



CanSkate
PatinagePlus

Program Assistant Training

Markham Skating Club
September 2026



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
- 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?

		Assignment
Before the start of the session, check the assignment list posted on the glass near the entrance to the ice	2 PAs	Warm-up – lead the 5 minute warm-up on the Fast Track
	2 PAs	Green Group – assist coaches with lesson – move with the group
	2 PAs	Red Group – assist coaches with lesson – move with the group
	2 PAs	Blue Group – assist coaches with lesson – move with the group
	2 PAs	Pre-CanSkate Group – assist the coaches for the whole session
	6 PAs	Group Activity – assist coaches – on the Fast Track
	2-3 PAs	Hand out stickers or sheets at the end of the session
	Everyone	Equipment set-up & clean-up, assist skaters

Green = Balance

Red = Control

Blue = Agility

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 bend
- 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, Coaches & parents are watching
- 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

PA of the Month Award

Recognize a PA who has shown enthusiasm and dedication to the PreCan/CanSkate program throughout a particular month.

Criteria:

- Must be enrolled as a Program Assistant for a minimum of one session
- Demonstrates a positive attitude
- Demonstrates an eagerness to help skaters and coaches
- Displays spirit and passion for the sport



PA of the Year Award

Recognize a dedicated and passionate individual who continuously shares Skate Canada's vision with all participants of the program. This award is presented to individuals who are not only great assets to the coaching team on the ice, but also show their commitment off the ice by providing support and assistance to the club and its registrants

Criteria:

- Has made a significant contribution to his/her club by having assisted skaters, coaches and/or the club executive with programming both on and off the ice
- Is an excellent role model/mentor who inspires others to embrace the joy of skating
- Displays a potential for a long-term commitment to the sport of figure skating in the community in a coaching or volunteer role

PA Evaluation process

- This season we will provide valuable feedback to each of our PAs.
- Watch for an email sometime during the season asking you to complete the self reflection section of the form and submit it to the office
- These forms were provided at the PA training and a copy has been provided in the post-training email

Our Program

- **Warm-up on the Fast Track** - 5 minutes
- **Lesson time** – 30 minutes total
 - 3 CanSkate groups which **rotate every 10 minutes**
 - Green** = Balance
 - Red** = Control
 - Blue** = Agility
 - Challenge zone within the **Red** circuit, Fast Track
 - Pre-CanSkate group is **Yellow** – located at the Zamboni end in the centre of the **Blue** group - stay in this area for the whole session
- **Group activity on the Fast Track** – 10 minutes
- **Cool-down on the Fast Track** – 5 minutes

Ice Format

3 CanSkate groups:

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

Balance – Green

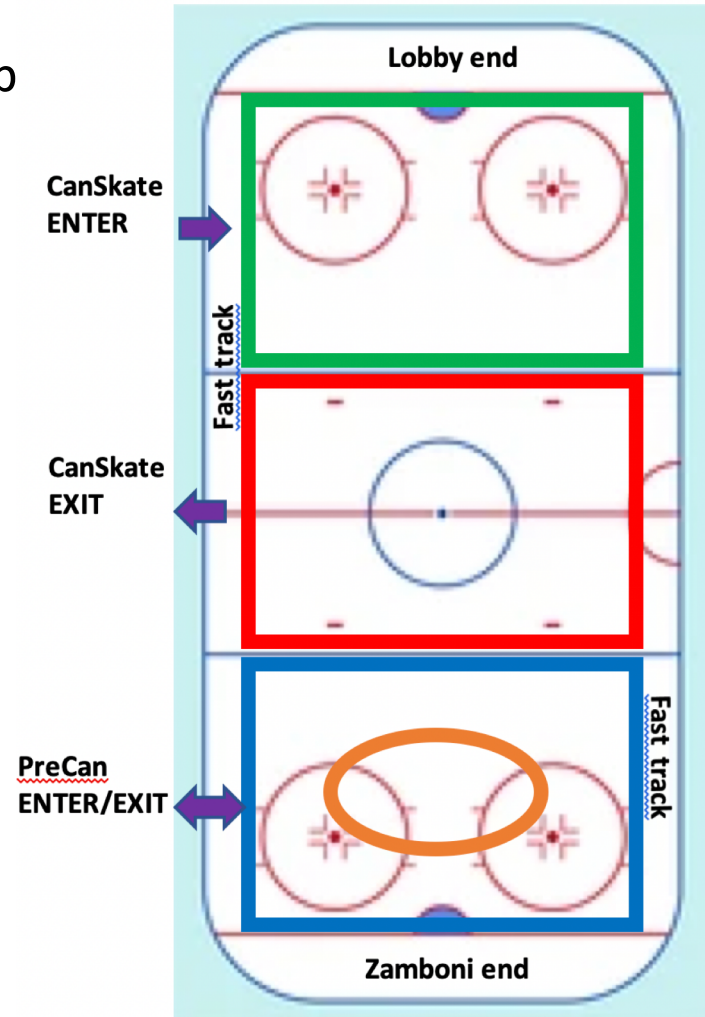
Control – Red

Agility – Blue

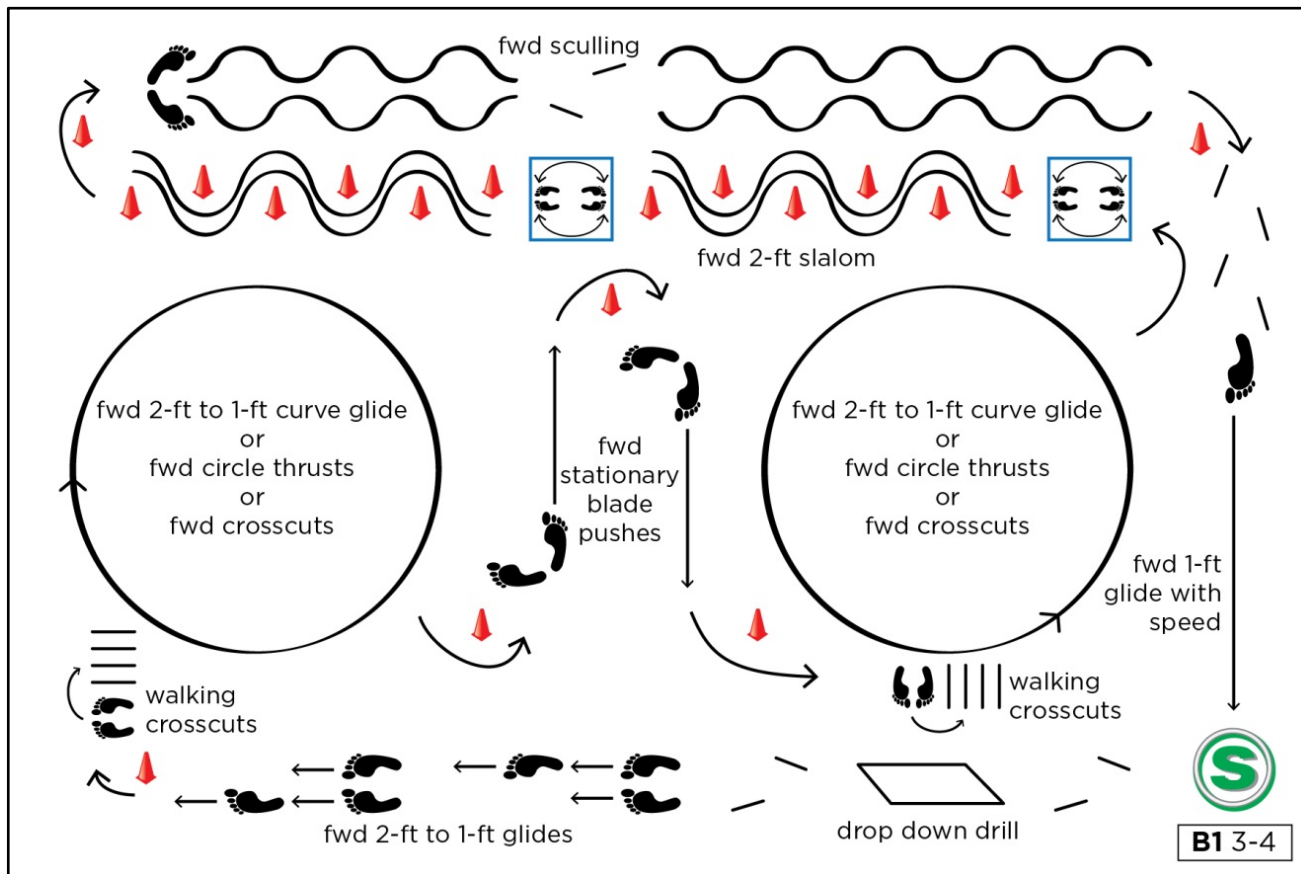
- Skaters rotate clockwise to other groups on their side during lesson time – follow the flag – i.e. G to R, R to B, B to G

- Perimeter is called the Fast Track

1 PreCanSkate group (Zamboni end) – located inside the Blue group circuit

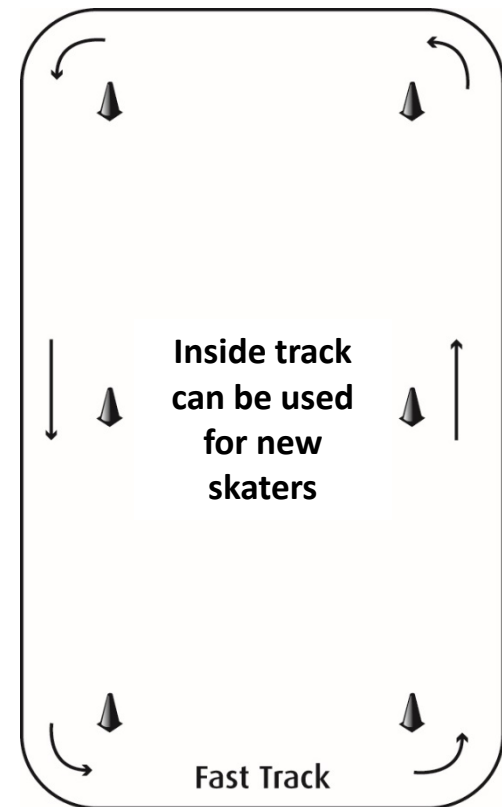


Circuits



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 Sept. 25, 2026							
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
Charissa Hsieh	Avery Kuipers	Ashley Wong	Chelsey Chan	Chloe Wang	Clare Cheung	Anaya Leung	Ashley Wong
Hayley Fong	Chelsea Chan	Charlotte Chan	Demetrios Manolis	William Fauvelle	Kali Glover	Carly Chan	Audrey Lu
Lily Watkinson	Evie Qi	Cherie Kan	Faith Ho	Isabella Morris	Queena Li	Kali Glover	Everest Hoang
Natalie Chan	Olivia Yee	Gabrielle-Lyne Peart	Havana Hoang	Akshaya Venu		Karen Chen	Evie Qi
Phoebe Yu	Emily Zheng	Laila Darwish	Katherine Liu			Laila Darwish	Jin Shiuan Liu
Samantha Korosec	Sofia Williams	Michelle Cheah	Riley Cho-Kee			Lynette Guo	Laila Darwish
Serena Jaffer	Sophie Chiu	Siobhan Hung	Vanessa Meng			Queena Li	Melissa Lu
Stephanie Li	Sophy Cheng	Sophie Crisp	William Fauvelle			Yinuo Yang	Tristan Lo
8	8	8	8	4	3	8	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?