

One of the toughest facets of being a student athlete lies within time management. The vigorously demanding schedules often include one or more of the following activities: conditioning workouts four to five days per week, film sessions, individual skill workouts two to four times per week, strength and weight training two to four times a week, community service two or more times per month, speaking engagements, study hall four days per week, practice at least five days per week, travel, and games.

For collegiate women's basketball players, pre-season usually begins the day after Labor Day. Players usually begin with early morning conditioning workouts, then they shower, eat, and attend classes throughout the day. At some point when they have a break between classes, they will have an individual skill workout that usually lasts 30 minutes to an hour as well as strength and weight training which lasts another 45 minutes to an hour. Their weekdays are full of activities and on the weekends they do community service at least twice a month before the season begins.

The playing season for basketball begins on October 15<sup>th</sup> of every year per NCAA rules and at that time their schedules become more strenuous until the season ends in late March. Conditioning comes to a halt and practice begins. Practices usually last two to three hours and are either preceded by or followed by strength and weight training at least twice a week. Athletes are expected to attend film sessions between classes and they are encouraged to get in the gym and shoot on their own as well. Games begin in November and usually consist of both home and away games. Traveling to play games is usually between one hour and eight hours driving. During conference play, the team usually leaves on Wednesday afternoon and arrives at the opposing team's facility to practice late in the evening. When they return to the hotel they watch film on the opposing team before going to sleep. The next morning they eat breakfast, do a pre-game shoot around warm up, attend study hall, and prepare for the game. On Friday, the team checks out of the hotel and travels from one town to the next. Once checked into the new hotel, players are required to attend study hall, watch film on the game the night before as well as the next opponent, and practice later in the evening. On Saturday, the schedule mimics Thursday's schedule except film is replaced by travel back to the home base.

After the season, players usually get a short break and return to post-season workouts after spring break. These workouts are identical to pre-season workouts and last until the week before final examinations. Keeping in mind that most players are also dealing with the transition from high school to college and a lot of them are missing Thanksgiving breaks and only receiving seven days off for the Christmas break, it is understandable that some find it difficult to manage their time wisely. One of the best tools to assure that players is scheduling reminders and alarms on their mobile devices. They should also introduce themselves to professors early in the semester and let them know that they are student athletes and they will miss certain days for games. At that time they should also make arrangements for missed classwork to either be turned in before they depart for the game or by email, depending on the professor's preference. They should take a look at their free time and find a time where they can do the things that make them happy. Student athletes can also join student organizations so they can feel more acclimated with things that are happening around campus. Players should keep the doors of communication open and make sure they let coaches know if their schedules are becoming too stressful.

Coaches follow the same schedules as the student athletes plus recruiting, hours of clipping film to prepare the team for their opponents, and reserving vehicles and hotels for travel. While dedicating

much of their time to the sport and their players, they must schedule time for religion, family, friends, and a vacation. The mental health of the coach is vital to the success of the team and the balance of personal life and professional life should be at the forefront. Coaches must keep in mind that the particular sport that they coach should be enjoyable for their players and that even the best teams must manage their time wisely in order to become champions.