

Participant Survey Results: Biathlon Racing Programs 2024/25

Thank you to all those who participated in the Biathlon Racing Programs and to those who completed the participant survey. The results will be discussed among staff, coaches and the Programs Committee to help improve the program for next season. This report includes a summary of main findings followed by responses to survey items. We received responses from 8 participants, (32%).

The Biathlon Race program includes participants from:

- Train 2 Train
- Learn 2 Compete
- SD22 Snow Sport Biathlon Academy Program
- Development Centre Biathlon

Train 2 Train Biathlon Program Description: Designed for athletes aged 13–14, this program develops cross-country skiing and target shooting skills, with a focus on off-season training and competition at regional and provincial levels. It includes scheduled team sessions in summer and fall, range practice in the fall, and independent training. Suitable for newcomers to biathlon or XC skiing, as well as those progressing from the Biathlon Bears program. Training is tailored to individual goals.

Learn 2 Compete Biathlon Program Description: For athletes aged 15–20 looking to advance their cross-country skiing and shooting skills, with a focus on off-season training and competition at regional and provincial levels. Includes team training in summer and fall, range sessions in fall, and independent year-round training. Training intensity is based on individual goals.

SD22 Snow Sport Biathlon Academy Program Description: Offered in partnership with Okanagan School District #22, this integrated high-performance program is for Biathlon athletes in grades 8–12. Delivered by professional coaches within the school timetable, it allows student-athletes to train during their A/B block in the first semester (September-January), enhancing fall-winter preparation. It grants young athletes a glimpse into the life of a full-time athlete. The Academy fosters academic and athletic development while aligning with the year-round L2C program, with most training occurring alongside SLNC L2C teammates.

Development Centre Biathlon Description: Targets athletes between the ages of 17-24 (graduates from high school) who have shown dedication, potential for success in the sport, and are competitive at the national level. Is an integrated high-performance program, working closely with our Nordic skiing team. The Development Centre currently offers two streams: Performance, and Summer-Experience training options.

Summary of Main Findings

Program Participants:

- 25 athletes participated in the Biathlon Racing Program in 2024/25.
- The most common ways of hearing about the program were returning athletes, word of mouth/SLNC website and recruitment.
- Most people joined the program to build skills, racing/competitions and community.

Communication:

- Most respondents (62.5%) agreed or somewhat agreed that communication from the coaches was timely and clear. 30% somewhat disagreed.
- Most respondents (62.5%) thought the program description on the website was clear and accurate.

Program and Coaching:

- Overall the program goals were met.
- Most participants (62.5%) agreed their program provided good value and was priced appropriately, logistics were well organized, they received appropriate technical guidance and program delivery was consistent with what was outlined on the website.
- Most participants (62.5%) like the Wednesday and Thursday evening practices. Responses were mixed on the timing of the Saturday afternoon practice time.

Suggested Improvements:

- Clear, consistent and timely communication regarding training location, training plans, off snow training locations, and changes in transportation.
- Expand technical instruction to include goal setting, dry firing protocols, tactical race planning and nutrition.
- Consider moving biathlon practice to Tuesdays to improve T2T/T2C categories attendance.
- Create unified race kits across all program levels to foster club cohesion.
- Continue junior-senior buddy mentoring — it was appreciated.
- Flexible pricing for multisport athletes with limited availability.

Overall:

- Most people plan on joining the program again next year and will recommend the program to others.

Program Participants

25 athletes registered for the 2024/25 season.

People heard about the program in three main ways:

- Returning athlete
- Word of mouth/SLNC website
- Recruitment

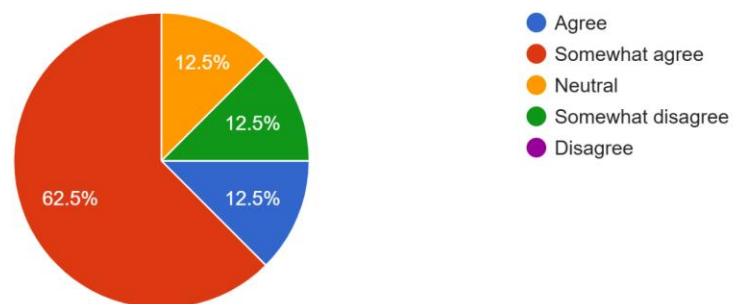
The three main reasons people participated in the program:

- Skill development
- Participate in races/competitions
- Be part of the SLNC community

Communication

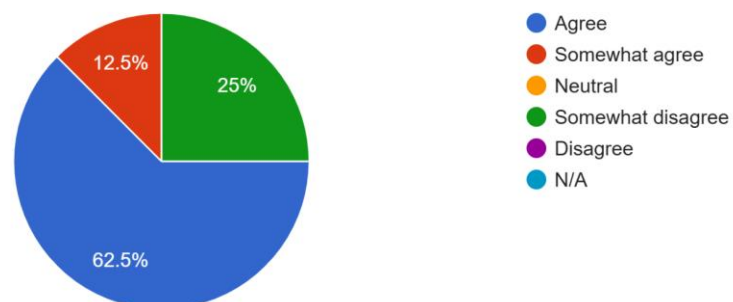
Program Information on the SLNC website was clear and accurate

8 responses



Communication from the biathlon coaches was timely and clear

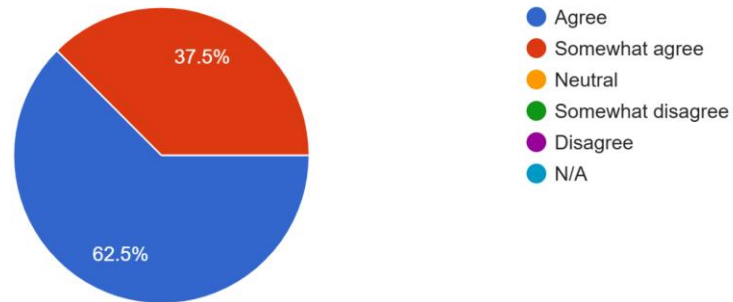
8 responses



Program and Coaching

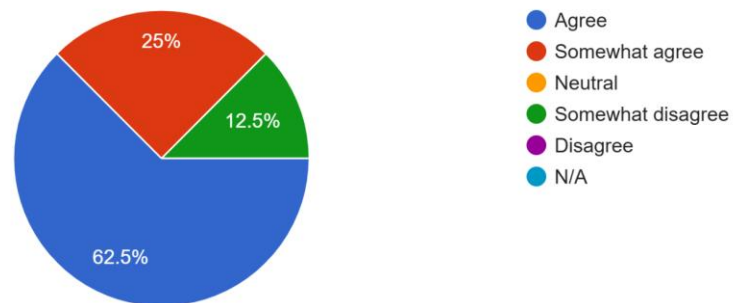
The program provided good value.

8 responses



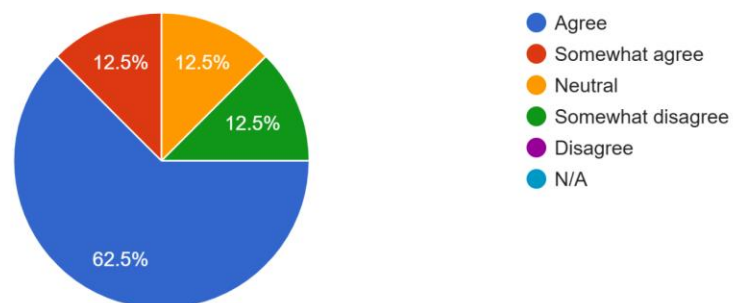
I received helpful technical guidance appropriate to my skill level

8 responses



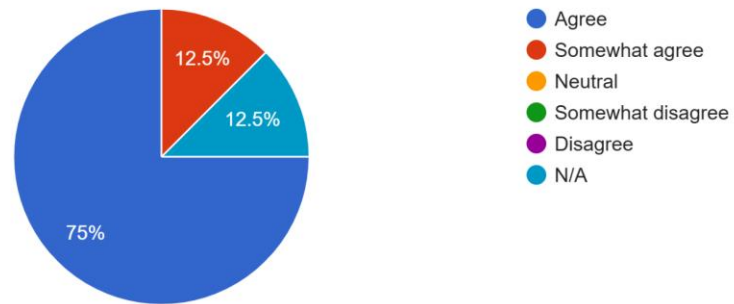
Logistics of the program were well-organized (e.g., session start and end times, meeting place)

8 responses



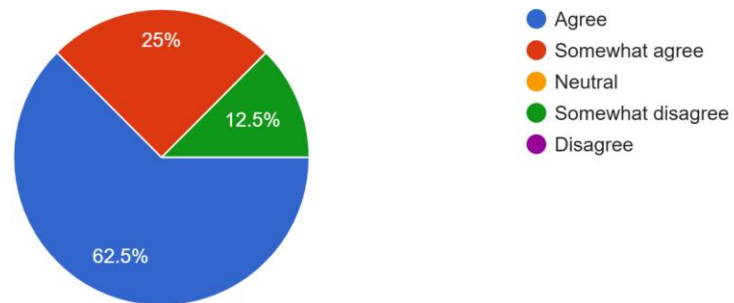
The program delivered what was outlined in the description on the website

8 responses



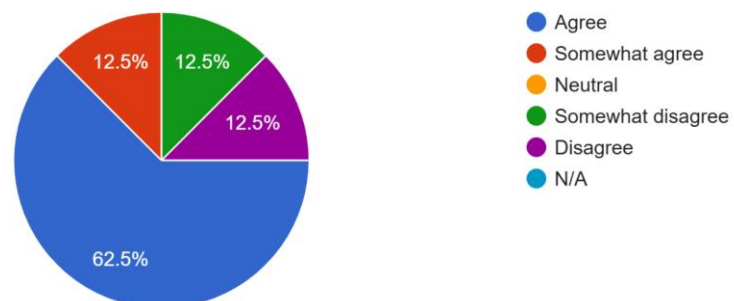
The price is appropriate for the program

8 responses



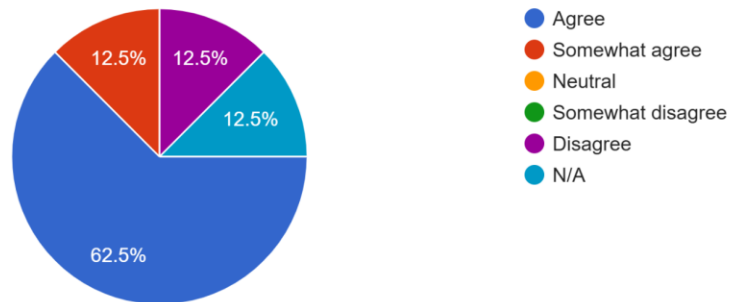
The PM practice times of 5-6:30pm on Wednesday work well for my schedule.

8 responses



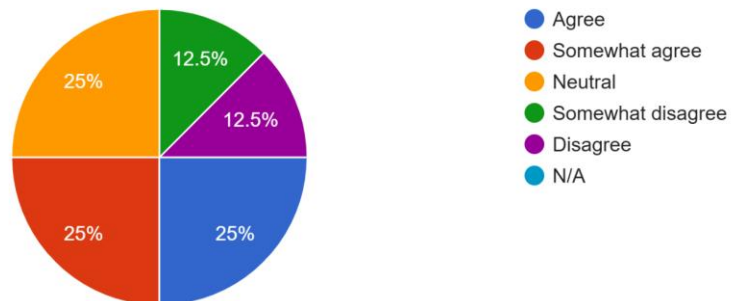
The PM practice times of 5-6pm on Thursday (in order to join the XC practice) work well for my schedule.

8 responses



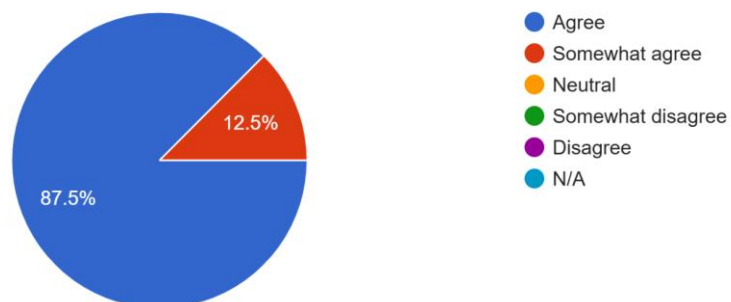
The Saturday 1pm-3pm practice time works well for my schedule.

8 responses



The length of sessions are appropriate for this program

8 responses



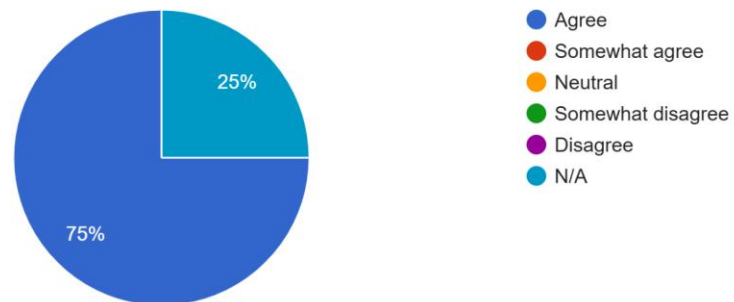
Suggested Improvements

- Communication about training plans: Provide clear communication about training plans, including what will be provided, delivery through Training Peaks, specifying frequency (monthly vs. yearly plans). (2 mentions)
- Communication about logistics:
 - Share off-snow practice locations at least one week in advance to support family planning.
 - Communicate transportation limitations early when team van is unavailable.
- Scheduling:
 - Consider moving biathlon practice to Tuesdays to improve JD category attendance.
 - Consider longer sessions.
- Pricing:
 - For multi sport/activity athletes, it is impossible to attend all of the training. It would be great to have more variation in pricing depending on what the athlete can attend.
- Session-specific improvements:
 - Expand technical instruction to include climbing techniques and transitions.
 - Implement regular national shooting tests and 3000m runs to track progress and meet BC squad requirements.
 - Schedule formal race preparation training at season start, covering race planning, morning activation, and proper warm-up protocols.
- Overall training improvements:
 - Conduct goal-setting sessions with all athletes (beginning, mid-season, and year-end).
 - Maintain the junior-senior buddy mentoring opportunities- liked those!
 - More encouragement/guidance for dryfire sessions at home.
 - More focus on how our diets affect our performance: What to eat the day before a race, the day of, what foods are bad for our health as athletes, what foods are good for us, when to eat them and how they benefit us.
 - Create unified race kits across all program levels to foster club cohesion.

Overall

I plan on returning to this program next year

8 responses



I will recommend the program to others.

8 responses

