



Description of Studies

Masters athletes are typically 35 years of age or older (varies according to sport), formally registered in a club or event(s), and train to compete in their sport – anywhere from recreational competitions to the World Masters Games. Master Athletes are unique from a coaching perspective because groups of athletes are heterogeneous in age, ability, experience, and competitive orientations. Currently, there are few resources available for Masters coaches that inform how to meet the needs of their adult athletes. As such, our research team from Cape Breton University, the University of Ottawa, and the University of Lethbridge, has launched a large-scale research initiative to better understand how coaches or instructors can impact the sport experience of Masters athletes. We are currently conducting two studies simultaneously that require data from both Masters athletes and coaches of Masters athletes. If you are interested in either study, we would greatly appreciate your participation.

Study 1, Cross-sectional Study

Masters Coaches

- As a **coach/instructor** of a Masters athlete, you will be asked to complete a single, online questionnaire (15-30 minutes) where you will report how frequently you employ certain coaching actions with your adult athletes.

Instructions for coaches:

- 1) Click this link: <https://www.surveymonkey.com/r/macoaches>
- 2) Follow the instructions on the questionnaire.
- 3) Visit <https://coachingmastersathletes.com/> for more information on coaching Masters athletes.

Masters Athletes

- As a **Masters athlete**, you will be asked to complete a single, online questionnaire (15-30 minutes) that asks about your experiences in your primary Masters sport and about the psychosocial outcomes attributed to your sport participation.
- If you do not have a coach, the study will ask questions solely about your experiences and development in Masters sport.
- If you have a coach/instructor that regularly supports you in your primary sport, you will also be asked questions about the coaching (or instruction) you receive from this person.

Instructions for athletes:

- 1) Click this link: <https://www.surveymonkey.com/r/adultsportathletesurvey>
- 2) Follow the instructions on the questionnaire.
- 3) Visit <https://coachingmastersathletes.com/> for more information regarding Masters athletes research.



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Ethical Procedures

Both studies are being conducted in accordance with research ethics procedures at Cape Breton University. Your involvement is entirely voluntary and there will be no negative consequences if you choose not to do so. If, after completion of the study, you wish to withdraw, you may do so by contacting the researchers and your information will be subsequently destroyed. If you agree to participate, all of the information that you provide will remain completely confidential. At no point will data be published or shared that includes any personally identifiable information.

Conservation of Data

All data will be stored using the certified-secure online survey provider "Survey Monkey" and protected by a password required to log into the account. Any downloaded original data will be stored on a password protected computer in the lead researcher's locked office for 10 years, after which all data will be deleted.

Contact Information

If you have any questions about the survey or the nature of the studies, please feel free to contact:

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