

# Program Assistant Training

## Sunday September 21, 2025

~ for all Pre Star & StarSkaters registered as PAs for the 2025-2026 season ~



## Overview and Purpose

Skate Canada sets guidelines for the skater-to-coach ratio during CanSkate sessions and has the expectation that Program Assistants (PAs) will help to assist in the delivery of the CanSkate and PreCanSkate programs.

Program Assistant Training is offered once a year and it is designed to help you grow as a skater, person, and a leader. The training includes professional course material, providing valuable insights on working with children of different personalities. You will gain hands-on experience in your assigned roles and responsibilities including demonstrating techniques and helping to lead warm-ups and cool-downs. You will get to know the Skate Canada's CanSkate program from a leadership perspective.

## Who needs to attend?

PA Training is MANDATORY for All PreSTAR Group and STARSkaters registered in the IESC programs, who are 10 years of age or older. For STARSKaters who are younger than 10, attendance is optional.

PA training will equip the attendees with the skills and information they need to assist the coaches on-ice during the PreCanSkate and CanSkate Sessions throughout the 2025/2026 Season.

## Schedule

*3:00- 4:30 pm on-ice*

*4:30-5:15 pm off-ice*

## Qualifications

1. Friendly
2. Love skating
3. Willing to help others and build the club
4. Positive attitude
5. Reliable
6. Able to follow instructions
7. Team player
8. Willing to try your best

## Please Bring

1. Skates
2. Warm clothes for on-ice
3. Running shoes
4. Comfortable clothing for the off-ice learning
5. Lunch/ Snacks
6. Water

## How will I be compensated?

Ice Edge FSC wants to thank you for your time by rewarding you with a small gift card. This is issued by the club at the end of the skater's Program Assistant term as a token of appreciation!



## How are PAs scheduled?

You will be assigned to a Thursday or Sunday Canskate class through the session and this PA schedule will be shared with you in advance. ***Please respond to the PA survey e-mailed to you prior to the start of the CanSkate session*** at which time you will be able to identify the day of the week that you prefer to assist or known dates that you are not available. You are required to find a sub for yourself from the list that will be provided.

PA training is free and held each September.

Current PAs are asked to join again, even if you attended before, to refresh and strengthen the skills listed here and to further enhance leadership abilities.

## PA Responsibilities:

1. Setup and put away equipment and props/toys
2. Lead the warm up and cool down
3. Rotate groups
4. Demonstrate techniques and skills on the trails
5. Hand out stickers, ribbons, report cards, colouring sheets
6. Be a leader
7. Smile and give praise and encouragement
8. Help skaters build confidence
9. Follow the directions of lead Canskate coaches at all times - Must stay assigned with the groups - it is not time to practice your own skating skills.
10. Find your own sub when away or sick