**Activity Outline:**

1. Introduction (5 minutes)

* Explain the importance of time management for student athletes
* Introduce the "Time Management Olympics" concept
* Divide students into teams of 3-4

1. Explain the Rules (5 minutes)

* Teams will receive a set of task cards representing various realistic activities (e.g., practice, study, sleep, social events)
* Each task has a time value and a point value
* Teams must create a schedule that maximizes points and is realistic while fitting within a 24-hour period
* Emphasize that not all tasks can be completed, so choices must be made

1. Round 1: Quick Schedule (10 minutes)

* Give teams a set of 15 task cards
* Teams have 7 minutes to create their schedule for a typical in-season weekday that is not a game/meet/match day
* 1 minutes for scoring and upload
* 2 minutes for discussion

1. Round 2: Unexpected Events (13 minutes)

* Add 10 additional task cards; create new 24 hour schedule
* After 3 minutes, introduce an "unexpected event" card (e.g., "surprise exam tomorrow")
* Teams have 7 minutes to adjust their schedule
* 1 minutes for scoring and upload
* 2 minutes for discussion

1. Wrap-up and Reflection (5 minutes)

* Announce the winning team
* Discuss strategies used by successful teams
* Reflect on how this applies to real-life time management

**Questions for Discussion**

How many cut back on sleep? Pros/cons

How many added social time? Pros/cons

How did you make these decisions? Was it difficult for your teams to agree?

How will this apply when you really do control your entire 24 hours?

**Notes**: this doesn’t consider transition times, travel times, etc.

Tasks (for cards)

1. Team practice (3 hours, 15 points)
2. Attend classes (4 hours, 20 points)
3. Study/homework time (2 hours, 15 points)
4. Study/homework time (3 hours, 20 points)
5. Meet with tutor (1 hour, 10 points)
6. Sleep (8 hours, 25 points)
7. Sleep (5 hours, 10 points)
8. Meal preparation and eating (1 hour, 5 points)
9. Team meeting (1 hour, 5 points)
10. Watch game film (1 hour, 5 points)
11. Rest/relaxation time (1 hour, 5 points)
12. Physical therapy/recovery (1 hour, 5 points)
13. Student organization meeting/activity (1 hours, 5 points)
14. Social time with family/friends (2 hours, 15 points)
15. Personal grooming/shower (1 hour, 5 points)
16. Strength and conditioning session (1 hour, 10 points)
17. Mental health counseling (30 minutes, 5 points)
18. Academic advising appointment (30 minutes, 5 points)
19. Group project meeting (2 hours, 15 points)
20. Attend a campus event (e.g., career fair, guest lecture) (1 hours, 10 points)
21. Social media/phone time/watching TV (30 minutes, 0 points)
22. Individual training session (1 hour, 10 points)
23. Volunteer work (2 hours, 15 points)
24. Go to a movie (3 hours, 10 points)
25. Pray/meditate (1 hour, 10 points)
26. Meal preparation and eating (2 hours, 10 points)
27. Read for Pleasure (30 minutes, 5 points)
28. Online Shopping (1 hour, 5 points)