



Information for QFSC Program Assistants

- Program assistants are a part of the success of a Canskate Program.
- PA's are to be on time, show enthusiasm and energy on the ice. Your main task is to ensure the enjoyment of all participants.
- PA's are responsible to make appropriate arrangements if you are unable to attend any of our scheduled sessions.

Program Assistant Responsibilities

- No jeans or pyjama lounge pants during your coaching session.
- Arrive 15 minutes before your PA coaching session is scheduled to begin.
- Keep a working tally of your hours in order to get credit for them.
- Participate and skate among the Canskaters during warm-up and cool-down.
- Keep skaters moving and having fun.
- Show interest and enthusiasm while coaching; remember parents are not just looking at their child but the person teaching them.
- Coaches are nearby to assist, ask if you need help.
- PA coaching hours can be used towards your High School Community Service hours (40 hours).
- You are responsible for finding a replacement for your assigned sessions.