

Participant Survey Results: Adult Heroes 2024/25

Thank you to all those who participated in the new Adult Heroes 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 12 participants (25%).

Adult Heroes Program Description: This program is designed to focus on developing techniques and improving fitness to help participants become more confident skiers. Led by a qualified professional coach, this program provides space for learning by offering two classic and two skate sessions each month. It also provides guidance and support for participants to develop a plan for skiing that will supplement the one session each week and fit into their lifestyles.

Summary of Main Findings

Program Participants:

- 49 people participated in the first offering of the Adult Heroes program.
- Word-of-mouth was the most common way people heard about the program.
- Most people joined the program to build skills, to be part of the SLNC community, and for enjoyment.

Communication:

- Communication from the Adult Heroes Coordinator was considered clear and timely.
- A majority of participants thought the website description could be improved.

Program and Coaching:

- The overall environment, logistics, and technical instruction were all considered strong by participants.
- Tuesday evening was liked by 100% of respondents!

Suggested Improvements:

- Clarify program and group numbers and improve the registration process.
- Respondents appreciated technical instruction, and would like more of it, especially tailored to their ability and goals.

Overall:

- A large majority of respondents thought the program provided good value.
- A majority of respondents plan on joining the program again next year.
- The program was well-received. The biggest change from the program description was adding more participants and a second instructor. Participants adjusted to these changes and thought the instructors worked well with a wide range of skill levels and interests.

Program Participants

49 people participated in the first offering of Adult Heroes.

People heard about the program in three main ways:

- Word of mouth
- SLNC website
- Club newsletter

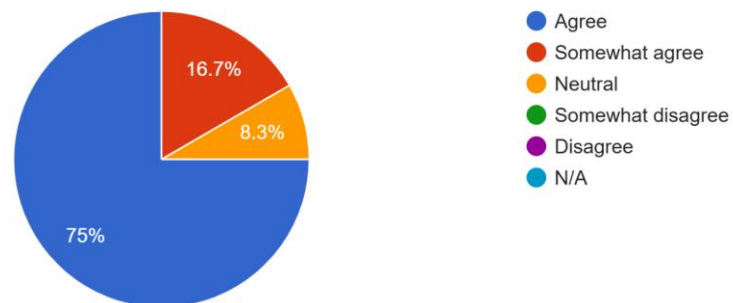
The three main reasons people participated in the program:

- Skill development
- Be part of the SLNC community
- Enjoyment

Communication

Communication from the Adult Heroes Coordinator was timely and clear

12 responses

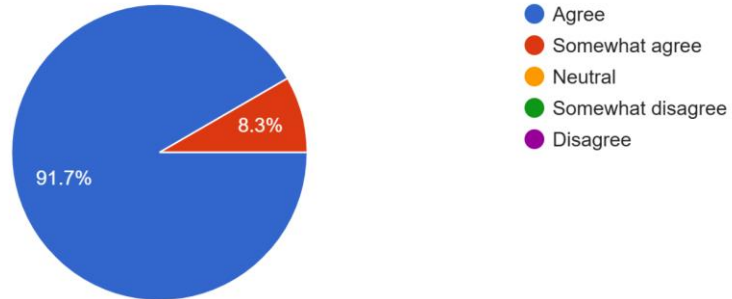


60% of respondents somewhat agreed that the program matched what was described on the website.

Program and Coaching

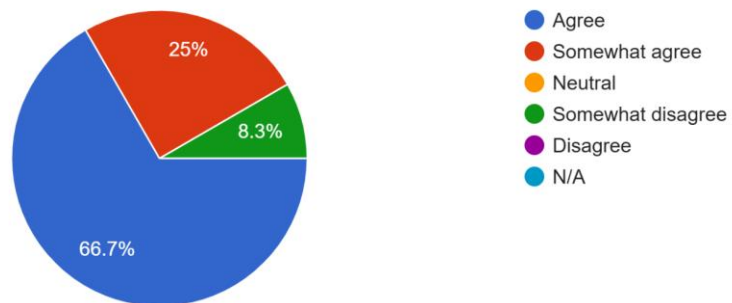
Group leaders created a welcoming and friendly environment

12 responses



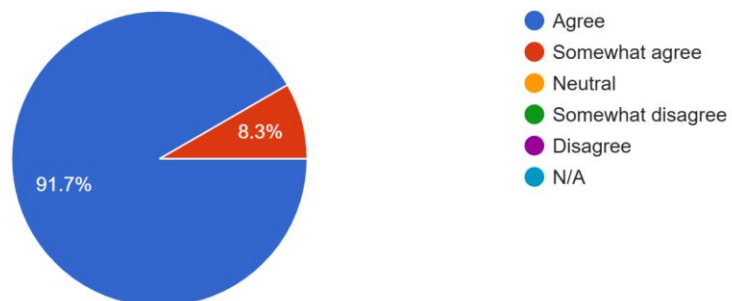
I received helpful technical guidance appropriate to my skill level

12 responses



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

12 responses



I like the schedule with the group meeting Tuesday nights

12 responses



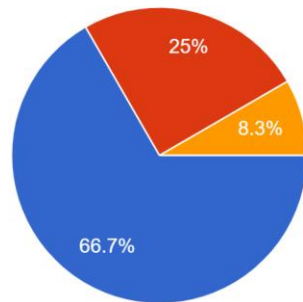
Suggested Improvements

- Registration:
 - Confusion about the size of group; website said 12 and there were almost double that in sessions (3 mentions)
 - Full season only rather than monthly
- Session suggestions: (1 mention each unless otherwise stated)
 - More individualized feedback, especially with variable skill levels (2 mentions)
 - More focus on technical instruction and less on race training (or divide the group with those different interests)
 - Smaller groups
 - Two leaders each session if possible
 - Clear description of how the program works

Overall

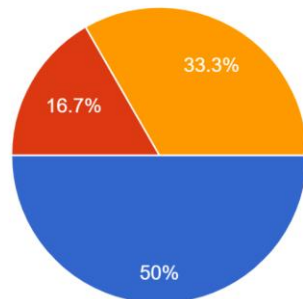
The program provided good value.

12 responses



I plan on returning to this program next year

12 responses



Comments:

- Instructors did well with such a mixed group.
- Excellent instruction!
- Adding more participants changed the feel of the program. It helped to add another instructor.
- As a new program, there were bound to be some hiccups. Overall, well done!