

Participant Survey Results: Masters Training Group 2024/25

Thank you to all those who participated in the Masters Training Group program 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 19 participants (76%).

Masters Training Group Program Description: This Program is designed for competitive Masters athletes (30+ years) who want to improve their ski technique, increase speed and efficiency, and train for ski races. Participants are expected to be self-motivated and have an interest in training with other Masters athletes in a fun social group setting. All participants should be comfortable skiing varied terrain, including all trails at Sovereign Lake Nordic Club. The Masters Training Group Program follows a structured training plan designed by Nordic Team Solutions (NTS) (Andy Newell), and is best suited to participants who maintain a high level of physical fitness during the summer and fall.

NOTE: The MTG has been offered for the last two seasons and replaces former racing and performance programs that were offered for several years.

Summary of Main Findings

Program Participants:

- The same 25 people participated in the Masters Training Group (MTG) in the two years the program has been offered (2023/24, 2024/25).
- Most respondents were long-time members in former racing and performance groups and heard about the MTG through word-of-mouth.
- Most people joined the program to build skills, to meet others with similar interests/ camaraderie, for enjoyment, and for racing.

Communication:

- Communication from the Program Coordinator and on the website was thought to be clear and accurate.

Program and Coaching:

- Many program features were considered very strong. Highest rated were a welcoming environment and technical instruction, followed closely by the individual coaching sessions, additional coaching clinics, lactate testing protocols, and using the training plans from Nordic Team Solutions.
- Views were somewhat mixed on the group meeting 4 or 3 times per week, though a majority prefer to stay with the group meeting 4 times per week.

Suggested Improvements:

- About half of respondents expressed interest in participating in dryland training in October and club-wide events as possible extensions.
- The most common suggestions were more video analysis for ski technique and more individualized coaching sessions.

Program Participants

25 people participated in the Masters Training Group in 2024/25. These were the same people who participated in the MTG in the previous year.

MTG members mostly heard about the program through word-of-mouth, including invitations for input on the structure of the program.

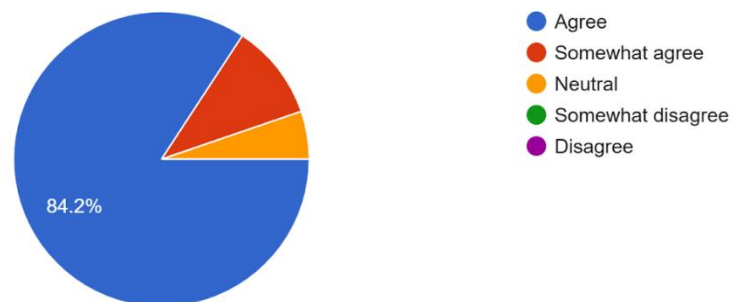
The four main reasons people participated in the program:

- Skill development
- Meet people with similar interests/ camaraderie/ social engagement
- Enjoyment
- Racing

Communication

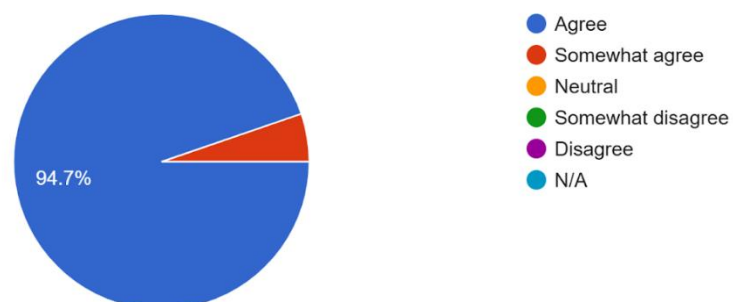
Program Information on the SLNC website was clear and accurate

19 responses



Communication from the program administrator was timely and clear

19 responses



Program and Coaching

MTG coaches created a welcoming and friendly environment

19 responses



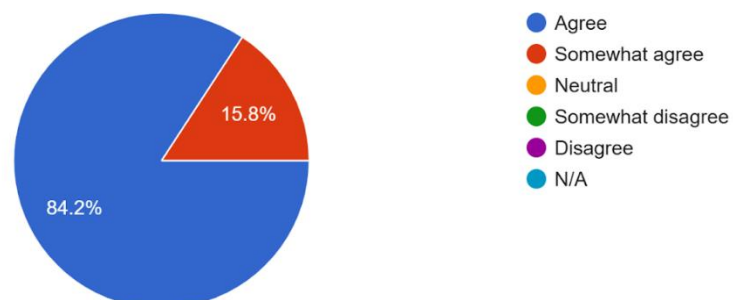
I received helpful technical guidance appropriate to my skill level

19 responses



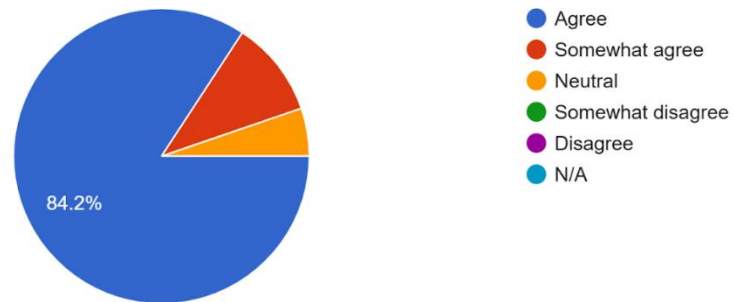
I like the Nordic Team Solutions training plan as the anchor for the MTG program

19 responses



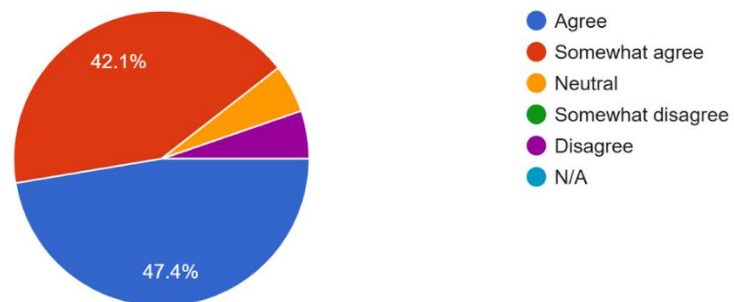
The lactate testing protocols helped me refine my training

19 responses



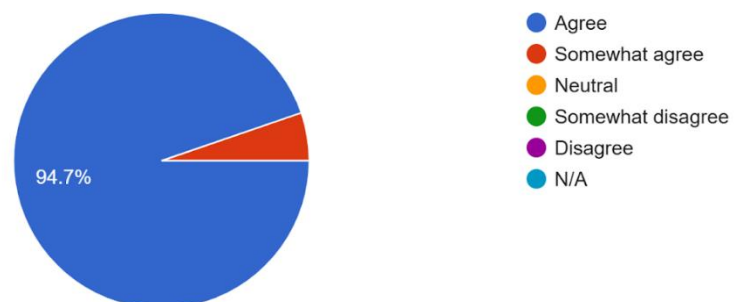
Forming the two groups (Norway and Sweden) for technique sessions worked well

19 responses



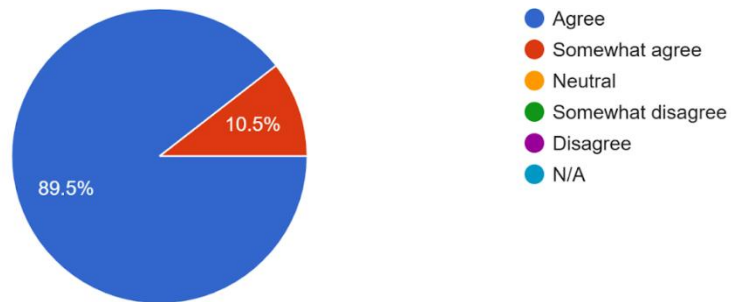
The individual coaching sessions were a useful option

19 responses



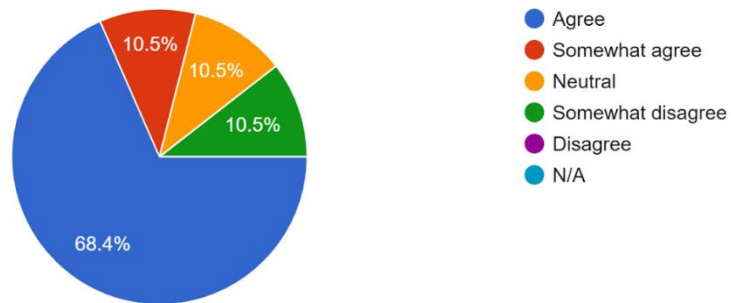
The clinics run by the other coaches were useful additions

19 responses



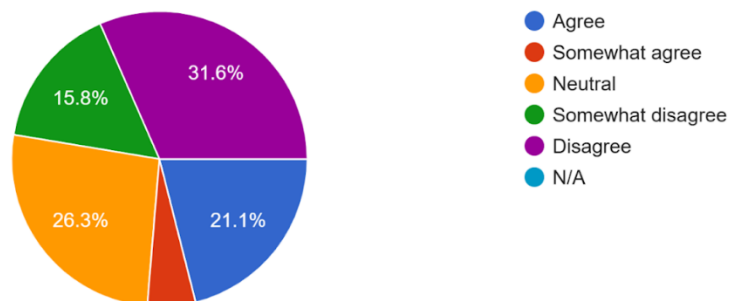
I like the schedule with the group meeting 4X per week

19 responses



I would prefer to meet 3X per week for coaching and intensity sessions, and do other sessions on my own or meet-up with others informally

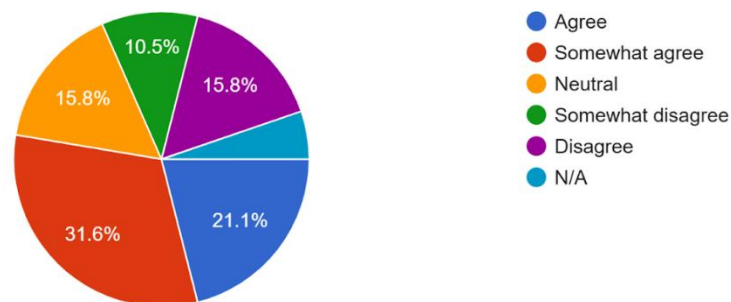
19 responses



Suggested Improvements

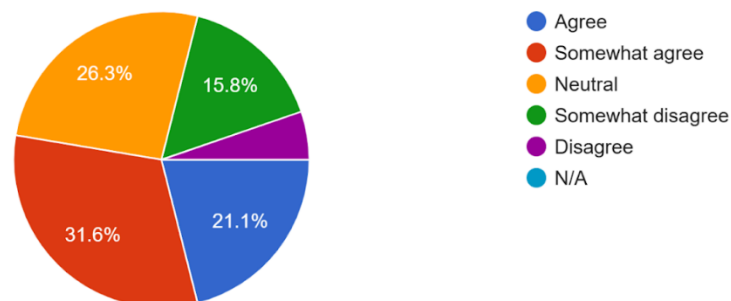
I would participate in dryland sessions if they were offered in October

19 responses



I would be interested in participating in club-wide events (e.g., time trials, field trips to other locations) about once per month

19 responses



Main suggestions:

- More video analysis for ski technique (3 mentions)
- More individual coaching sessions (2 mentions)
- Longer sessions for individual coaching (e.g., from 15 minutes to 30 minutes) (1 mention)
- Periodic engagement with Sovereign coaches (1 mention)
- Attract younger age groups (40s-50s) for program sustainability (although difficult for morning sessions for those who work and do not have flexible work hours) (1 mention)
- Try to have coaches agree on technique so messages are consistent for participants (1 mention)
- Reduce the number of group sessions per week from 4 to 3 (1 mention)