

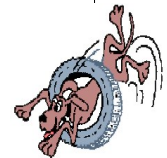


AGILITY NEWSLETTER



Volume 1, Issue 4

April 1, 2012



NEAT LAUNCHES NEW WEBSITE

The New England Agility Team has recently launched an updated website at:

<http://neatclub.com>

Please visit us for up to date news on NEAT events including our USDAA Trial on May 19 and May 20, 2012. There are also photos of some of NEAT's agility dogs and recent copies of NEAT's newsletters to download. You will also find out how to become a member and join us for the all the fun!

Contact: Nancy Hoffman, webmaster at stewiejrt@comcast.net

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AGILITY COMPETITION IN THE SEACOAST

The New England Agility Team will be hosting a USDAA Agility Trial/Competition on May 19th and 20th. There will be two agility rings with the first dogs on the start line by 8:00am each day and competition will continue into the late afternoon/early evening on both days.

Please bring your lawn chair and enjoy the competition. There will be food and drinks available for purchase at Nikki's Grill. There will be other pet vendors in attendance as well.

We rely on volunteers to run these events so please let us know if you would like to volunteer. Set-up begins on Friday, May 18th at 11:00am and goes until we finish. The more volunteers we have the less time it takes for everyone. It's a great way to learn about agility and about how a trial is conducted.

Agility students in Nadine's classes should let her know if you would like to volunteer that weekend. Otherwise, we expect to see you cheering in the stands!

**NEAT USDAA
Agility Trial
Set-Up On
Friday, May 18th
@ 11:00am
Competition on
May 19th and 20th
@8:00am-5:00pm
Sanderson Field
683 Post Rd, Greenland, NH**

Points of Interest

- Fix & Paint Day on April 20th; Get Equipment Ready For The Trial in May
- The 2012 NEAT USDAA Trial dates set for May 19-20, 2012 in Greenland, NH
- The date is set for PAWS WALK 2012 for June 10th. Please visit NEAT and try out agility for a great cause!

CLICKER TRAINING TO CALM YOUR DOG AT AGILITY TRIALS

BY EMMA PARSONS

Agility is easily one of the most fun and exciting sports that you can do with your dog. Due to the intense environment of the sport, dogs waiting to run, become highly stimulated. That stimulation can make many of them reactive to their handlers and to other dogs.

Steps to repairing your "rude" dog when he or she is over-stimulated:

Step 1: Don't Rehearse Reactive Behavior

- Never let your dog rehearse his offensive behavior. . .the more he does it the more intense it will get.
- Have a "SAFE" place ready and waiting (crate, tent, car, etc.)
- Practice sit-stays behind you

Step 2: Condition An Alternate Behavior

- Keep her focused on you and performing a task for which she knows she will be rewarded keeps her calm and "thinking."

Step 3: Desensitize Your Dog To Rude Behavior

Step 4: Recognize Your Stress Signals:

- To change the meaning of each signal, perform it in the company of your dog at a very low intensity, and click and feed your dog as it occurs.

Step 5: Train An Appropriate Reaction To Your Stress Signal

Step 6: Use Dog-Dog Encounters As Training Opportunities

- Every encounter with another dog is also a "clickable" event.

Step 7: Nose-to-Nose Encounters Equal ADVANCED Training

- Sessions should be 5-10sec long, and should continue only if both dogs stay calm.

Step 8: Remaining Calm Can Be Easy

- Remain in a "thinking" mode and allow no opportunity for reactivity.

www.clickertraining.com

*check out full story online

SANDBAG HANDLER EXERCISES

BY KAREN KAY, CSCS, CES, CPS, CPT

The agility ring is filled with options that enables the handler to also get some strength and conditioning done during their practice sessions.

Last month we utilized the hurdles to perform some dynamic stretching exercises. This month, give the sand bags from the tunnels a try to add some basic strength training to your practices.

There are numerous ways to get creative with the sandbags, but I've included 4 exercises to get you started.

Make sure to keep your abdominal muscles "drawn in" and tight to protect your back. You should also be sure to never let your knees move out over your toes during any type of squatting motion.

See www.accessacceleration.com for more information on physical training

1. **Bear Hug Sandbag Walk:** "Hug" one or two sandbags with both arms and keep your abdominal muscles tight while you walk to the opposite end of the training ring. Rest. Walk Back.



2. **Sandbag Squats:** Hold each end of 1 sandbag and drop it in front of your body as you squat to approximately 90 degrees. Keep abs tight and push through your heels to get back up. Repeat x 10.



3. **2 Arm Sandbag Rows:** Hold a bag in each hand; bend slightly from the waist with back "flat", abs tight, and knees slightly flexed. Now bend and straighten elbows in a rowing motion. Repeat x 10.



4. **Sandbag Backward Drag:** Grab the sandbag with two hands by squatting appropriately; keep abs tight and back "flat"; walk backwards while dragging your sandbag to the opposite end of the ring. Rest. Repeat on the way back.



NADINE PERRY'S TRAINING TIPS

Many people starting out in agility classes have plans to try to compete one day and are confused on how to get started. There are so many organizations available and each comes with different rules and regulations. For example, in one venue a dog may jump 20 inches and in another 24 inches. There is CPE, NADAC, USDAA, TDAA, and AKC. These are all great places to start depending on which one or ones interest you the most.

The best thing you can do for you and your dog is join an Agility Club, such as NEAT, that conducts practices and puts on shown n gos and trials. Working/volunteering at these events will help you see a trial from the sidelines. Make sure you do your homework. Each organization has a website and a membership program. Visit the websites that interest you and read the rules. Join the Club and ask for the rules to be sent to you. The Agility Club will offer support to new members and provide practice times. Others in the club will help to get you started.

A great magazine with lots of information is **CLEAN RUN**. Visit CLEAN RUN at www.cleanrun.com to subscribe to their magazine (both electronic and paper versions are available).



What Is A Q?

A Q is a qualifying score which means that you and your dog met the criteria of the class you were running both in terms of performing the obstacles and satisfying the time it took to complete the course.

Dogs earn agility titles in each organization and each class by accumulating the requisite number of Q's.

Most agility titles are listed after a dog's name. The agility organizations will send you a certificate for each title that you earn.

Keep track of each Q as you earn it. Agility record books are available for this purpose and there is also an i-phone app available now called Agility Tracks.

GETTING READY TO TRIAL

Step 1: Register Your Dog

- Check with each agility organization's website to complete the registration process and get you and your dog a number. . you must have this before your first trial.

Step 2: Participate in Fun Matches Such As Run-throughs and Show N' Go's

- Look for these events in your local area and be sure to try some different locations and types of facilities with your dog prior to your first official trial.

Step 3: Review The Rules

- Although agility rules are similar, each agility organization has its unique twists. Each organization has its rules posted on the internet.

Step 4: Attend Several Trials

- You get the lay of the land and see how things are done before you add the stress of competing. Arrive early to observe the check-in and measuring process. (Bring your dog)

NEAT MEMBER BRAGS FOR MARCH

Member: Nadine Perry and

Twinkle-Ch Laralees Irish Lady CGC TDI CL-1 CL-2

March 2nd and 3rd at Bo-Gee Trial, American K9 Country

- CPE Level 3 Standard 3/3/12 2nd Place and O
- CPE Level 3 Wildcard 3/3/12 2nd Place and O
- CPE Level 3 Colors 3/3/12 2nd Place and O
- *CPE Level 3 Snooker 3/2/12 1st Place and O

Earned CSL3-S Strategy Games Title

- CPE Level 3 Jumpers 3/2/12 1st Place and O
- CPE Level 4 Fullhouse 3/2/12 4th Place and O

March 30th and 31st at Happy Tails, Portland, ME

- CPE Level 3 Standard 3/30/12 2nd Place and O
- CPE Level 3 Standard 3/31/12 1st Place and O
- CPE Level 3 Wildcard 3/30/12 1st Place and O
- CPE Level 3 Jumpers 3/30/12 2nd Place and O
- *CPE Level 3 Jumpers 3/31/12 1st Place and O

Earned CSL3-F Fun Games Title

Note: Just 4 more legs to finish up Level 3 at a total of 24 legs.

Member: Isabel Danforth and Cocoa

March 31st and April 1st at Addicted to Agility's NADAC Trial in No. Smithfield, RI

- NADAC Novice Tunnelers 3/31/12 O
- NADAC Novice Regular 3/31/12 O
- *NADAC Novice TouchNGo 4/1/12 O

Earned TouchNGo Title

- NADAC Novice Weavers 4/1/12 O

Member: Karen Kay and Taffy CL-1

March 2nd at Bo-Gee Trial, American K9 Country

- CPE Level 1 Jumpers 1st Place
- CPE Level 1 Snooker 1st Place
- CPE Level 2 Fullhouse 1st Place and O

March 10th at All Dogs Gym, Manchester, NH

- *CPE Level 1 Standard 1st Place and O

Earned Standard Level 1 Title

- CPE Level 1 Colors 1st Place and O
- CPE Level 1 Snooker 2nd Place
- CPE Level 1 Jumpers 2nd Place

March 16th Bark Agility Trial at All Dogs Gym, Manchester, NH

- USDAA Performance Lv 1 Jumpers 1st Place and O
- USDAA Performance Lv 1 Snooker 1st Place

March 30th Happy Tails Agility Trail, Portland, ME

- CPE Level 1 Standard 1st Place and O
 - *CPE Level 1 Wildcard 2nd Place and O
- Earned Level 1 Handler Games Title**
- *CPE Level 1 Snooker 1st Place and O
 - *CPE Level 1 Jumpers 1st Place and O

Earned Level 1 Fun Games Title

- CPE Level 2 Jackpot 1st Place

Note: Taffy earned her CPE Level 1 Title (CL-1)

Member: Nancy Hoffman and Stewie

March 31st and April 1st at Addicted to Agility's NADAC Trial in No. Smithfield, RI

Stewie began 2012 with **7 O's**, including **2 Chances** and an **elusive Elite Weavers O!** He was so happy to get back to agility after having the winter off.

NEAT MEMBER BRAGS FOR MARCH

Control Unleashed: Creating A Focused and Confident Dog

And

Control Unleashed: The Puppy Program

By Leslie McDevitt

Learn how to turn stress to confidence and distraction to focus using methods that are 110% positive. Leslie's program is designed to help "dogs with issues" learn how to relax, focus, and work off-leash reliably in either stimulating or stressful situations.

Who needs Control Unleashed?

- Dogs that are uncomfortable or unable to work off lead around other dogs.
- Dogs that are easily distracted and have difficulty concentrating.
- Dogs that are reactive or easily aroused.
- Dogs that are anxious or stressed and shut down.
- Dogs that are unable to control their impulses when excited.

Books and DVDs for this program are available at:

www.cleanrun.com

Local Control Unleashed Class
SPCA in Methuen, MA

NEAT Members Enrolled In

Control Unleashed

Mary Keays and Kiah

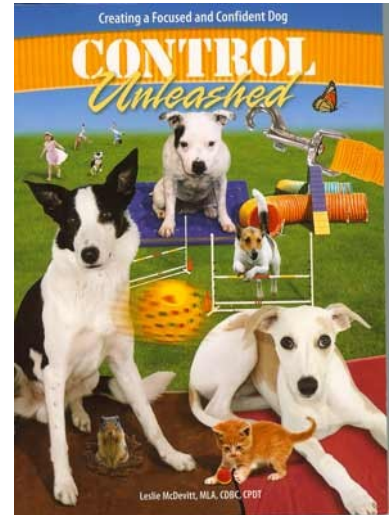
Sandy Cody and Gidget

Karen Kay and Taffy

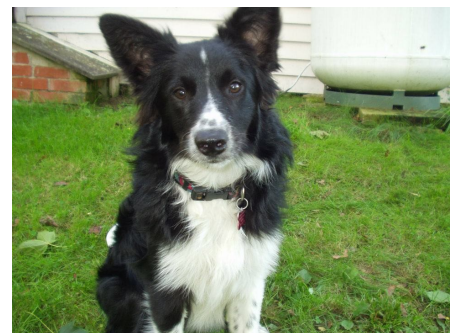
Kiah Keays



Taffy Kay



Gidget Cody



NEW ENGLAND AGILITY TEAM

President Karen Kay KarenKay@metrocast.net
Vice President Nadine Perry NadinePerry2003@yahoo.com
Treasurer Andrea Rogers wildwill123@msn.com
Secretary Megan LaCroix m.lacroix@comcast.net
Membership Isabel Danforth danforth@alumni.tufts.edu



NEAT CLUB MEETINGS

All Members Are Welcome!

Thurs Apr 12th 7:00pm Access Acceleration

- Jump Building at 5:30pm on April 12th prior to the meeting at Access Acceleration
- Paint & Fix Equipment Day at TBA/AM on April 20th at Flying Colours Farm

Thurs May 10th 7:00pm Access Acceleration

Thurs June 7th 7:00pm TBA

- Review the May Trial and Finalize Pawswalk 2012

Sun June 10th 9:00am PAWSWALK

- NEAT members give mini lessons for a donation to the NHSPCA
- Stratham Hill Park, Stratham, NH

AGILITY CLASS SCHEDULE

NEAT Training Classes are taught by Nadine Perry and conducted at the Stratham SPCA, The Tonry Tree Farm in Exeter, and The Flying Colours Horse Arena in Kensington.

K9 Combo: taught by Nadine Perry or Eden Guibault. . . a combination of basic obedience commands and basic agility skills

Thu Apr 12 5:30pm SPCA
Thu Apr 12 6:30pm SPCA

Beginner I

Thu Apr 12 4:30pm SPCA

Beginner II Agility: must have previously taken Beginner I or K9 Combo

Wed Apr 11 4:00pm SPCA
Wed Apr 11 5:15pm SPCA

Beginner III Agility

Wed Apr 11 6:15pm SPCA

Intermediate II

Wed Apr 11 7:15pm SPCA

Sun Apr 8, 15, 29, 5/13
6:30pm Flying Colours Farm

Competition Agility

Sun *Apr 8, 15, 29, 13 5:30pm Flying Colours Farm

* Four Wk Session Special

Classes run in six (6) week intervals. You can register online at www.nhspca.org under the training/classes link. Contact Nadine at NadinePerry2003@yahoo.com if you have questions regarding what level class to attend.

NEAT PRACTICE

NEAT PRACTICE
(Club Members Only)

Flying Colours Arena
Kensington, NH
Sundays
3:30pm-5:15pm

Additional Times will be posted on the yahoo group as they become available.

*Please come at 3:30pm and help with set-up in order to make it easier on everybody and it gives us more time to practice.