

Supplementary Table 1. Participants' responses

| Questions | Responses |
|--|------------|
| Medical Approach and Menstrual Tracking | |
| Medical consultation to regulate MC | |
| Yes | 44% (22) |
| Satisfied with solution | |
| Very satisfied | 21.7% (5) |
| Satisfied | 65.2% (15) |
| Not very satisfied | 13% (3) |
| Not at all satisfied | 0 |
| No | 56% (28) |
| Contraception to regulate MC | |
| Yes | 50% (25) |
| Type of contraception | |
| Hormonal | 100% (25) |
| Non hormonal | 0 |
| Satisfied with solution | |
| Very satisfied | 16% (4) |
| Satisfied | 60% (15) |
| Not very satisfied | 12% (3) |
| Not at all satisfied | 12% (3) |
| No | 50% (25) |
| App to track MC | |
| Yes | 50% (25) |
| Satisfied with solution | |
| Very satisfied | 34.6% (9) |
| Satisfied | 61.5% (16) |
| Not very satisfied | 3.8% (1) |
| Not at all satisfied | 0 |
| No | 50% (25) |
| Relationship with Coaches | |
| Direct discussion with female coach | |
| Yes | 20% (10) |
| No | 80% (40) |
| Direct discussion with male coach | |
| Yes | 34% (17) |
| No | 66% (33) |

Direct discussion with either male or female coach

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| Yes | 38% (19) |
| No | 62% (31) |

Perception of Impact of the Menstrual Cycle on Performance

When is performance at its best?

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|-----------------------------|----------|
| After period | 54% (27) |
| From day one of period | 18% (9) |
| In 2 weeks preceding period | 28% (14) |

When is performance at its worst?

| | |
|-----------------------------|----------|
| After period | 4% (2) |
| From day one of period | 68% (34) |
| In 2 weeks preceding period | 28% (14) |

Emotional imbalance due to MC

| | |
|----------------|----------|
| Systematically | 14% (7) |
| Regularly | 24% (12) |
| Often | 16% (8) |
| Sometimes | 22% (11) |
| Rarely | 16% (8) |
| Never | 8% (4) |

Missed a match due to period

| | |
|-----------|----------|
| Regularly | 0 |
| Often | 0 |
| Sometimes | 12% (6) |
| Rarely | 18% (9) |
| Never | 70% (35) |

Missed a training session due to period

| | |
|-----------|------------|
| Regularly | 2% (1) |
| Often | 10.2% (5) |
| Sometimes | 14.3% (7) |
| Rarely | 24.5% (12) |
| Never | 49% (24) |

Degree of Impact of the Menstrual Cycle on Performance

Fluctuation of self confidence

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|------------------------|----------|
| To a very large extent | 4% (2) |
| To a large extent | 10% (5) |
| To some extent | 50% (25) |

| | |
|--|----------|
| To little extent | 24% (12) |
| To no extent | 12% (6) |
| Increased anxiety about injury | |
| To a very large extent | 2% (1) |
| To a large extent | 12% (6) |
| To some extent | 20% (10) |
| To little extent | 28% (14) |
| To no extent | 38% (19) |
| Increased apprehension about re-injury | |
| To a very large extent | 0 |
| To a large extent | 10% (5) |
| To some extent | 16% (8) |
| To little extent | 26% (13) |
| To no extent | 48% (24) |
| Variation in motivation for training sessions | |
| To a very large extent | 12% (6) |
| To a large extent | 24% (12) |
| To some extent | 44% (22) |
| To little extent | 16% (8) |
| To no extent | 4% (2) |
| Change in ability to focus during competition | |
| To a very large extent | 0 |
| To a large extent | 14% (7) |
| To some extent | 40% (20) |
| To little extent | 24% (12) |
| To no extent | 22% (11) |
| Mood swings | |
| To a very large extent | 12% (6) |
| To a large extent | 14% (7) |
| To some extent | 28% (14) |
| To little extent | 30% (15) |
| To no extent | 16% (8) |
| Change in tolerance to stress | |
| To a very large extent | 4% (2) |
| To a large extent | 26% (13) |
| To some extent | 22% (11) |
| To little extent | 42% (21) |
| To no extent | 6% (3) |
| Change in decision making ability | |
| To a very large extent | 0 |

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|--|----------|
| To a large extent | 14% (7) |
| To some extent | 26% (13) |
| To little extent | 38% (19) |
| To no extent | 22% (11) |
| Change in sleep quality | |
| To a very large extent | 2% (1) |
| To a large extent | 28% (14) |
| To some extent | 28% (14) |
| To little extent | 24% (12) |
| To no extent | 18% (9) |
| Change in body image perception | |
| To a very large extent | 28% (14) |
| To a large extent | 24% (12) |
| To some extent | 28% (14) |
| To little extent | 16% (8) |
| To no extent | 4% (2) |
| Change in mental preparation for competitions | |
| To a very large extent | 2% (1) |
| To a large extent | 10% (5) |
| To some extent | 20% (10) |
| To little extent | 38% (19) |
| To no extent | 30% (15) |
| Change in resilience to setbacks | |
| To a very large extent | 4% (2) |
| To a large extent | 12% (6) |
| To some extent | 32% (18) |
| To little extent | 38% (19) |
| To no extent | 14% (7) |
| Change in perceived exertion during training | |
| To a very large extent | 6% (3) |
| To a large extent | 28% (14) |
| To some extent | 38% (19) |
| To little extent | 24% (12) |
| To no extent | 4% (2) |
| Change in competitive drive | |
| To a very large extent | 2% (1) |
| To a large extent | 10% (5) |
| To some extent | 28% (14) |
| To little extent | 38% (19) |
| To no extent | 22% (11) |

Change in ability to handle pressure

| | |
|------------------------|----------|
| To a very large extent | 2% (1) |
| To a large extent | 8% (4) |
| To some extent | 20% (10) |
| To little extent | 52% (26) |
| To no extent | 18% (9) |

Change in mental toughness

| | |
|------------------------|----------|
| To a very large extent | 2% (1) |
| To a large extent | 16% (8) |
| To some extent | 26% (13) |
| To little extent | 44% (22) |
| To no extent | 12% (6) |

Change in overall well-being

| | |
|------------------------|----------|
| To a very large extent | 10% (5) |
| To a large extent | 26% (13) |
| To some extent | 44% (22) |
| To little extent | 18% (9) |
| To no extent | 2% (1) |

Stress or discomfort due to light coloured clothing

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|-----------|----------|
| Never | 12% (6) |
| Sometimes | 50% (25) |
| Regularly | 38% (19) |