

# Power On Ice

**August 27 – Sept. 1, 2020**  
**Pre-Season Power Skating Clinic**

**Registration Deadline:** Currently open – August 10, 2020  
or until full.

**Dobson Ice Arena**  
**Vail, CO**



# 2020 PRE-SEASON POWER ON ICE

**Power On Ice (POI)** is a power skating program designed to help hockey players with their skating skills. This includes technique, speed, power, agility, balance and quickness. In addition, Geno Parrish will be working with the players on stick handling and game related topics for the Saturday and Sunday sessions.

1. Power On Ice will be held as a pre-season power skating program geared towards improving the players skating skills. While most power skating programs have 30 – 40 players on the ice at one time, POI limits the number of players to ensure more individual attention and actual real-time corrections rather than just running players through drills.
2. 8 sessions per POI program of ice time and coaching, over 6 days. **Rec. POI Program: 8 hours** **Travel POI Program: 11 hours**
3. **You won't find my coaching style, attention to detail and true compassion for your player anywhere else.**
4. There will also be strict protocols based on state and local government regulations that must be followed at all times. This information will be sent out to the players participating in POI.

**Power On Ice Pre-Season Power Skating Program** will be held at the Dobson Ice Arena in Vail, Colorado.

**REGISTRATION DEADLINE:** Currently open – August 10, 2020 or until full. Please be advised that the price will increase \$50.00 if you register **AFTER August 10, 2020**. Payment must be received by Tara Lane no later than **August 10, 2020** to not incur the higher price.

## **ELIGIBLE PLAYERS:**

- All players **MUST** have played at least one (1) year organized youth hockey.
- Travel POI players **MUST** have played travel hockey for at least the 2019 – 2020 season

## **Travel POI Program**

- Squirt Travel
- PeeWee Travel
- Bantam Travel
- Midget / HS
- Adult A/B

## **Rec. POI Program**

- Rec Squirt, PeeWee, Bantam
- Beginner (C) Adult Players
- Intro to girls who played last season moving into rec. / travel hockey.
- Mites who are moving up to squirt travel



# 2020 PRE-SEASON ON ICE COACHES

Tara Lane



Tara grew up in Chicago, began skating at age 7, and started her coaching career in 1988. Tara coaches figure skating and power skating for hockey players/teams of all ages and levels. Tara has held many successful Power On Ice power skating clinics/camps here in the Vail Valley, works with Vail Mountaineers, Glenwood Springs Grizzly's, many of the Thunderbirds players, and coaches the Mountain Women's Hockey league training clinics. Tara is also the head power skating coach for the VSSA hockey program. She has coached with nationally recognized power skating programs (Laura Stamm and Robbie Glantz) and worked closely with Monty, Rocky and NHL Hall of Famer Bryan Trottier to provide power skating instruction for TNT summer hockey camps, 1999 – 2002. Most recently, Tara has mentored with the Chicago Blackhawks Power Skating Coach, Kevin Delaney (owner of Delaney Hockey) and has co-coached hockey programs with David Fromm and Geno Parrish.

Tara's goal as a coach is to help any skater be the best they can be, help them achieve their goals, and realize their true potential both on and off the ice. Tara relocated to the Vail Valley in August 2006 where she continues her successful coaching career. She also enjoys water skiing, snow skiing, skate skiing and cycling with her husband Matt, is a motivational speaker on a national level for Multiple Sclerosis and enjoys volunteering and helping the Multiple Sclerosis Community.

You won't find my coaching style, attention to details and true compassion for your player anywhere else.



# 2020 PRE-SEASON ON ICE COACHES

## Geno Parrish



Geno Parrish is the Founder and President of Four Star Hockey. Aside from raising a family, hockey has been his purpose for nearly 40 years. Whether playing, coaching, teaching, training or scouting; his passion, knowledge and respect for the game grows on a daily basis. His style and philosophy are often imitated but never duplicated. His ability to develop players, knowledge of the game, passion and character define him as the state's top trainer. Whether working with a ten-year-old or a seasoned NHLer, he has the unique ability to both inspire and maximize personal growth. His methods, by design, are constantly evolving to consistently spark motivation, amplify lesson retention and keep you ahead of your competition.

He attended high school at the Academy of Holy Angels and earned several team and conference accolades. Went on to play Junior B hockey with the Bloomington Blades and the following year with the St. Paul Vulcans in the USHL. As a 'walk on' with St. Cloud State University, his hard work, dedication to the team and leadership attributes earned him the captaincy his senior year. From there, he played eight years of professional hockey in the CHL, IHL, UHL, ECHL in Indiana, Michigan, Tennessee, North Carolina, Connecticut, California, Texas and even one magical season in Germany.

A 'well traveled' professional player, in 2007 he chose to shift his focus and reconnect his growing family to their Minnesota roots and start training hockey players. In doing so, he found that working as an instructor and advisor was his true passion. Day after day, he strives to help players of all ages understand the perplexing intricacies and overcome the innumerable pitfalls that they will eventually encounter. His ability to break down bad habits, successfully mold and improve the next generation's perspective and game comprehension is second to none.

Geno does not believe in the abuse of extrinsic motivation. He works relentlessly to keep both players and parents informed and to release them from the suffocating grip of 'But, I'll never make it if I don't pay to play for this ultra-premier-youth-elite-league-training-showcase-program-tournament-shenanigan' propaganda and paranoia.



# 2020 PRE-SEASON POWER ON ICE SCHEDULE

Below please find the dates and times for the two POI programs I am offering August 27 – September 1, 2020. Tara reserves the right to make changes and/or combine programs and levels as needed.

**Rec. POI: \$ 350 per skater thru August 10,2020.**

**\$400 after August 10th**

**ELIGIBLE PLAYERS:** Rec. level Squirt, PeeWee, Bantam, Mites moving up to squirt travel, Intro to girls who played last season moving into travel hockey, and Beginner “C” Adults. All players MUST have played at least one (1) year organized youth hockey.

Thursday, August 27: 5:15 – 6:15pm  
Friday, August 28: 5:15 – 6:15pm  
Saturday, August 29: 9:00 – 10:00am and 1:00 – 2:00pm (Geno Parrish coaching)  
Sunday, August 30: 9:00 – 10:00am and 1:00 – 2:00pm (Geno Parrish coaching)  
Monday, August 31: 5:15 – 6:15pm  
Tuesday, Sept. 1: 5:15 – 6:15pm

- NO credits, prorates or refunds for missed sessions
- NO transfers to other players for missed sessions

**Travel POI: \$385 per skater thru August 10, 2020.**

**\$435 after August 10th**

**ELIGIBLE PLAYERS:** Squirt travel, PeeWee travel, Bantam travel, Midget travel, HS and Adults (A/B). All players MUST have played at least one (1) year organized youth hockey and played travel hockey for at least the 2019 – 2020 season.

Thursday, August 27: 6:30 – 7:45pm  
Friday, August 28: 6:30 – 7:45pm  
Saturday, August 29: 10:15 – 11:45am and 2:15 – 3:45pm (Geno Parrish coaching)  
Sunday, August 30: 10:15 – 11:45am and 2:15 – 3:45pm (Geno Parrish coaching)  
Monday, August 31: 6:30 – 7:45pm  
Tuesday, Sept. 1: 6:30 – 7:45pm

- NO credits, prorates, or refunds for missed sessions
- NO transfers to other players for missed sessions



# 2020 PRE-SEASON POWER ON ICE

## How to register for Power On Ice

1. Choose the correct POI program you qualify for (details on the previous page)
2. Complete the registration form on the next page
3. Submit the completed registration form and full payment to Tara Lane
4. Mail or scan and email the completed registration form to Tara Lane
5. Submit full payment via cash, check, Zelle or Venmo to Tara. Payment information is listed on the registration form and below.
  - Please note that POI spots are NOT guaranteed without a completed registration form and full payment.
  - Sending me an email, text or call telling me your want to register does not guarantee you a spot in POI programs.
  - **Please note that the POI registration deadline is August 10<sup>th</sup>. POI fees will increase \$50.00 after August 10<sup>th</sup>.**
  - Full payment must be received by Tara Lane no later than August 10<sup>th</sup> not to incur the higher price.

## Payment Methods

Cash

Check

Zelle: 970.331.4819

Venmo: Tara-Lane-25

sorry no CC accepted

- Please note that I am accepting Zelle and Venmo for POI only. Private lesson payments MUST still be cash only
- NO checks, CC or electronic payments for private lesson fees.
- **COVID Related – a full or partial refund will be issued should Dobson have to close before or during the POI programs. Full refund if rink closes before POI starts and partial refund for the remaining days not skated.**



# 2020 PRE-SEASON POWER ON ICE REGISTRATION

Registration Form (1 skater per form please)

**REGISTRATION DEADLINE: Currently open – August 10, 2020 or until full. Fee increases \$50.00 after August 10<sup>th</sup>.**

Skater Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ H C W (pls circle) Email \_\_\_\_\_

2019 – 2020 Team \_\_\_\_\_ Rink / Org. you play for \_\_\_\_\_ # of yrs. playing hockey \_\_\_\_\_

**Power On Ice Programs:**      **Rec POI**      **Travel POI**      (pls circle program)

Please Circle Level:    Mite moving up to squirt travel      Intro to Girls moving up to rec. / travel      Rec. Squirt / PW / Bantam

                                 Squirt travel    PW travel      Bantam travel      Midget      HS      Adult: A    B    C      Girls travel

Payment Method: Cash \_\_\_\_\_ Check # \_\_\_\_\_ Zelle \_\_\_\_\_ to 970.331.4819    Venmo: Tara-Lane-25    (sorry no CC accepted)

• Please note that I am accepting Zelle and Venmo for POI only. Private lesson payments MUST still be cash only; no checks, CC or electronic payments for private lessons.

Health Insurance Company \_\_\_\_\_ Policy Holder \_\_\_\_\_

**NO REFUNDS after August 10, 2020. Cancellation before August 10, 2020: original method of payment refund minus \$50.00 cancellation fee. NO credits, prorates, transfers or refunds for missed sessions.** Registration is filled on a first come, first served, full payment basis. Spots will NOT be held over the phone. There is a \$30 fee on all returned checks. I hereby release Tara Lane and associated personnel, all parties associated with Dobson Arena and Vail Rec. District, from any and every claim resulting from any accident which may occur as a result of skating, hockey, and related activities. Tara reserves the right to make changes and/or combine programs and levels as needed.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Check Payable / Mail to:      Tara Lane      PO Box 2539      Edwards, CO      81632**

If paying by Zelle or Venmo: Please email me that you are doing so and please scan and email back your completed registration form.

