



Program Assistant Training

Ancaster Skating Club
2024-2025



teaching
CANADIANS
to skate since
1887



Agenda

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



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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

- 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.)
- Help with name tag collection
- Lead your group from station to station
- Assist coach during lesson
- Add a fun element to your station



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Roles and Responsibilities

- Maintain circuits
 - Trace over coach circuits if a coach asks
- Reinforce coach's lesson and teaching points
- Assist any skater who needs help
- Set up the Fast Track
- Praise, praise, praise!
 - high fives, good job, terrific, you did it!! And more!
- Smile! Be FUN captains
- Bring your enthusiasm to the ice



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Dealing 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



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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?



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Demonstration of Skills

- Skaters pick up good and bad habits based on what they see
- Demonstrate skills correctly (bend knees, no toe pushing)



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Things to Remember...

- Conduct on the ice
 - no personal skating practice
- Lower yourself to look eye-to-eye with young skaters
- Know the names of your skaters (or if you're not sure just ask)
- 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!



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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

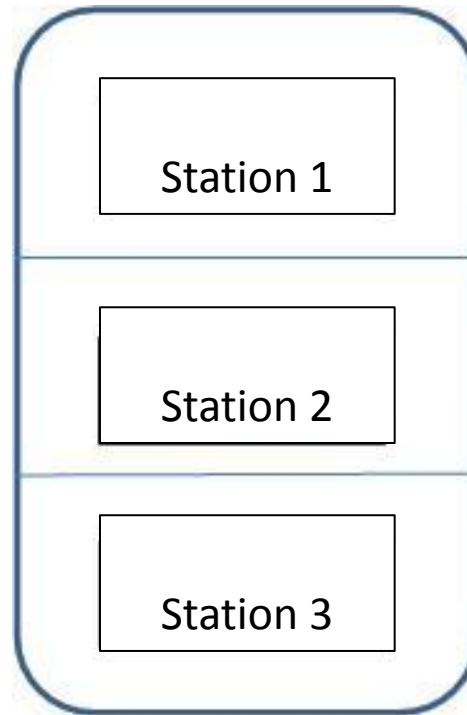
- Patient
- Good communicator and demonstrator
- Enthusiastic
- Team player and a good role model
- Responsible
- Punctual
- Prepared and organized
- Able to lead groups, encourage skaters, offer praise
- Able to keep skaters moving while having fun



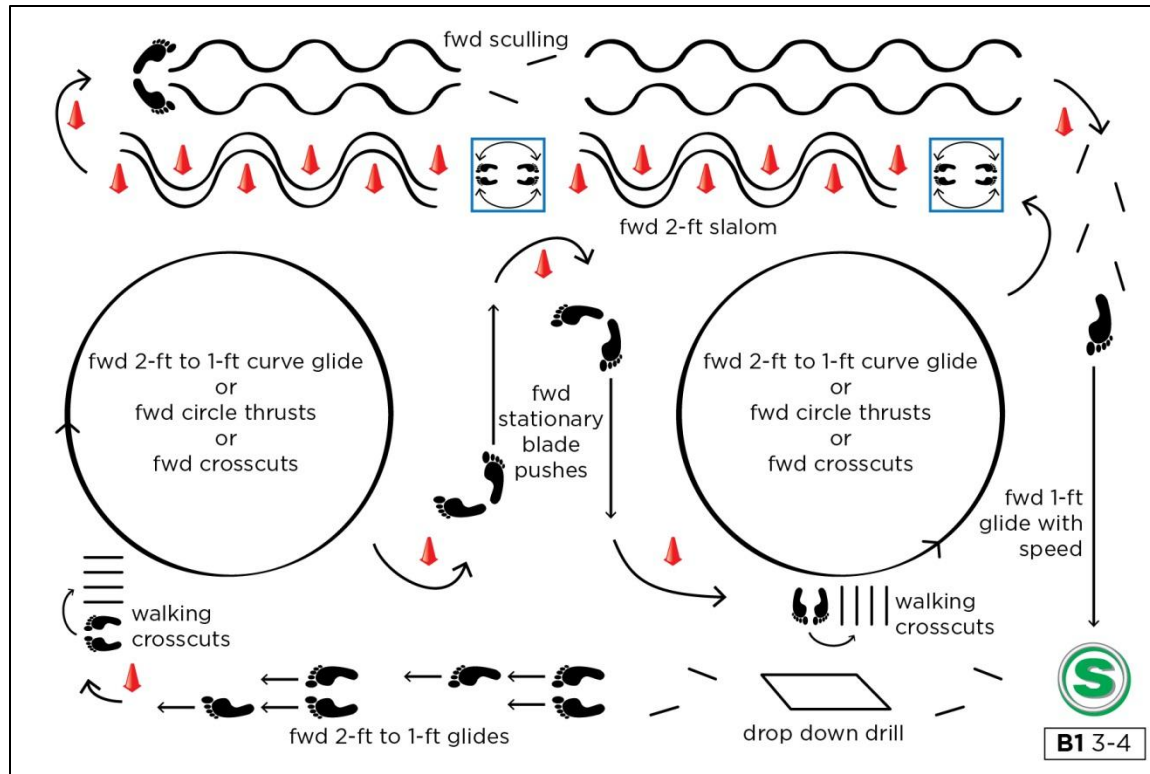
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Ice Format

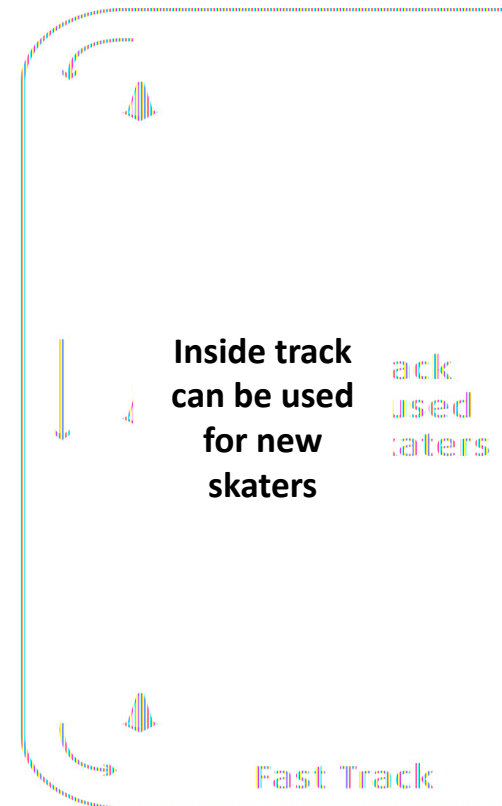


Circuits



Fast Track

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



On the Ice Today...

- Learn warm-up, group activity & cool-down
- How to set up a circuit
- Different ways to use teaching aids and props (you are fun captains!)
- Practice station rotation plan



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Questions?



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