

# Power On Ice

**July 14 – August 14, 2020**  
**Summer Power Skating Clinic**

**Registration Deadline:** Currently open – first day of  
program or until full.  
(updated July 2, 2020)

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



# 2020 SUMMER 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.

1. Power On Ice will be held as a summer 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 hours of ice time over 4 weeks. Players will skate one hour a day, twice a week, for 4 weeks. Program dates and time are on the next page.
3. **You won't find my coaching style, attention to details and true compassion for your player like I provide anywhere else.**
4. Please note that every effort was made to have a consistent schedule. I know the schedule is very different from what I first proposed, however, the rink and user base has had to be flexible to make it possible for the rink to reopen. Please read the schedule carefully, as there is a slight shift in days and times each week.
5. There will also be strict protocols in place that will be followed at all times. This information will be sent out to the players participating in POI.

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

**REGISTRATION DEADLINE:** Currently open – first day of program or until full.

## ELIGIBLE PLAYERS:

- Adults (A/B)
- Squirt travel
- PW travel
- All players MUST have played at least one (1) year organized youth hockey.
- Bantam travel
- Midget travel
- High School
- Intro to girls who played last season moving into travel hockey
- Mites who are moving up to squirt travel



# 2020 SUMMMER POWER ON ICE

Below please find the dates and times for the POI programs I am offering. Please note that every effort was made to have a consistent schedule. I know the schedule is very different from what I first proposed, however, the rink and user base has had to be flexible to make it possible for the rink to reopen. Please read the schedule carefully, as there is a slight shift in days and times each week.

- **Please be advised I will combine programs if needed and all skaters would do the earlier session times.**

## Power On Ice #1: \$335 per skater ( 2 spots available)

**ELIGIBLE PLAYERS:** Mites moving up to squirt travel, Squirt travel, PW travel, Adults (A/B) and Intro to girls who played last season moving into travel hockey. All players MUST have played at least one (1) year organized youth hockey.

Tuesday	July 14:	6:15 – 7:15pm
Friday	July 17:	6:15 – 7:15pm
Monday	July 27:	6:00 – 7:00pm – please note time change
Wednes.	July 29:	6:00 – 7:00pm – please note time change
Monday	Aug. 3:	5:15 – 6:15pm – please note time change
Wednes.	Aug. 5:	5:15 – 6:15pm – please note time change
Tuesday	Aug. 11:	6:15 – 7:15pm
Friday	Aug. 14:	6:15 – 7:15pm

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

## Power On Ice #2: \$335 per skater (2 spots available)

**ELIGIBLE PLAYERS:** Bantam travel, Midget travel, HS and Adults (A/B). All players MUST have played at least one (1) year organized youth hockey.

Tuesday	July 14:	7:30 – 8:30pm
Friday	July 17:	7:30 – 8:30pm
Monday	July 27:	7:15 – 8:15pm – please note time change
Wednes.	July 29:	7:15 – 8:15pm – please note time change
Monday	Aug. 3:	6:30 – 7:30pm – please note time change
Wednes.	Aug. 5:	6:30 – 7:30pm – please note time change
Tuesday	Aug. 11:	7:30 – 8:30pm
Friday	Aug. 14:	7:30 – 8:30pm

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



# 2020 POWER 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. 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).

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 and snow skiing with her husband Matt, is a motivational speaker on a national level for Multiple Sclerosis and enjoys volunteering and helping the Multiple Sclerosis Community.

### 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
4. Mail or scan and email the completed registration form
5. Submit full payment via cash, check, Zelle or Venmo to Tara. Payment information is listed on the registration form.
  - 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.



# 2020 SUMMMER POWER ON ICE REGISTRATION

Registration Form (1 skater per form please)

**REGISTRATION DEADLINE: Currently open – first day of program or until full.**

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:**      **POI #1**      **POI #2**      (pls circle program)

Please Circle Level:    Mite moving up to squirt travel    Girls    Squirt travel    PW travel    Bantam    Midget    HS    Adult: A    B

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 June 25, 2020. Cancellation before June 25, 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 to the POI programs 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.**

