions)

Exempt Status


Expedited Review

Full Board Review

NOTE: The Research Review Board will make the final determination as to the level of review necessary for the proposed project.

No study can commence prior to RRB approval or waiver determination.

Please sign and date the form: Today's Date: 4/9/2026_____

PRINCIPAL INVESTIGATOR SIGNATURE: _____  _____

NCAA Research/Teamworks Surveys

Project Overview

NCAA Research has partnered with Teamworks to develop a method for quickly surveying a national sample of student-athletes on pressing issues facing intercollegiate athletics. These three-minute surveys will be administered four to six times annually, completed on students' phones and have approximately 20 questions in total. Engaging in such studies enables the NCAA national office and high-level committees to have rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools will also receive the survey results.

While over 90% of Division I schools use Teamworks, those who do not will receive an invitation to participate in these studies via email and they will receive a survey link that can be directly emailed or texted to the student-athletes on their campuses.

Survey Design

NCAA Research staff will manage the survey cadence, design and distribution. Internal departments and NCAA committees will be encouraged to submit requests and sample items to research staff for survey inclusion. Each survey will be reviewed by the NCAA's Office of Legal Affairs to ensure items do not pose risk to the association, and the final survey instrument will be reviewed by the NCAA Research Review Board, an institutional review board federally recognized by the Office for Human Research Protections (IRB #00009263, Federal-wide Assurance number 00020028).

Method of Survey Distribution

Institutional Approval

When a survey is ready for distribution, NCAA research staff will invite institutional participation by contacting the Teamworks administrator at each member school identified for study inclusion through the Teamworks platform. Athletics administrators at schools not utilizing the Teamworks platform will be asked to permit student-athletes to participate in the study via an email invitation. Division I Faculty Athletics Representative(s) and Conference Commissioners will also be notified about the study via email using the Salesforce platform. Institutions will have the opportunity to review the survey instrument before opting into or declining student participation. When the survey is ready for distribution, the student-athletes at the schools opting into study participation will be notified about survey availability via their Tasklist on the Teamworks app.

Prior to issuing the campus invitation, the NCAA research website page specific to these Teamworks studies will be updated to include the current survey instrument, student-athlete resource materials unique to the study (to be updated for each survey), the RRB letter of approval and complete application, and key findings from previous Teamworks surveys.

Student-Athlete Invitation

Student-athlete participation in each survey will be voluntary and confidential. When a survey opens, all student-athletes on the Teamworks platform at schools that have consented to study participation will receive a push notification about survey availability, and the survey will be noted on their Tasklist in the Teamworks app. This notice will disappear after a student either opts out of taking the survey or takes the survey and selects “Submit.” Students can choose not to answer any questions or to stop responding at any time. The only required item in each survey will be the opt-in prompt, “Will you participate?”

For those athletes attending schools not using the Teamworks platform, the schools that have consented to study participation will receive a URL for student-athlete distribution the day the survey opens.

Surveys will typically be open for one week (5-8 days). Results shared with NCAA Research from Teamworks will be deidentified—ensuring that the identity of the student is unknown to the NCAA research team. A memo dated 9/10/2025 detailing information specific to Teamworks’ Data Protections and SNAP Survey Storage has been appended to this application.

Before sharing the results back with the NCAA for analyses, Teamworks will append a student-athlete’s primary sport code, athletics conference and institution. The raw data will be securely shared with NCAA research as a .csv or .xlsx file through a password protected cloud folder. Teamworks will not perform any independent analyses of this data and NCAA research staff will delete each study’s survey responses from Teamworks platform within six months of data transmission to the NCAA. Deleted data will be fully destroyed; once deleted they are not retrievable.

In addition to sharing the raw results, Teamworks will make available response rates per by institution, by sport and by conference (see examples below) in a downloadable excel file. This will allow NCAA research to evaluate the representativeness of each set of survey results and the continued success of this platform for future surveys.

School	Athletes Invited to Participate	Responses (opt-in only) received
School A	435	73
School B	527	139
School C	380	221

Sport	Athletes Invited to Participate	Responses (opt-in only) received
Baseball	135	47
Football-FBS	400	78
Football-FCS	400	122
Men’s Cross Country	75	63

Conference	Athletes Invited to Participate	Responses (opt-in only) received
America East	435	73
Atlantic 10	832	237
Atlantic Coast Conference	1,207	358
Big 12	325	74

Analyses and Data Storage

NCAA research intends to clean and analyze survey responses shortly after each survey closes and make aggregate results at the sport or subdivision-level available to internal staff, committees, and participating schools within two weeks of the study conclusion. Only select NCAA research staff will have access to the raw data stored on an SSO-protected NCAA SharePoint site. Analyses will be conducted by NCAA research staff who have active CITI Human Subjects training certificates. The cleaned dataset will be securely stored for the time required in NCAA record retention policies (currently 7 years).

April 2026 Survey

The items in the April 2026 study will focus on student-athlete summer and post-college plans, in addition to two items on competition and travel. There is also an item designed to increase student-athlete awareness of the new Ghost Transfer Rule. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this year.

Campuses will be invited to allow student-athletes to participate in the survey by April 15. The survey will be available to student-athletes from April 26-May 3. The survey will be closed at 11:59 PM, Pacific time, Sunday, May 3. Key findings will be made available the week of May 18, 2026.

NCAA SNAP Study, April 2026 Survey

The NCAA research team invites you to take this 3-minute survey about your summer and post-college plans. There is also an item designed to increase your awareness of the new Ghost Transfer Rule. Your name will not be collected. Your answers will be kept confidential, as results will be grouped together and reported in aggregate form (e.g., by sport, sub-division, gender). The findings will be made available to NCAA staff, committees, participating schools and posted on ncaa.org within two weeks of the survey's close.

You may skip any questions you choose not to answer and can discontinue your participation at any time.

Will you participate?

- Yes
- No [Survey ends]

1. Do you play on a men's or women's team?

- Men's team
- Women's team

2. What is your primary sport? [dropdown of NCAA sports, including emerging]

3. What is your current academic standing?

- Freshman
- Sophomore
- Junior
- Senior
- Completed bachelor's degree

4. Which of the following best describes your current major?

- Undeclared/Undecided
- Business
- Health Professions
- Humanities, Liberal Arts or General Studies
- Fitness, Parks, Recreation and Leisure
- STEM (Sciences, Tech and Engineering)

- Social Sciences (e.g., psychology, sociology)
- Other

[Page break]

Summer/Post-College Plans and Transitions

5. How do you feel about your future career prospects in today's evolving economy?

- Very positive
- Positive
- Somewhat positive
- Somewhat negative
- Negative
- Very negative

6. Who do you talk to about your plans for the future? (Select all that apply)

- Family
- Friends and/or teammates
- Coaches
- Athletics academic advisor
- Major academic advisor
- Student development / career advisors within athletics
- Career counselors outside of athletics
- Mental health counselor
- Former student-athletes
- Sports agent
- I have not talked to any of the above about my plans for the future

7. How likely do you think it is that you will become a professional and/or Olympic athlete in your sport?

- Very likely
- Likely
- Somewhat likely
- Somewhat unlikely
- Unlikely
- Very unlikely

8. Have you done any of the following to prepare for your career post-athletics? (Select all that apply)

- Resume prep
- Mock interviews
- Created a LinkedIn profile
- Job shadowing
- Informational interview with employers
- Internship
- Met with a career counselor
- Attended a career services session
- Enrolled in a career prep course at my college
- Connected with a mentor
- Participated in a professional networking event
- Taken / studied for the GMAT, GRE, LSAT, MCAT, or similar
- Applied to graduate school
- Obtained / working toward professional certification
- I have not done any of the above

9. How satisfied or dissatisfied are you with the career counseling support services offered through your athletics department or college?

- Satisfied
- Somewhat satisfied
- Somewhat dissatisfied
- Dissatisfied
- I did not use
- Service not available at my school

10. Please indicate your level of agreement with the following statement: I feel prepared to make the transition out of my college sport.

- Strongly agree
- Agree
- Somewhat agree
- Somewhat disagree
- Disagree
- Strongly disagree

**11. What are your biggest concerns when thinking about the transition out of sport?
(Select all that apply)**

- Finding career opportunities
- Getting into grad school
- Finances / cost of living
- Figuring out housing / living situation
- Losing NIL opportunities
- Maintaining relationships with friends and/or teammates
- Building new relationships
- Managing my time
- Staying fit / managing weight / eating healthy
- Navigating healthcare needs and medical insurance
- Accessing mental health support
- Finding my identity outside of my sport
- I'm not concerned about any of the above

12. Are you aware of the post-eligibility health insurance available to NCAA student-athletes?

- Yes
- No

13. What are your plans for this summer? (Select all that apply)

- Job or internship related to current major/degree
- Job or internship not related to current major/degree
- Preparing for grad school
- NIL engagements
- Focusing on my sport (e.g., summer league participation, seeking pro-opportunities, training, etc.)
- Serving as a full-time caregiver for family
- Taking summer courses
- Traveling for fun
- Studying abroad
- I don't have summer plans at this time

[page break]

Travel and Competition

14. Will you participate in an international trip with your college team this summer?

- Yes
- No
- I don't know

15. This year, while your team was in-season, what was your most common mode of team travel to competition sites?

- Bus/Van
- Charter flight (i.e., entire aircraft is exclusive to your team/athletics department for the flight)
- Commercial flight (i.e., scheduled and operated by an airline that includes any passengers who purchased tickets)

16. 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) [numerical entry]

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Ghost Transfer Rule

On April 1, the Division I Cabinet adopted a proposal that penalizes programs that sign a transfer student-athlete, add a transfer student-athlete to a roster, or allow a transfer student-athlete to participate in athletically related activities before the student-athlete is entered into the NCAA Transfer Portal. This rule change is commonly being referred to as the "Ghost Transfer Rule."

The rule change has been adopted for all sports in Division I, is effective immediately and applies to all transfers on or after Feb. 25, 2026.

17. Please acknowledge that you have reviewed the above information:

- Yes
- No

[Post Script] Thank you for completing the survey, your responses have been recorded. To learn more about the post-eligibility insurance program, Ghost Transfer Rule, transitioning out of sport, or for US-based resources for mental health support, please visit this link [URL]

Campus Invite [Teamworks Users]

Dear Campus Administrator,

NCAA Research has partnered with Teamworks to quickly gather student-athlete perspectives on pressing issues in college sports. SNAP (Student-athlete Needs, Attitudes and Perceptions) surveys provide the NCAA national office and high-level committees with rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools also receive the aggregated survey results and key findings will be shared on the NCAA Research website.

The final SNAP survey of the 2025-26 academic year is now available, and NCAA Research requests your institution's permission to allow student-athletes to participate. Participation is voluntary and confidential. Students' names will never be collected, and results will be reported in aggregate form (e.g., by sport, sub-division, gender). Student-athletes may skip any question they choose not to answer and can discontinue participation at any time. This survey has been approved by the NCAA Research Review Board.

April 2026 Survey. The April 2026 survey includes multiple questions about career planning, two items on team travel and competition, and an item designed to raise awareness of the Ghost Transfer rule. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this year. You may review the survey instrument and additional information about the SNAP Study [here](#).

Opt-In by April 24. The deadline for your school to opt-in is Friday, April 24. If your school opts in, the survey will be available to student-athletes at your school from April 26 through May 3 via the Teamworks app. Key findings will be made available to participating institutions the week of May 18, 2026. For questions, please reach out to research@ncaa.org.

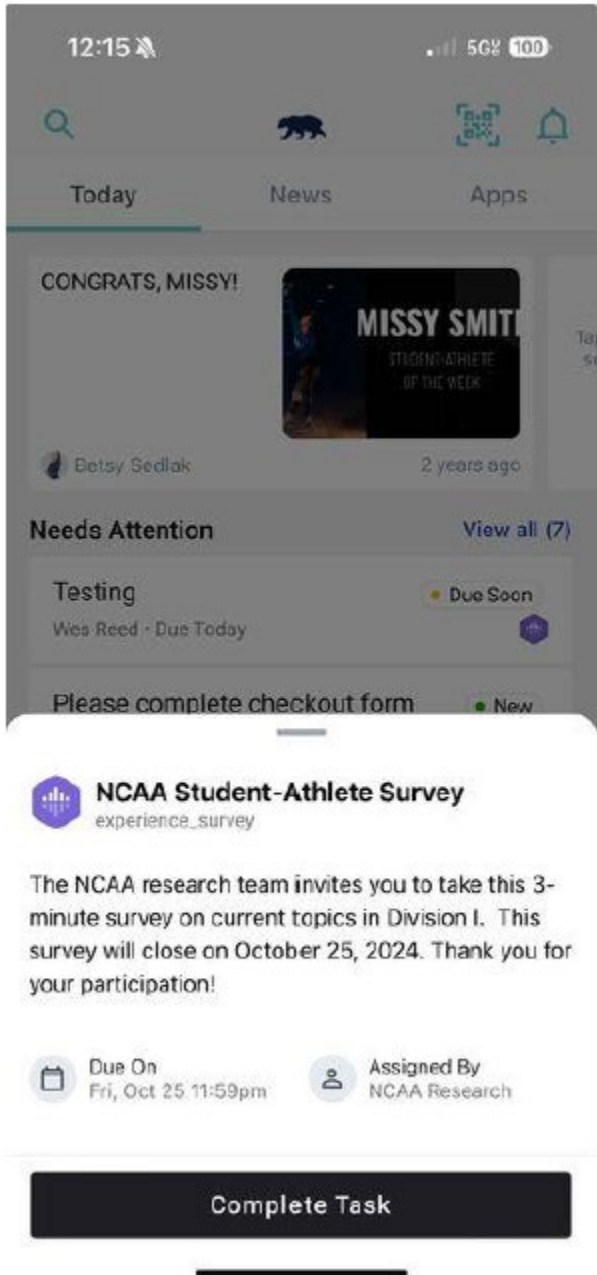
Sincerely,

Lydia Bell, Ph.D.
Managing Director of Research

Pop-Up Invite (Student-Athletes, Teamworks Users)

The NCAA research team invites you to take this 3-minute survey about your summer and post-college career plans. Your name will not be collected. Thanks for your participation and sharing your voice!

(Example of how pop-up will display is below)



Campus Invite [Non-Teamworks Users]

Dear [Athletics Director],

NCAA Research has partnered with Teamworks to quickly gather student-athlete perspectives on pressing issues in college sports. For schools like [Institution name] that are not using the Teamworks platform department-wide, Teamworks has built a survey link that can be distributed to your students via email or text so they can also participate in these surveys.

SNAP (Student-Athlete Needs, Aspirations and Perspectives) surveys provide the NCAA national office and high-level committees with rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools also receive the aggregated survey results and key findings will be shared on the NCAA Research website.

The final SNAP survey of the 2025-26 academic year is now available, and NCAA Research requests your institution's permission to allow student-athletes to participate. Participation is voluntary and confidential. Students' names will never be collected, and results will be reported in aggregate form (e.g., by sport, sub-division, gender). Student-athletes may skip any question they choose not to answer and can discontinue participation at any time. This survey has been approved by the NCAA Research Review Board.

April 2026 Survey. The April 2026 survey includes multiple questions about career planning, two items on team travel and competition, and an item designed to raise awareness of the Ghost Transfer rule. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this year. You may review the survey instrument and additional information about the SNAP Study [here](#).

Please distribute to your students by April 26. If your school is willing to have student-athletes participate in the April survey, please circulate the link below to all NCAA student-athletes on your campus. Suggested wording for the email and text messages to student-athletes is below. If your school participates, the survey will be available to student-athletes at your school from the time you share the link through May 3. Key findings will be made available to participating institutions the week of May 18, 2026. For questions, please reach out to research@ncaa.org

Survey link: [\[URL link\]](#)

Sincerely,
Lydia Bell
Managing Director of Research

Email Invitation to NCAA Student-Athletes

SUBJECT LINE: NCAA Research wants to hear your voice

Hello,

NCAA Research wants to hear about your summer and post-college career plans. Your responses will inform NCAA policy and decision making this academic year. The 3-minute survey is confidential, and your name will not be collected.

Click on this link to view the survey: [\[link here\]](#)

Please respond by 11:59 P.M. (Pacific), Sunday, May 3.

Thanks for sharing your voice!

Text Invitation to NCAA Student-Athletes

NCAA Research wants to hear about your summer and post-college career plans. Learn more or take the 3-minute survey by May 3. Your name will not be collected. Thanks for sharing your voice! [\[link here\]](#)

Resources and Recommendations

For information about the Division I Ghost Transfer Rule or the NCAA's Post-Eligibility Insurance Program, please contact your campus athletics compliance office or visit the following sites:

- [Ghost Transfer Rule](#)
- [NCAA Post-Eligibility Insurance Program](#)

Career Planning / Transition Out of Sport Resources

For information about transitioning out of sport and career exploration, please contact your campus career development office or visit the following sites:

- NCAA career resources: [Preparing for Your Career - NCAA.org](#)
- UNC Greensboro's Moving On! program designed to help student-athletes make healthy transitions to life after college sports: <https://athletesmovingon.org/>
- University of Michigan Athletes Connected resources regarding "Life After Sports": [Life After Sports – Athletes Connected](#)

Mental Health Resources

For information or support related to mental wellness, please contact your campus student health office or visit the following sites:

Substance Abuse and Mental Health Services

- The Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator provides help to those seeking treatment facilities for substance use/addiction and/or mental health problems. For more information, visit: www.findtreatment.samhsa.gov
- The SAMHSA Disaster Distress Helpline provides 24/7 crisis counseling and support to individuals experiencing emotional distress related to natural or human-caused disasters. Call **800-985-5990** or text **TalkWithUs** to **66746**.

Suicide Prevention

- The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for individuals in distress. Call or text **988** or chat at www.988lifeline.org/chat.
- A list of international suicide hotlines is available at <https://ibpf.org/resource/list-of-international-suicide-hotlines/>.

Mental Health Support for Students of Color

- For students of color, The Steve Fund and Crisis Text Line provide 24/7, free and confidential support for mental health and well-being. Text **STEVE** to **741741**.

Mental Health Support for LGBTQ+ Students

- For the LGBTQ+ community, The Trevor Project provides 24/7 counseling for crisis intervention and suicide prevention. Call **866-488-7386**, text **START** to **678678** or message a counselor online at www.thetrevorproject.org/get-help/.



Teamworks Innovations, Inc.
122 E Parrish Street
Durham, NC 27701

TO: NCAA Research Review Board

FROM: Faryn Roy
Vice President, Teamworks

SUBJECT: Teamworks Data Protections and SNAP Survey Storage

Teamworks is committed to storing user data safely and securely. As an organization we have a Data Protection Officer and a robust set of policies and controls to ensure data protections. We work with reputable third parties to monitor our entire cloud service operation to immediately detect and alert our team if suspicious activities are detected or vulnerabilities are identified. All databases, data stores and file systems are encrypted, and all external data transmission is encrypted end-to-end. Within the last year, A-LIGN ASSURANCE conducted a Type 2 SOC 2 audit of our company's content and collaboration software services and found it to be suitably designed and operating effectively to meet the applicable trust services criteria.

Regarding the data collected specifically for the NCAA's SNAP surveys, Teamworks has committed to providing the NCAA with raw survey data through an encrypted, password-protected cloud share folder or private website. Additionally, Teamworks will not perform any independent analyses of this data and NCAA research staff will delete each study's survey responses from the Teamworks platform within six months of data transmission to the NCAA. Deleted data will be fully destroyed; once deleted they are not retrievable.