Club Coaching Survey Action Plan

Actions based on Survey Results and Analysis

1. Reporting (News Feed etc.) should reflect members interests, recognising some might be seasonal, e.g. XC, so encourage members to provide Liza with information on their events and achievements.
2. Encourage members to participate in the coached sessions and the running groups
3. Keep putting on club races
4. Ensure have sufficient qualified coaches to have coached sessions for the adults and teens
5. Set up track session(s) for fast runners
6. Provide advice on runners technique
7. Include drills etc. during warm-ups
8. Find out interest in day-time intervals session

Actions to address Free Text Comments

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| **#** | **Free Text Comments** | **Club response** |
| 1 | The training load needs to meet the expectations of the faster runners | Session design for faster runners adapted |
| 2 | If you want to understand the membership ask the right questions, before you do, why not explain the actions you will take and the transparency you will show. The club is fragmented, lost and without direction. | We welcome challenge on what we are doing. If the individual concerned could provide further information on the specific issues that concern them, we would be happy to consider how to address them |
| 3 | There is a big difference in my enthusiasm for summer sessions on the track and winter sessions in street lights around the town - it is hard to find the motivation for these when one can run in day light much nearer home. | We are considering the scheduling of a day time club intervals session, but recognise the potential impact on the group numbers for the evening sessions. We will ask members. |
| 4 | I always did enjoy joint sessions with Bourton and would like to have them again | These sessions were enjoyable in the past albeit number of attendees was not great. Currently, not possible under Covid constraints. We will ask members for interest when appropriate. |
| 5 | Combine hills into some sessions | All groups will get the opportunity to run at our hillier venues |
| 6 | Maybe advice on strength fitness and other exercises to help other than just running. | All our qualified coaches have had some training in this area, but this is best delivered by higher qualified coaches. We will seek out interest from members and approach appropriately competent coaches to deliver such. |
| 7 | Sessions with experts on nutrition etc would be amazing - perhaps we could organise a virtual webinar series somehow? | This requires the input from competent Dietician. Again we would ask members for their interest before approaching a suitable person to deliver such information. |
| 8 | Advice on injuries via a specific q and a group might be a good idea? | This is quite a tricky area to provide general advice, as injuries are specific to the individual’s physique and running style and requires a qualified physiotherapist or equivalent to diagnose. However, a session on running injury prevention may be possible, if there was sufficient interest from members. |

**Comments requiring no action** *{comment response in brackets}*:

* The question on what the club should provide is confusing. *{this is recognised}*
* If we had more volunteers come forward we could do so much more! *{indeed}*
* Like cross country *{good – it’s great fun}*
* Think the club is marvellous with devoted group of volunteers and coaches *{always nice to hear that the efforts of the club’s volunteers is recognised}*
* I think all the coaches hold excellent training sessions which cater for all abilities. Thank you and well done *{always nice to hear that the efforts of the club’s volunteers is recognised}*
* I also compete in Aquathlons (Swimming and running). I think CAC is great! *{thank you}*
* The priority question was tricky. Seemed to require answer to all lines. Essentially I am currently competitive, keen to learn from others, and proud to wear club colours when I race. As I get older I anticipate the social side will become more important. *{ok}*
* I’d like to take this opportunity to thank everyone who has a hand in running and organising the club, I’ve been a member for about 3 years and I’m really impressed with how friendly and organised our club is. 😀*{always nice to hear that the efforts of the club’s volunteers is recognised}*
* Where I answered ‘I agree’ I was indicating something I think would be nice to have. *{ok}*
* For a club of our size I feel we provide a good balance of coaching and running opportunities for our members - I am not sure we need to change a great deal. *{thank you}*
* Many thanks. Haven’t run for a while but hoping to take part in the winter sessions *{ok – all are welcome at our sessions – there are three “standard” groups, so hopefully there is something suitable for everyone}*