



CANSKATE



PROGRAM ASSISTANT TRAINING

Workbook

Program Assistant Name

Club Name

Date



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CANADIANS
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My roles and responsibilities as a program assistant:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

In an emergency situation, the following individual(s) will be my first point(s) of contact:

or

I know who these individuals are and where to find them. ☐ Y ☐ N

What are the four main components of a CanSkate session?

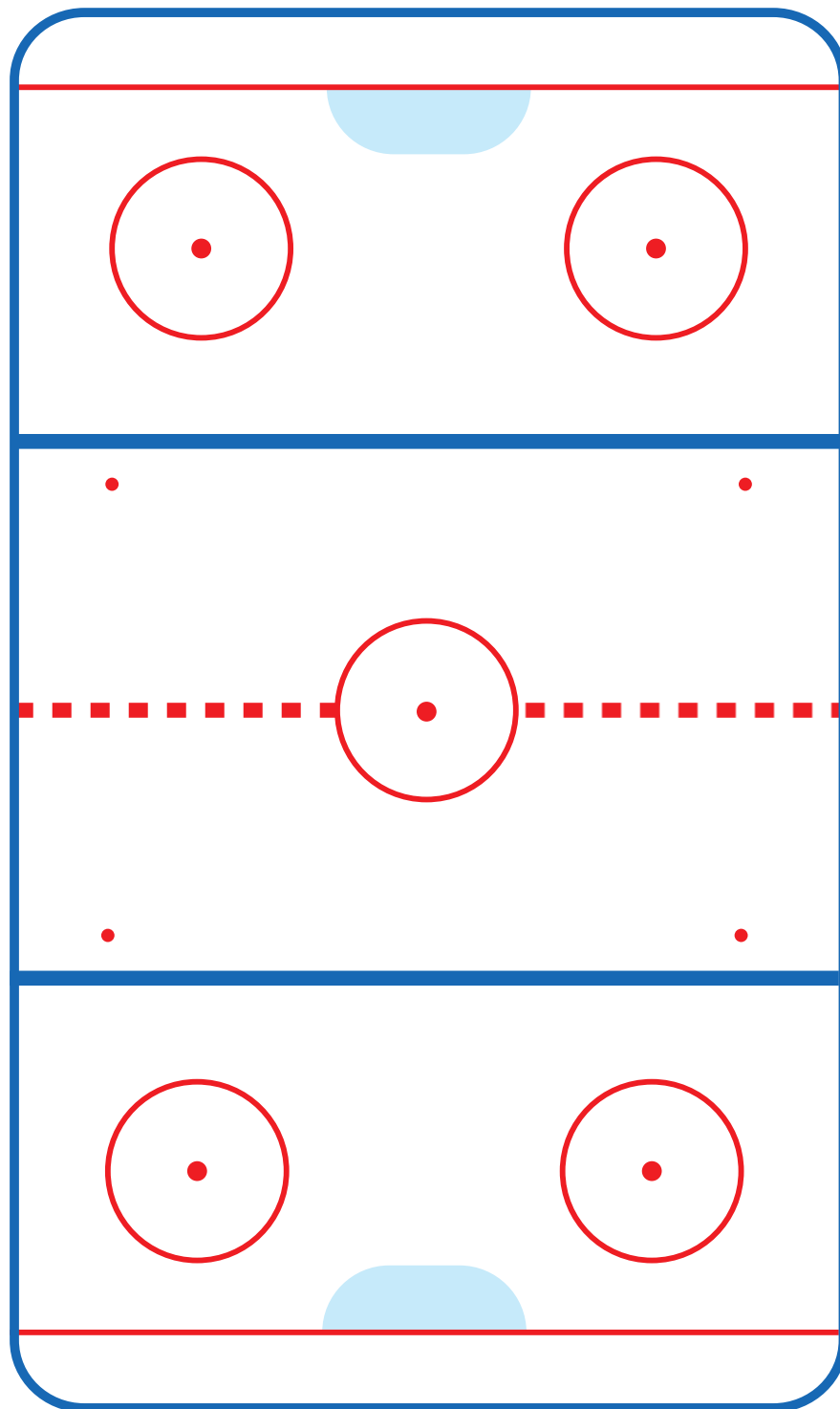
- 1 _____
- 2 _____
- 3 _____
- 4 _____



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Our session is using a _____ format. Draw and label the appropriate stations for this session format (*be sure to include the Fast Track*).



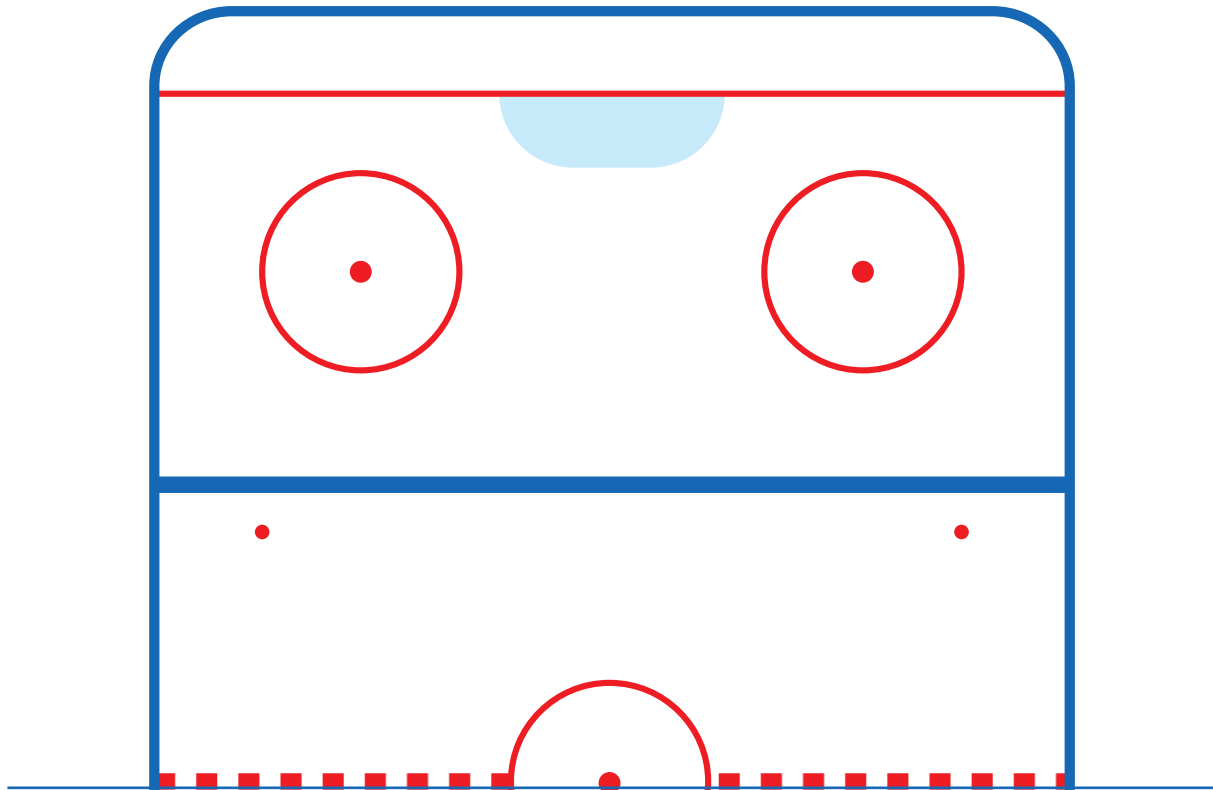
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List the teaching aids that your club has available and suggest how they can be used to enhance the circuits or activities. Use your imagination and be creative!

TEACHING AID	USE

Draw your own Fun Zone circuit and show how it could be connected to the Fast Track:



List the teaching aids needed to set up the Fun Zone circuit that you have created:

- | | |
|---------|---------|
| 1 _____ | 5 _____ |
| 2 _____ | 6 _____ |
| 3 _____ | 7 _____ |
| 4 _____ | 8 _____ |

List the CanSkate skills that you have reviewed today and the teaching points to remember.

SKILL	TEACHING POINTS



What are the qualities of a good PA?

- 1 _____
- 2 _____
- 3 _____
- 4 _____

My best qualities are:

- 1 _____
- 2 _____
- 3 _____

The specific duties that have been assigned to me are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____



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