

Participant Survey Results: Masters XC 2024/25

Thank you to all those who participated in the Masters XC 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 61 participants (37%).

Masters XC Program Description: The program is designed to allow participants to share the joy of skiing with other skiers of similar abilities and interests. By listening to participants over the last 10-plus years, the program has become a successful blend of an opportunity for improving ski technique and building fitness and community.

Summary of Main Findings

Program Participants:

- 165 people participated in the Masters XC program in 2024/25.
- Word-of-mouth was the most common way people heard about the program.
- Most people joined the program to build skills, to meet other people with similar interests and abilities, and for enjoyment.

Communication:

- Communication from the Masters XC Coordinator was considered clear and timely.
- About half of participants thought the program description on the website was clear and accurate.

Program and Coaching:

- The overall environment, the program delivered, and logistics were all considered strong by participants.
- Most participants like Thursday and Sunday sessions. Views were mixed on attending one or two days per week.

Suggested Improvements:

- The most common suggestion was to streamline registration by reducing the number of options.
- The idea of monthly field trips to other local clubs had mixed reviews.

Overall:

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

Program Participants

165 people registered for the 2024/25 season.

People heard about the program in three main ways:

- Word of mouth (60%)
- SLNC website
- Club newsletter

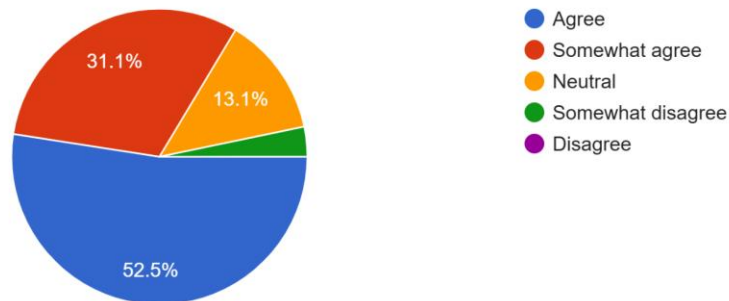
The three main reasons people participated in the program:

- Skill development
- Meet other people with similar interests and abilities
- Enjoyment

Communication

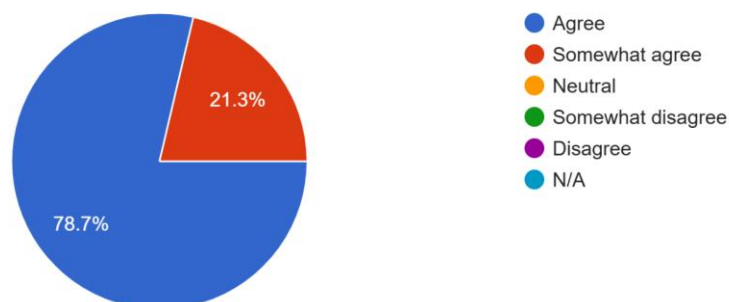
Program Information on the SLNC website was clear and accurate

61 responses



Communication from the Masters XC Coordinator was timely and clear

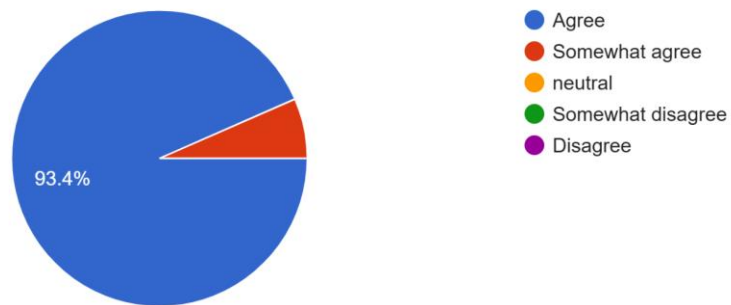
61 responses



Program and Coaching

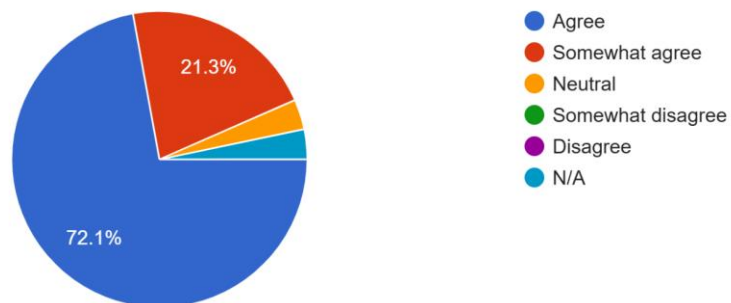
Group leaders created a welcoming and friendly environment

61 responses



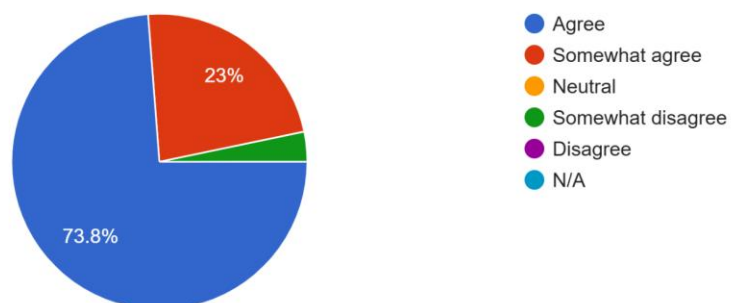
The program delivered what was outlined in the description on the website

61 responses



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

61 responses



Almost 70% of participants like Sunday and Thursday as the main program days.

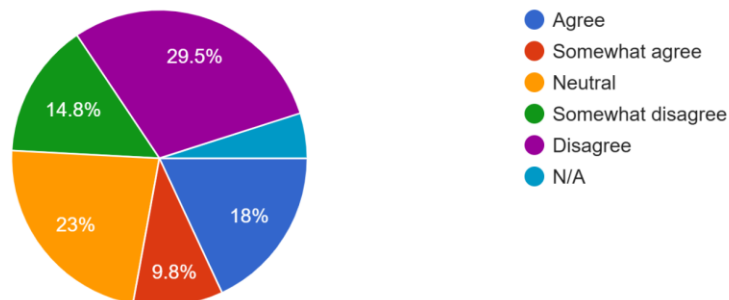
Over 50% liked meeting twice a week and 44% were satisfied with meeting once a week.

Suggested Improvements

- Registration:
 - Reduce the number of options (5 mentions)
 - Like the option of signing up for month rather than the full season (1 mention)
- Session suggestions: (1 mention each)
 - Provide a waxing demonstration
 - Discussion about proper gear and maintenance
 - A bit more individual feedback by skill level
 - Self-select skill level group
 - Smaller groups
 - Include introductions
 - Clear instructions on where to meet instructors for the first session
 - A group for those new to Vernon, with a focus on social skis and getting to know trails
 - Bring back the time clock!

I would be interested in travelling to another club about once per month at an additional cost for bus and lunch (e.g., Kelowna Nordic, Telemark)

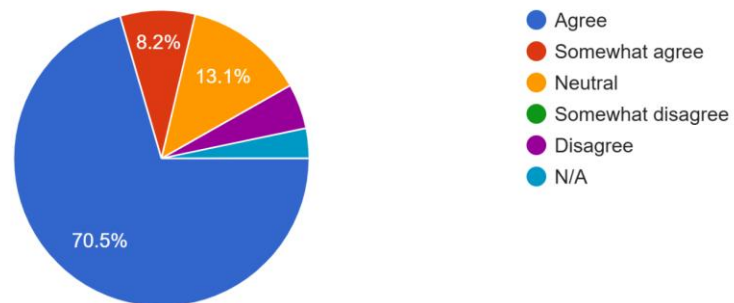
61 responses



Overall

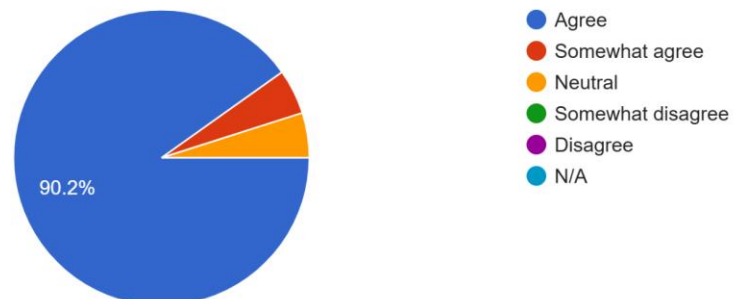
I plan on returning to this program next year

61 responses



I will recommend the program to others.

61 responses



Comments:

- An excellent program! (2 mentions)
- Interest and active involvement (attending, coaching) of the Program Coordinator appreciated and really important (1 mention)