

# Program Assistants

**All STARSkaters 12 years of age or older are required to participate as a Program Assistant (PA) during at least one weekly CanSkate/PreSchool session.** (Junior Dance Sessions are not considered a CanSkate/PreSchool session). Should you choose not to participate, you will be required to pay \$250 which will be used to offset the cost of an additional coach where sufficient PA's are not available. **\*\*PLEASE NOTE – SKATER MUST PA TO BE CONSIDERED FOR A FEATURE IN THE ICE SHOW.**

**Please complete the Program Assistant Application Form and return it to the office before skating begins.**

## **What are Program Assistants?**

Program assistants help deliver the CanSkate program under the direction of the CanSkate Coordinator and Coaches.

The following outlines the role of a Program Assistant:

- Demonstrate and teach skills under the direction of the Certified coaches
- Supervise practice sessions
- Lead warm up and cool down exercises
- Reinforce learned skills
- Lead exercises, drills and games under coaches' direction
- Hand out awards under coaches' direction
- Be a role model for the younger skaters

## **When can I start to participate?**

- STARSkaters aged 12 and up
- or Under 12 years of age with recommendation from a coach

## **What kind of training will be required before you can be a Program Assistant?**

- You must attend one off ice and one on ice session-please refer to application form for dates in September
- The coach will provide instructions and handouts on an ongoing basis as required

## **How are Program Assistants Rewarded?**

### **Club volunteer hours**

Initial 20 hours are considered volunteer hours for the club. Note: this is a one-time requirement.

### **Club Credits**

Once you have fulfilled the initial 20 hours volunteer requirement, you will start to earn club credits for PA hours. These credits can be used for expenses incurred within the club (ice time, club clothing, test fees)

### **High School Volunteer Credit**

PA hours also qualify for the mandatory, 40 hour volunteer Community Involvement Activity program in Ontario High Schools. Please note that if you elect to apply your hours for high school credit, you cannot earn club credits for these hours.

### **PA of the Month**

Awarded monthly for ongoing commitment, consistent punctuality and commendable role model.

Please contact Kristina Saunders – Skater Development Chair, if you require further information.