

# Participant Survey Results: XC Racing Programs 2024/25

*Thank you to all those who participated in the XC 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 13 participants, (52%).*

XC Racing Program includes participants from:

Train 2 Train

Learn 2 Compete

SD22 Snow Sports Nordic Academy

**Train 2 Train Program Description:** The T2T-1 program is for athletes 13 to 14 years old who are interested in developing their full range of skiing skills, off-season training and have the desire to compete at regional and provincial levels, in preparation for joining one of our T2T (Train 2 Train) Programs. A commitment to scheduled team training sessions in the summer and fall and additional, independent training at home and on the snow may be expected. This program is suitable for athletes who are graduating from the Track Attack program and are entering the “Train to Train” stage of growth and maturation. T2T XC athletes may choose to remain in this blend of weekend and evening training throughout their junior years or join the L2C Academy Program once they reach the age of 15.

**Learn 2 Compete Program Description:** The L2C program is for athletes 15 to 20 years old who are interested in developing their full range of skiing skills, off-season training and have the desire to compete at provincial and national levels. A commitment to scheduled team training sessions year-round and additional, independent training at home and on the snow may be expected.

**SD22 Snow Sports Nordic Academy Program Description:** The SD22 Snow Sports Nordic Academy offers Western Canada’s first high-performance integrated training program for XC and athletes in grades 8 through 12. It is integrated within the SD22 timetable and caters to SD22 student-athletes with a commitment to athletic and academic excellence. The program utilizes the first semester of the school year to provide athletes in year-round training programs the opportunity to train during their A/B school block. It grants these young athletes a glimpse into the life of a full-time athlete. Most of the athlete’s year is spent with their teammates in the L2C program and outside of the first semester it follows that program schedule.

## ***Summary of Main Findings***

### ***Program Participants:***

- 25 athletes participated in the XC Racing Programs in 2024/25. All respondents were returning athletes.
- The most common ways of hearing about the program were returning athlete, word of mouth, and website.
- Most joined the program for skill development/racing, enjoyment, and community.

### ***Communication:***

- Most respondents (62%) agreed or somewhat agreed that communication from the XC coaches was timely and clear. 30% somewhat disagreed.
- Most respondents (83%) thought the program description on the website was clear and accurate.

### ***Program and Coaching:***

- The overall program goals were met.
- Over 90% of respondents were happy with the number of races available to them.
- 100% agreed or somewhat agreed that they received technical guidance appropriate to their skill level, good race support, and appropriate physical training for their development level.
- 85% agreed or somewhat agreed that program logistics were well organized.
- Most respondents felt the number, duration, and time of sessions were appropriate.
- Most respondents (53%-77%, depending on the programs), benefitted from training session crossovers, in which they trained at the same time and place as other racing programs.
- Over 75% of respondents would recommend their program to others.

### ***Suggested Improvements:***

- One respondent suggested increased club night participation by high school-aged athletes.
- Two respondents suggested having senior athletes more involved in coaching/leading groups to allow more connections between age groups.

## Program Participants

25 athletes registered for the 2024/25 season.

People heard about the program in three main ways:

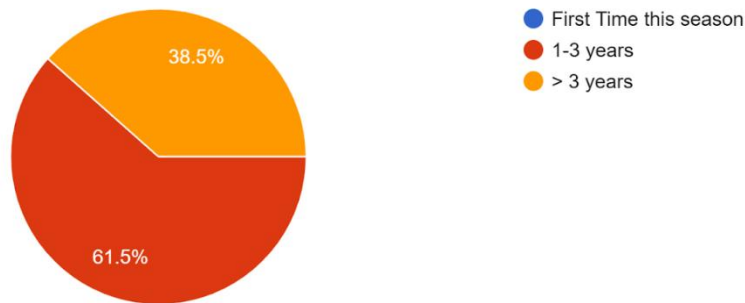
- Returning athlete
- Word of mouth
- Website

The three main reasons people participated in the program:

- Skill Development/Racing
- Enjoyment
- Meeting other people/community

How many years have you participated in this program?(choose one)

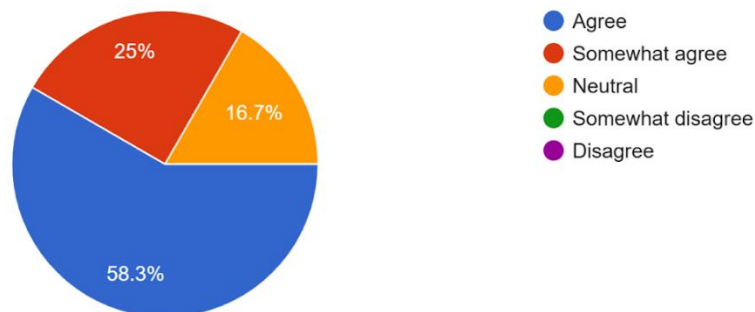
13 responses



## Communication

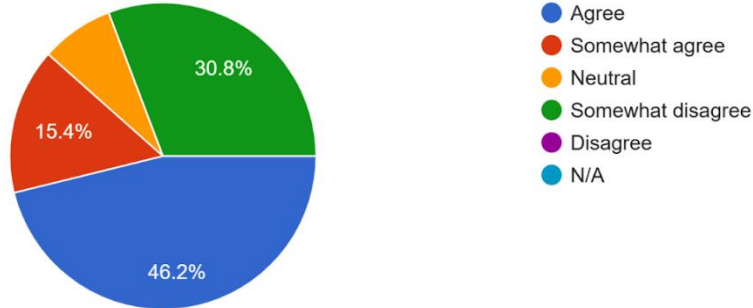
Program Information on the SLNC website was clear and accurate

12 responses



Communication from the XC coaches was timely and clear

13 responses



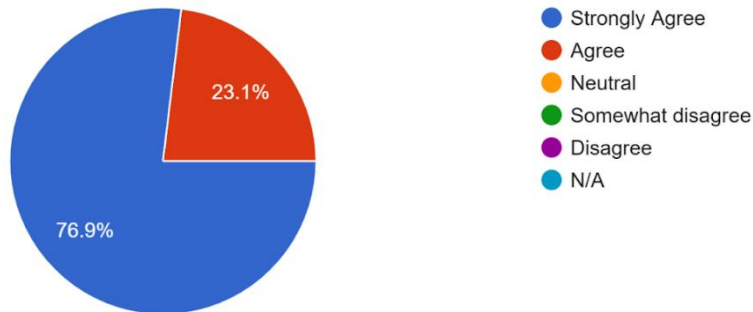
Coaches used TeamSnap and WhatsApp to communicate to their participants throughout the season.

## Program and Coaching

Over 90% of respondents were happy with the number of races available to them.

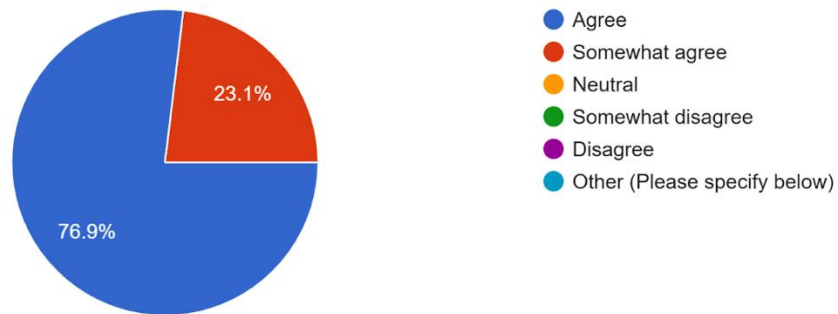
I received very good race support (i.e., waxing, course inspections, race strategy guidance)

13 responses



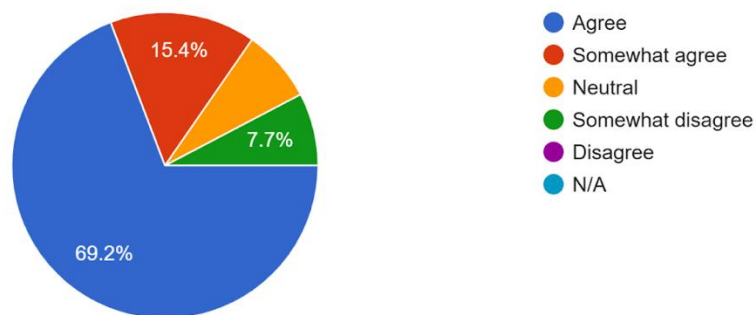
I received physical training appropriate to my development level

13 responses



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

13 responses



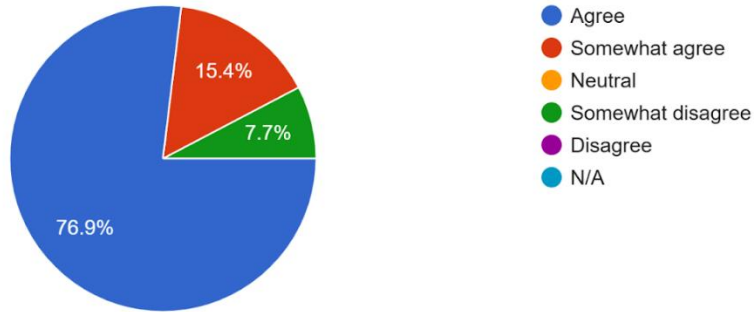
The length of sessions are appropriate for this program

13 responses



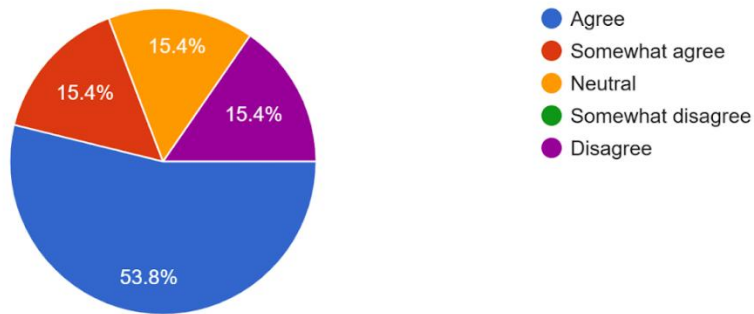
The number of sessions for the program is appropriate

13 responses



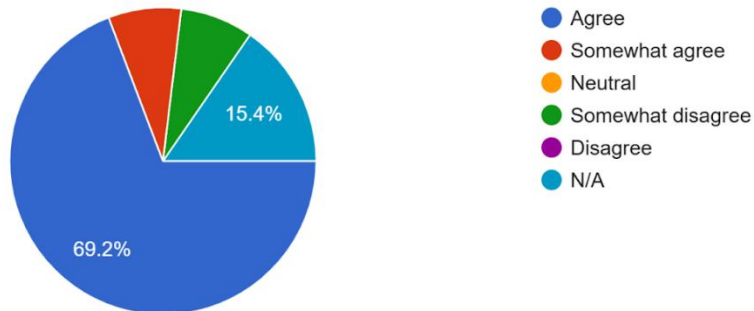
The price is appropriate for the program

13 responses



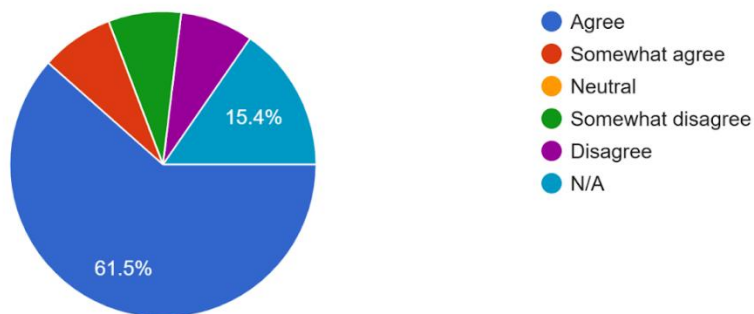
The PM practice times of 6-7:30pm on Tuesday work well for my schedule.

13 responses



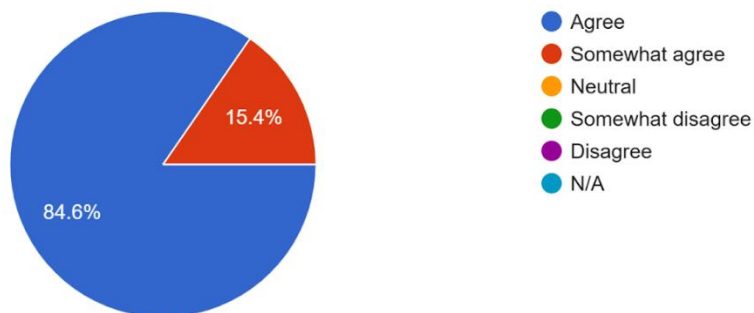
The PM practice times of 6-7:30pm on Thursday work well for my schedule.

13 responses



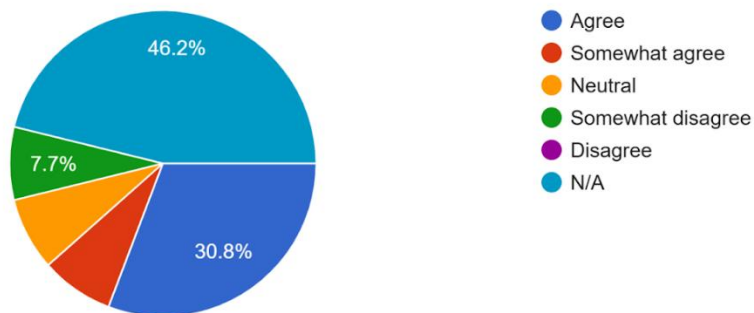
The Saturday 9-11pm practice time works well for my schedule.

13 responses



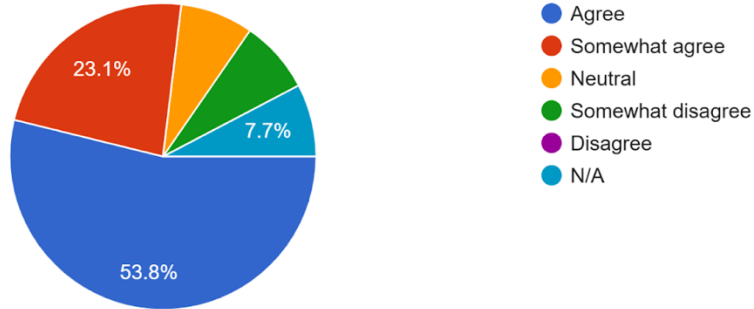
The daytime Academy practice times worked well for my schedule.

13 responses



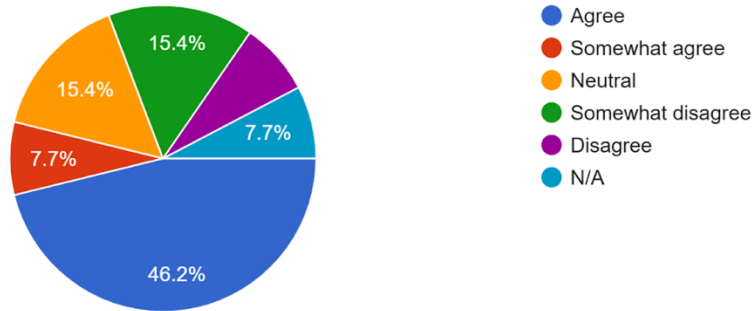
I get benefit from mixed training sessions in which I train at the same time and place as other programs (T2T and L2C)

13 responses



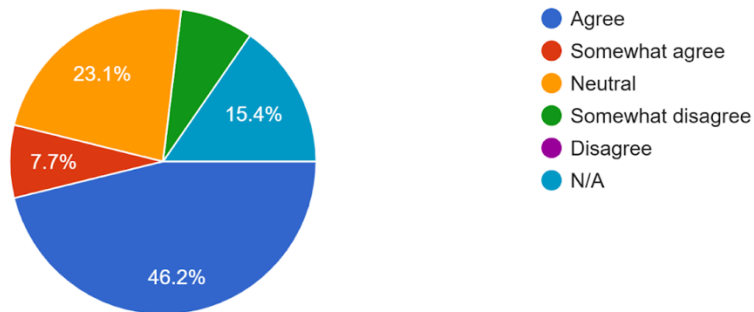
I get benefit from mixed training sessions in which I train at the same time and place as other programs (T2T/L2C mixed with Academy)

13 responses



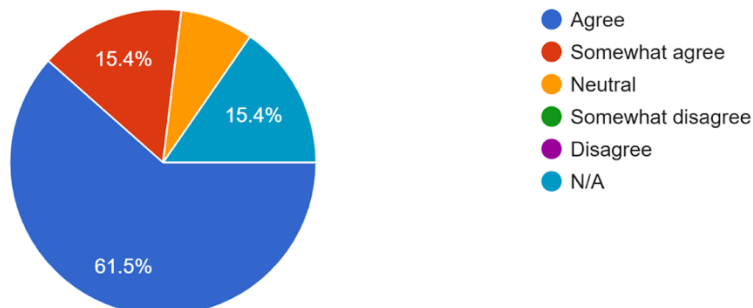
I get benefit from mixed training sessions in which I train at the same time and place as other programs (T2T/L2C mixed with SLNDC)

13 responses



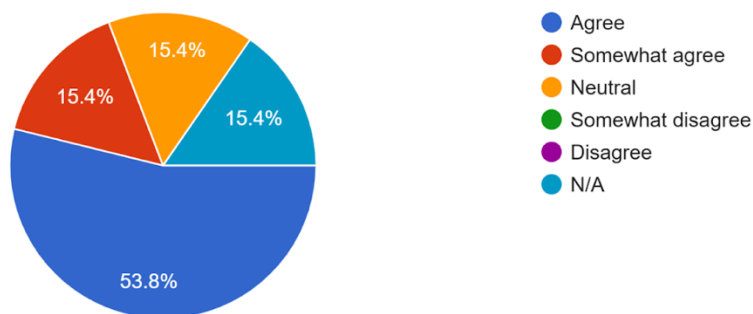
I get benefit from mixed training sessions in which I train at the same time and place as other programs (Academy mixed with SLNDC)

13 responses



I get benefit from mixed training sessions in which I train at the same time and place as other programs (Academy mixed with Biathlon)

13 responses



## Suggested Improvements

- Build connections across athlete age groups:
  - Have high school and post secondary skiers participate in club night in the fall and coach more Saturday sessions on snow. It's important for the younger athletes to get to interact and build connections with older athletes! And it encourages them to continue in programs.
  - Mixing senior athletes with younger SLDC programs to have them lead/participate with the younger groups.
- Build connections across local clubs: Have more informal regional training with other local clubs, especially for senior athletes.

# Overall

Over 75% of respondents would recommend their program to others

I plan on returning to this program next year

13 responses

