

## Supplement C: Round 1 and 2 Analytical Overview

### Analytical Overview of Delphi Round I Survey

Topics	<i>N</i>	Mean	Median	Mode	<i>SD</i>	Rankin <i>g</i> <sup>a</sup>	Rankin <i>g</i> <sup>b</sup>
<b>Area 1: Female Physiology and Performance, Health, and Well-Being</b>							
Topic 1: Female physiology	43	4.40	5	5	0.79	2	3
Topic 2: Environmental variables	43	3.72	4	4	0.93	7	15
Topic 3: Strength training (optimize performance)	43	4.28	5	5	1.08	4	6
Topic 4: Periods & menstrual cycle	43	4.42	5	5	1.10	1	2
Topic 5: Hormonal contraception & replacement	43	4.40	5	5	0.85	3	4
Topic 6: Low-energy availability	43	3.86	4	3	0.94	6	13
Topic 7: Pregnancy	43	4.12	5	5	1.20	5	9
<b>Area 2: Female-Specific Considerations for Injury and Illness Prevention and Recovery</b>							
Topic 1: Strength training (injury risk reduction)	43	4.05	4	5	1.09	2	11
Topic 2: Injury management	43	4.21	4	5	0.89	1	7
Topic 3: Acute & systemic illness	43	3.42	3	3	1.03	3	17
<b>Area 3: Female-Specific Considerations for Mental Health and Mental Training</b>							
Topic 1: Tools & strategies	43	4.53	5	5	0.77	1	1
Topic 2: Programs & interventions	43	4.37	5	5	0.93	2	5
<b>Area 4: Female-Specific Considerations for Nutrition, Fueling, and Hydration</b>							

Topic 1: Supplementation (optimize performance)	43	4.16	4	5	0.97	1	8
Topic 2: Strategies (injury and illness risk reduction)	43	4.09	4	4	0.97	2	10
Topic 3: Strategies (stages of training)	43	4.05	4	5	0.97	3	12
<b>Area 5: Technologies and Tools</b>							
Topic 1: Guidance & information	43	3.47	3	3	1.03	2	16
Topic 2: Equipment needs & design	43	3.79	4	5	1.08	1	14

### Analytic Overview of Delphi Round II Survey

Topics	<i>N</i>	Mean	Median	Mode	<i>SD</i>	Ranking <sup>a</sup>	Ranking <sup>b</sup>
<b>New Area I: The impact of periods and phases of the menstrual cycle on health, performance, and well-being</b>							
Topic 1: How best to fuel at different stages	40	4.65	5	5	0.57	1	1
Topic 2: Symptoms (before, during, and after)	40	4.53	5	5	0.84	2	3
<b>New Area II: Team Dynamics and Coaching</b>							
Topic 1: Male dominated spaces *	40	4.28	5	5	0.89	2	9
Topic 2: Team Dynamics *	40	4.38	5	5	0.80	1	6
<b>Area 1: Female Physiology and Performance, Health, and Well-Being</b>							
Topic 1: Female physiology on performance outcomes	40	3.98	4	4	0.82	6	18
Topic 2: Strength training (optimize performance) *	40	4.05	4	4	0.84	5	17
Topic 3: During pregnancy & postpartum	40	4.30	5	5	1.08	3	8
Topic 4: Birth control options	40	4.63	5	5	0.80	1	2
Topic 5: Low-energy availability	40	4.28	4	5	0.81	4	10
Topic 6: Recovery	40	4.40	4.5	5	0.66	2	5
<b>Area 2: Female-Specific Considerations for Injury and Illness Prevention and Recovery</b>							
Topic 1: Strength training (injury risk reduction) *	40	4.18	4	4	0.92	1	13

Topic 2: Injury management *	40	4.15	4	5	0.91	2	14
<b>Area 3: Female-Specific Considerations for Mental Health and Mental Training</b>							
Topic 1: Tools & strategies	40	4.50	5	5	0.74	1	4
Topic 2: Programs & interventions	40	4.05	4	5	1.00	3	16
Topic 3: Understanding similarities & differences	40	4.25	4	5	0.86	2	11
<b>Area 4: Female-Specific Considerations for Nutrition, Fueling, and Hydration</b>							
Topic 1: Supplementation (optimize performance)	40	4.15	4	4	0.88	3	15
Topic 2: Strategies (injury and illness risk reduction)	40	4.35	4	4	0.69	1	7
Topic 3: Sport-specific strategies (stages of training)	40	4.23	4	5	0.88	2	12
<b>Area 5: Technologies and Tools</b>							
Topic 1: Equipment needs & design *	40	3.88	4	5	1.14	-	19

Note. *SD* = Standard deviation; <sup>a</sup> Within ranking (topics ranked by mean and then mode in a descending order within each area); <sup>b</sup> Overall ranking (topics ranked by mean and then mode in a descending order across all areas). \*Starred practices denote those in which there was statistical difference between binary groups in responses to that topic. Case removed: Subjects #18 & #39 were removed from Delphi R1; Subjects #22, #31 & #37 were removed from Delphi R2, due to the incomplete data.

