



CanSkate  
PatinagePlus

# Program Assistant Training

Markham Skating Club  
September 20, 2025



# Agenda

- Importance of PAs
- Roles and responsibilities
- PA qualities
- Our CanSkate program

# Importance of PAs

- Assist the coaching team
- Enhance program delivery
- Role model for the skaters
- Friendly face
- Help the club build membership
- Spread the joy of skating!



# Roles and Responsibilities

- Demonstrate skills
  - Important! Correct demonstration is a must!
- Help lead warm-up, group activity and cool-down
- Help skaters on and off the ice
- Help set up ice, clean up ice
- Watch for safety (close doors, holes, skate laces, etc.)
- Lead your group from station to station
- Supervise your group
- Assist coach during lesson

# Roles and Responsibilities

- Maintain circuits - re-draw, re-arrange teaching aids, etc
- Reinforce coach's lesson and teaching points
- Assist any skater who needs help
- Record time for skaters doing speed drills
- Set up the Fast Track
- Praise, praise, praise! - high fives, good job, terrific, you did it!!
- Smile!
- Bring your enthusiasm to the ice
- **Attendance** will be taken on the ice – recorded by Candice
- High School students earning volunteer hours, please also track your hours to ensure accuracy for submission purposes

# Who Does What?

	Name of PA	Assignment
Check the assignment list posted on the glass near the entrance to the ice	2 PAs	Warm-up – lead the 5 minute warm-up
	1 PA	Red Group – assist the coach with lesson – move with the group
	1 PA	Yellow Group – assist the coach with lesson – move with the group
	1 PA	Green Group – assist the coach with lesson – move with the group
	1 PA	Pink Group – assist the coach with lesson – move with the group
	1 PA	Blue Group – assist the coach with lesson – move with the group
	1 PA	Purple Group – assist the coach with lesson – move with the group
	2 PA	Pre-CanSkate Group – assist the coaches for the whole session
	2 PAs	Group Activity
		Hand out stickers or sheets at the end of the session
	Everyone	Equipment set-up & clean-up, assist skaters

# Interacting with Difficult Skaters

- **Shy**
  - Ask questions
  - More hands-on assistance (gently)
  - Develop a connection
  - Lots of praise
- **Crying**
  - Find something of interest (e.g. teaching aid, prop)
  - Hands-on assistance
  - Lots of praise

# Dealing with Difficult Skaters

- **Pushy, aggressive**
  - Clear expectations of what is acceptable and what is not
  - Safety first – let a coach know
  - Praise for good behaviour/work
  - Present them with challenging tasks
- **Afraid**
  - Lots of encouragement and praise
  - Ask questions
  - Find something of interest
  - Hands-on assistance



# Dealing with Difficult Skaters

- Do not attempt to carry a skater
- Eye-to-eye level contact
- Always remain calm, pleasant
- Keep tone of voice at normal level
- Friendly, smiling face
- Other ideas?

# Demonstration of Skills

- Skaters pick up good and bad habits based on what they see
- Demonstrate skills correctly
- Emphasize the most important part of the skill
- Use the coach's words from the lesson

# Key Areas of Skill Performance

- Knee bend and ankle ben
- Side of blade pushes
- Head up – Eyes up
- Core is stable
- Arms move naturally
- And more knee bend!

# Things to Remember...

- Conduct on the ice
  - no personal skating practice, no chatting with other PAs
- Lower yourself to look eye-to-eye with young skaters
- Know the names of your skaters
- Always check in with your coach
- Use an enthusiastic and polite tone of voice
- Keep an eye on your surroundings
- Always encourage, praise and SMILE!

# Praise!

- Great job
- Fantastic
- You did it
- Wow
- Awesome
- Terrific
- Way to go
- Unbelievable
- Sooo much better
- Look at you
- All right
- High five
- Thumbs up
- You got it
- So good
- Yes!

# Qualities of a Great PA

- Patient
- Good communicator and demonstrator
- Enthusiastic
- Team player and a good role model
- Responsible
- Punctual
- Prepared and organized
- Able to lead groups, encourage skaters, offer praise
- Able to keep skaters moving while having fun

# Our Program

- **Warm-up** - song = “Space Jam”
- **Lesson time**
  - 6 CanSkate groups (Purple, Blue, Pink, Red, Yellow & Green)  
– rotate every 10 minutes
  - Challenge zone within the Blue & Yellow circuits, Fast Track
  - Pre-CanSkate group is Orange – at the Zamboni end  
– stay in the designated area for the whole session
- **Group activity**
- **Cool-down** – song = “So Long, Farewell”

# Ice Format

## 6 CanSkate groups:

- Skaters assigned to one colour group based on their current level

Balance – Pink & Red

Control – Blue & Yellow

Agility – Purple & Green

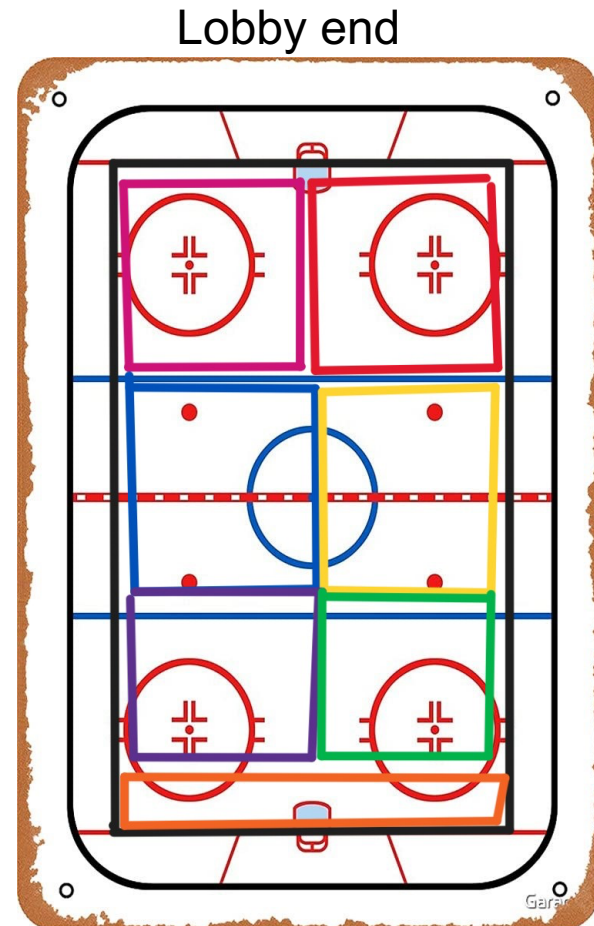
- Skaters rotate clockwise to other groups on their side during lesson time – follow the flag – i.e. R to Y, Y to G, G to R
- (Perimeter is called the Fast Track)

## 1 PreCanSkate group (Zamboni end)



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Higher  
levels  
Stages  
4-6

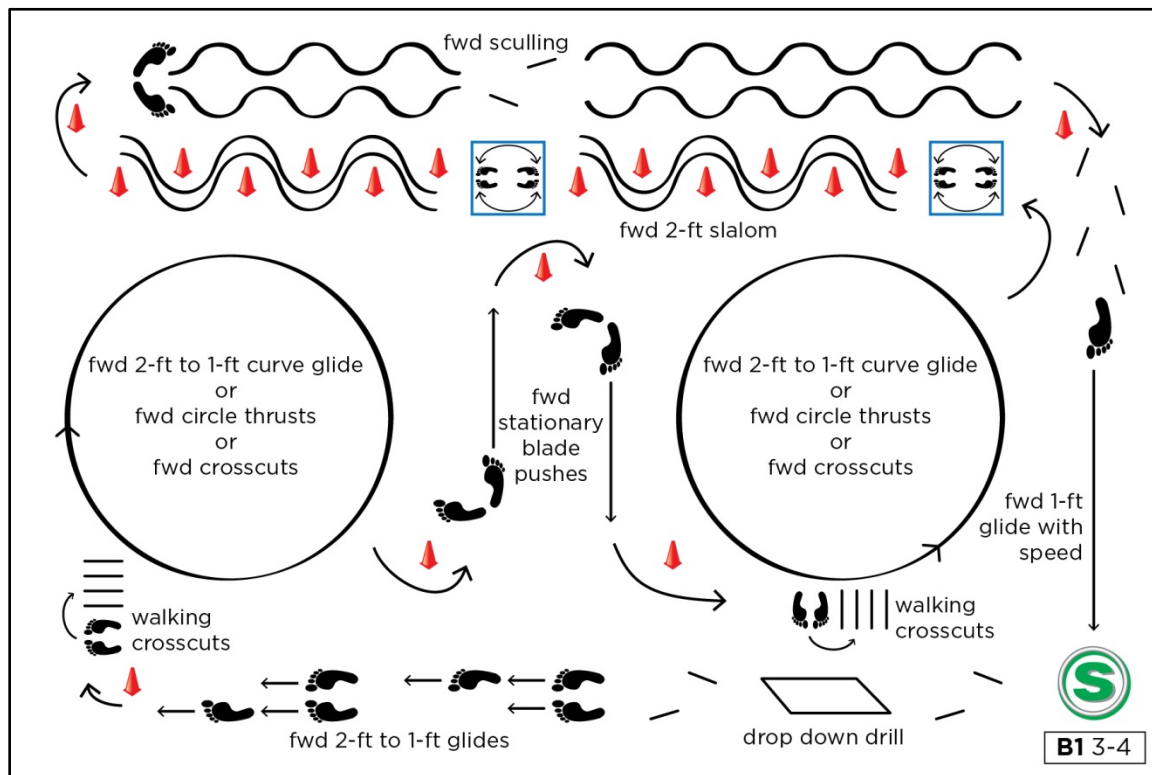


Lower  
levels  
Stages  
1-3

Zamboni end

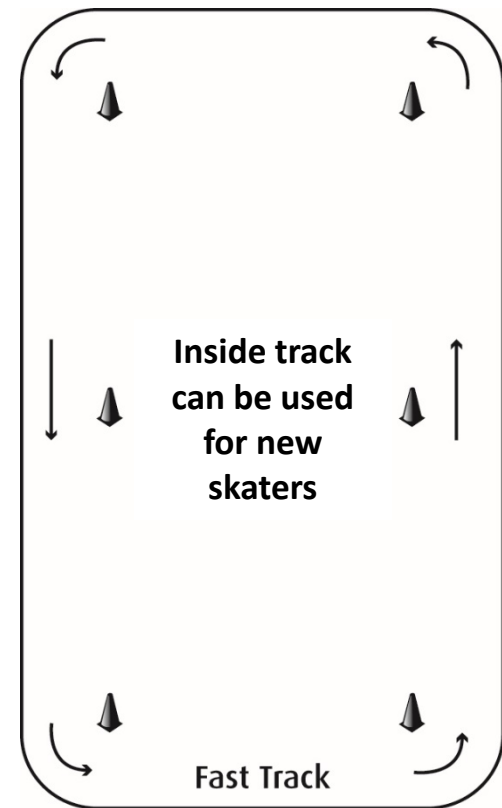


# Circuits



# Fast Track

- Track or pathway around full perimeter of ice
- Provides opportunity to explore speed, length of stride, gliding ability and agility



PA List as of September 19, 2025							
Monday	Thursday	Thursday	Friday	Friday	Saturday	Saturday	Saturday
6:40 pm - 7:30 pm	5:40 pm - 6:30 pm	6:30 pm - 7:20 pm	6:20 pm - 7:10 pm	7:10 pm - 8:00 pm	9:00 am - 9:50 am	10:00 am - 10:50 am	10:50 am - 11:40 am
Elleah Mallon	Avery Kuipers	Elleah Mallon	Ashrita Kandiah	Chloe Wang	Sophie Crisp	Anaya Leung	Arady Li
Havana Hoang	Maya Kuipers	Kate Tsang	Charissa Hsieh	Demetrios Manolis		Ashreya Kandiah	Ashley Zhou
Kaitlyn Wong	Megan Ng	Lily Watkinson	Charlotte Chan	Harrison Ni		Ashrita Kandiah	Audrey Lu
Kimberly Crawford	Siobhan Hung	Lori Fung	Karina Ladak-Tromp	Olivia Chen		Kate Tsang	Chloe Wang
Natalie Chan	Sofia Williams	Mandy Alyson Pongan	Samantha Korosec	Riley Cho-Kee		Laila Darwish	Gabrielle-Lyne Peart
Phoebe Yu	Sum Wing Lam	Michelle Cheah	Serena Jaffer	Selah Hsieh		Sophia Lyon-Khan	Kate Tsang
Samantha Korosec	Tracy Li	Olivia Yee	Valerie Wong	Vanessa Meng		Tristan Lo	Laila Darwish
Tracy Li		Wendy Zhang	William Fauvelle	William Fauvelle			Selah Hsieh
8	7	8	8	8	1	7	8

\*\*\* If you are going to be absent, please ask another PA to cover your session.  
It is your responsibility to find a substitute.

Please email the office regarding your absence and let them know who will be covering your session. If you require assistance, please contact the MSC office.

# Questions?