

Program Assistants (PAs) are MSC members who have received training by our CanSkate Director to assist in the delivery of the CanSkate, PreJunior and Junior programs. They will mentor the younger skaters under the direction of the MSC Coaches.

Skillset Required

Program assistants should be:

- Good communicators and demonstrators
- Enthusiastic and responsible
- Good role models
- Punctual and patient
- Prepared and organized
- Able to lead groups while encouraging and praising skaters

Role of a PA

A PA's role may include:

- Assisting or leading warm-ups, group activities or cool-downs
- Able to keep skaters moving while having fun
- Assisting with the set-up of circuits and stations
- Leading circuits and rotations
- Demonstrating proper execution of skating skills
- Aiding skaters who may have additional needs
- Providing general assistance to the coaches on the session
- Providing encouragement and general feedback to skaters

The PA's must attend a mandatory Training Clinic in September before the season begins to receive training in their responsibilities. PA's may be trained throughout the season at the discretion of the CanSkate Director. The Club has an expectation of PA's committing **to a minimum of one session weekly for the entire season**.

Attendance and punctuality are of paramount importance as Coaches depend upon the PA's assistance.

The minimum age is 11 years as per Skate Ontario guidelines. The PA's may use their accumulated time towards high school volunteer hours if applicable or receive a \$5.00 credit per PA session which may be applied towards the next installment payment. PA's must give **a minimum of 24 hours of notice** to the CanSkate Director if they will not be able to attend their session. Failure to do so will result in removal of one PA credit for a 'no show' on the expected session.