



FIGURE•HOCKEY•ADAPTIVE

August 9 - 12, 2025

**Pre-Season Power Skating
Checking Clinic
Bungee Cord Clinic**

Registration Deadline: Currently open – July 9, 2025

Stephen C. West Ice Arena | Breckenridge, CO

tara@poweronice.net

970.331.4819

Breck 2025 Pre-Season Power On Ice Program Details

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, checking 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 / hockey camps 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 4 days for Rec., Travel / HS. Mini-Mite / Mite , Checking & Bungee Cords programs are less.
Mini-Mite / Mite: 3 hours Rec. POI Program: 8 hours Travel & HS POI Programs: 10 hours Checking Clinic: 2 hours Bungee Cords: 1 hour
3. You won't find my coaching style, attention to detail and true compassion for your player anywhere else.
4. **Pre-Season Power On Ice Programs** will be held at the Stephen C. West Ice Arena, Breckenridge, Colorado.

REGISTRATION DEADLINE: **Currently open – July 9, 2025**

ALL Prices increase \$75 after designated registration deadline

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 2024 – 2025 season
- Full gear, sticks and water bottles are required for all sessions.

Travel & HS POI Programs

- 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
- Adult "C" players

Mini-Mite / Mites (skating only)

- Current Mini-Mite players
- Current Mite players
- No pucks will be used in this program.

Checking Clinic

- Squirt Travel
- PeeWee Travel
- Bantam Travel
- Midget / HS

Bungee Cord Clinic

- Squirt Travel
- PeeWee Travel
- Bantam Travel
- Midget / HS

Breck 2025 Pre-Season 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. 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 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.

tara@poweronice.net

970.331.4819

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Breck 2025 Pre-Season Power 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.

www.fourstar.hockey



Breck 2025 Pre-season Power On Ice Schedule

Please find the dates and times for the POI programs I am offering August 9 - 12, 2025 on this and the following pages. Tara reserves the right to make changes and/or combine programs and levels as needed.

Mini-Mite / Mites: \$275 per skater (3 hours of ice)

ELIGIBLE PLAYERS: Current Mini-Mites and Mites. **All players MUST have played at least one (1) year organized youth hockey at the mini-mite or mite level. This program is NOT for beginner non-skaters.**

Saturday, August 9: 1:00 – 2:00pm (skating only, no pucks)
Monday, August 11: 12:00 – 1:00pm (skating only, no pucks)
Tuesday, August 12: 12:00 – 1:00pm (skating only, no pucks)

- 7 player minimum

Rec. POI: \$560 per skater (8 hours of ice)

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 with a youth hockey organization or in an organized adult league.**

Saturday, August 9: 8:45 – 9:45am and 4:45 – 5:45pm (Geno Parrish coaching)
Sunday, August 10: 10:45 – 11:45am and 1:15 – 2:15pm (Geno Parrish coaching)
Monday, August 11: 9:30am – 10:30am and 1:00 – 2:00pm (Tara Lane Coaching)
Tuesday, August 12: 9:30am – 10:30am and 1:00 – 2:00pm (Tara Lane Coaching)

- 10 player minimum

- NO credits, prorates or refunds for missed sessions
- NO transfers or gifts to other players for missed sessions
- Full gear, stick and water bottles are required.

Travel POI, Checking Clinic & Bungee Cord Clinic program information on the next page.



Breck 2025 Pre-season Power On Ice Schedule

Below are the dates and times for the Travel POI program and Checking Clinic I am offering August 9 - 12, 2025. Tara reserves the right to make changes and/or combine programs and levels as needed.

Travel POI: \$625 per skater (10 hours of ice)

ELIGIBLE PLAYERS: Girls travel, Squirt travel, PeeWee travel, Bantam travel, Midget / HS, and Adult A / B players. **All players MUST have played at least one (1) year at the travel level hockey for a youth hockey organization, HS Team or organized adult league.**

Saturday, August 9:	7:15 – 8:30am	and	6:00 – 7:15pm	(Geno Parrish coaching)
Sunday, August 10:	7:30 – 8:45am	and	2:15 – 3:30pm	(Geno Parrish coaching)
Monday, August 11:	8:00 – 9:15am	and	2:00 – 3:15pm	(Tara Lane Coaching)
Tuesday, August 12:	8:00 – 9:15am	and	2:00 – 3:15pm	(Tara Lane Coaching)

- 10 player minimum

Checking Clinic: \$200 per skater (2 hours of ice)

- Squirt Travel / PeeWee Travel
- Bantam Travel / Midget / HS

Saturday, August 9:	11:45 – 12:45pm
Sunday, August 10:	12:00 – 1:00pm

Players will be divided by level

- Each level will have their own coach
- 6 - 8 players per level will be accepted

Bungee Cords: \$60 per skater / per bungee session

- Squirt Travel / PeeWee Travel
- Bantam Travel / Midget / HS

Monday, August 11:	10:45 – 11:15am	(4 spots available)
	11:15 – 11:45am	(4 spots available)

Tuesday, August 12:	10:45 – 11:15am	(4 spots available)
	11:15 – 11:45am	(4 spots available)

- 4 skaters per 30-minute session
- Players should only do 1 session per day

- NO credits, prorates or refunds for missed sessions
- NO transfers or gifts to other players for missed sessions
- Full gear, stick and water bottles are required.



Breck 2025 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 pages)
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 below and on the registration form.
 - Please note that POI spots are NOT guaranteed without a completed registration form and full payment.
 - **Contacting me via email, text or call telling me that you are interested or your want to register for POI does not guarantee you a spot in POI programs.**

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 have a different payment structure.
- NO checks, CC or electronic payments for private lesson fees.



Breck 2025 Pre-Season Power On Ice Registration

Registration Form (1 skater per form please)

REGISTRATION DEADLINE: Currently open - July 9, 2025

Skater Name _____ Age _____ DOB _____ MALE / FEMALE

Address _____ City _____ ST _____ Zip Code _____

Call Phone _____ Email _____

2024 - 2025 Team _____ Rink / Org. you play for _____ # of yrs. playing hockey _____

Power On Ice Program(s) you are registering for:

Please Circle Level:

ALL Prices increase \$75 after designated registration deadline

_____ Mini Mite / Mite:	\$275 per player	Mini-Mite	Mite						
_____ Rec POI:	\$560 per player	Mite moving up to squirt travel	Intro to Girls moving up to rec. / travel	Rec. Squirt / PW / Bantam	Adult C				
_____ Travel POI:	\$625 per player	Girls travel	Squirt travel	PW travel	Bantam travel	Midget / HS	Adult A / B		
_____ Checking Clinic:	\$200 per player	Squirt	Pee Wee	Bantam	Midget / HS				
_____ Bungee Cords:	\$60 per 30-minute session	Squirt	Pee Wee	Bantam	Midget / HS	Girls travel			
Please Circle Bungee Cord Session(s):		Monday 10:45 - 11:15am	Monday 11:15 - 11:45am	Tuesday 10:45 - 11:15am	Tuesday 11:15 - 11:45am				

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

Health Insurance Company _____ Policy Holder _____

NO REFUNDS after the designated 2025 deadlines. Cancellation before the deadline: original method of payment refund minus \$75.00 cancellation fee. NO credits, prorates, transfers, gifts 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, text or email. There is a \$30 fee on all returned checks. I hereby release Tara Lane and associated personnel, all parties associated with the Stephen C. West Ice Arena and The Town of Breckenridge, 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 tara@poweronice.net 970-331-4819

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

