

Masters' Programming Questionnaire: This questionnaire will be used to help the Club coaches determine which applicants are best suited for the Master Training Group. Registration for the Master's Training Group is based on consistency of training proven through a year round training focus and one's skiing ability. Each member will be required to purchase the NTS general training plan developed by Andy Newell at an approximate cost of \$17/month.

All returning participants required resubmit the application for the 2024/2025 season.

1. Please describe your reasons for wanting to join the Masters Performance Training Group at SLNC.

2. What are your performance and training goals for this upcoming season 2024/25?

Performance goals:

Training goals:

3. Describe your 2024 summer training activities (intensity, strength, and long-distance). If possible, please provide an estimate of your typical weekly training hours.

4. Do you measure your intensity or exerted effort during training times? If yes, how?

5. Are you interested in Lactate testing?

(We provide lactate testing to Masters Training group participants. Each participant will be charged the cost of purchasing lactate strips. For those who participated in the 2023/2024 season lactate testing, each of you has even strips to complete a second round of lactate testing.)

6. Do you skate and classic ski? Please elaborate on how much time you spend on each Technique

Any further comments or information you'd like us to know about you and you're skiing as we determine which applicants are best suited for this Training Program?

Other options are available for Masters at Sovereign Lake for the 2024/2025 season. We offer Masters XC, Adult Heros, and private ski lessons. Please see the program descriptions for more information.