

DI 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?

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.

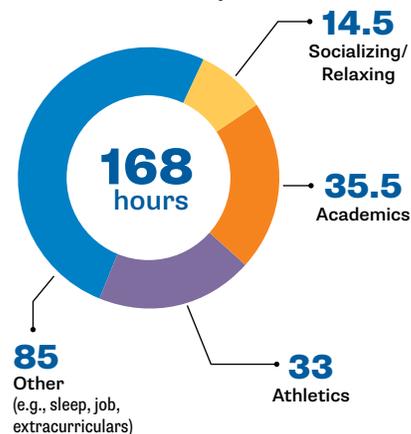


These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Time spent on activities per week

(numbers listed in hours)
*Medians collected from the 2015 NCAA GOALS study.



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 2015 NCAA GOALS study.

Game Day

During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport.



*Based on a 2015 survey of Division I student-athletes.