



# AGILITY NEWSLETTER JANUARY 2013



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## NEW ENGLAND AGILITY TEAM ELECTION OF THE 2013 OFFICERS

The New England Agility Team would like to wish everyone a happy and healthy 2013! The club's last meeting was in November and the voting for the election of officers was completed for 2013.

A special thank you to Isabel Danforth who served as the membership coordinator for the last two years. Isabel will be transitioning this role to our new membership coordinator, Nancy Hoffman. Please send your membership renewals to Nancy for 2013. New members should also forward a photo of your dog to Nancy so that she can add it to our website at [www.neatclub.com](http://www.neatclub.com).

### 2013 NEAT Board of Directors

**Karen Kay, President**

**Nadine Perry, Vice-President**

**Megan LaCroix, Secretary**

**Andrea Rogers, Treasurer**

**Nancy Hoffman, Membership Coordinator**

It's time to begin planning for our 2013 USDAA NEAT Trial that we will be hosting in May.

Please check the Yahoo Group List regularly for updates.

Sandy Cody and Andrea Rogers will be conducting a mini-clinic for all trial volunteers.

They will review all the "jobs" we need volunteers for and teach everyone the different responsibilities involved for each one. This will not only make our trial run smoother, but help those that are new members to become familiar with the trial environment!

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### Points of Interest

- Visit the new NEAT website at [www.neatclub.com](http://www.neatclub.com) and see Photos of the Holiday Party
- Next NEAT Meeting is January 17th at 6:00pm!
- Please check the Yahoo Group List. . .practices are being held on Tuesdays and Sundays at the NHSPCA in Stratham, NH.

# “FURNITURE” SLIDER OR VALSLIDE EXERCISES FOR THE HANDLER

BY KAREN KAY, CSCS, CES, CPS, CPT, PES

Although there is a piece of fitness equipment on the market called “Valslides”, I have my clients purchase an inexpensive set of furniture sliders at the local department store or home improvement store. These “sliders” are available in many different sizes, but you just need to be able to fit either your hand or ball of your foot onto them to perform these exercises. There are numerous exercises you can do with these sliders, but I’ve only included a few for you to start with. These sliders can also be very helpful in imitating exercises that we use a large slide-board for. The sliders give me the ability to instruct clients to replicate the slide-board exercises we perform in the training center at home.

## The Plank With Sliding Hip Flexion

Building pillar/core strength is important for all agility handlers. Specifically, improving anterior rotational stability is important for optimizing movement patterns and reducing injury risk.

Begin in a tall plank position with the hand beneath the shoulders and position the left foot on a slider. Both legs are fully extended, and the other foot will rest on the floor. The feet should be about shoulder width apart.

Next, slowly slide the left foot forward flexing the hip to 90 degrees. Pause at the top and then return to the start position. Perform 10 repetitions and then position the slider under the right foot and repeat. Perform 1-2 sets on each side. The cadence can be 1/1/1 or 1/1/2. The supported leg and spine should remain straight throughout the movement.

### Progression:

To advance this exercise, simply add another slider and perform a running plank by alternating the legs back and forth. The key is to focus on maintaining a neutral spine throughout.

This exercise improves hip flexor strength and trunk stability. It helps to train anti-extension and anti-rotation strength in the

trunk which will in turn reduce load on the spine and improve alignment for running, sprinting and sagittal plane movements.



## Sliding Shoulder Raises

Most handlers will deal with shoulder and back problems at one time or another. In many cases, they lack sufficient shoulder and core stability. Integrating closed chain work that ties the hips and shoulders together is an effective way to work on both. Improving anti-extension and anti-rotational core control is also beneficial for injury prevention.

Place two sliders beneath the hands while beginning in a quadruped position. Next, slowly slide one hand forward allowing the shoulder to flex, while the other and remains stationary and the elbow slowly moves into flexion. Throughout the entire descent, the lumbar spine angle should remain neutral.

As you begin to lose form you should return to the start position. Repeat the motion on the other side and have a training partner observe any asymmetry in movement that may be present. Repeat this alternating sequence for 5-10 reps on each side. Perform 1-2 sets using a cadence of 2/0/2 or 2/1/2.

Provided the handler maintains good alignment in flexion, consider moving to a more diagonal or “Y” position with the sliding arm. This position is a more functional overhead pattern as well as allowing the handler to control and introducing spinal rotation toward the stationary arm side. Avoid pelvic/lumbar rotation during this “Y” exercise.



### Progression:

For the advanced handler who masters the quadruped version, consider progressing to the toes in the start position to lengthen the lever arm. However, note that poor hip mobility (lack of extension) may quickly compromise spinal alignment in this position. Addressing the deficit if present should happen before taking on this progression. More upper body strength/endurance will be required to perform the exercise in this fashion.

This exercise is a great way to strengthen the core with respect to deceleration and anti-extension/anti-rotation. Possessing sufficient scapular (shoulder blade) control is integral for this exercise.

Cont. pg 3

## Furniture Slider Handler Exercises, cont.

### Sliding Hamstring Curls:

Most people are in need of posterior chain strengthening to resolve muscle imbalances and to improve performance. For example, an ideal hamstring (back of upper thigh) ration is 3:2, yet many female athletes tend to be closer to 2:1. The hamstrings are critical for knee injury prevention. In regard to performance, increasing hamstring strength will facilitate greater speed and power, as well as improve running economy.

**Step 1:** Position two sliders beneath the feet in a supine position with the feet flat on the ground and knees bent at 90 degree angel. Next, bridge up and slowly allow the feet to slide away from the body moving toward full knee extension. You must tighten your lower abdominal muscles and squeeze your glutes to perform the bridge. . .do not arch your lower back to lift your butt off the ground.



**Step 2:** Continue as far as possible while still maintaining hip extension (no contact with the floor) and allowing the heels to take all of the load. Hips keep extending, but lower back does not arch at all.



**Step 3:** Pause at the bottom just prior to losing control and slowly flex the knees bringing the heels back up until you reach maximum knee flexion and hip extension. Repeat this sequence for 8-10 repetitions. Perform 2-3 sets using a cadence of 3/1/2 or 3/1/3 to ensure smooth movement and proper form.



**Application:** Using sliders will allow the handler to focus on eccentric strengthening under control in a closed chain manner, as well as on concentric pull through on the return motion. This is very effective for handlers seeking to improve their speed while running, their power and hamstring strength. It is also suited for ACL rehab and knee injury prevention.

**GRAB YOUR "SLIDERS" AND GET TO WORK TODAY. . .NO GYM NEEDED!!!!!!!!!!!!!!**

## NEAT MEMBER BRAGS FOR NOVEMBER AND DECEMBER 2012

### Nadine Perry and Twinkle

Ch Laralee's Irish Lady DGC, TDI, NAP, NJP, NFP, CL1, CL2, CL3

CPE Trial at Happy Trials in Portland, Maine on 11/16/12-11/17/12

CPE Jumpers Lev 4 Q 1st Place

CPE Colors Lev 3 Q 4th Place

CPE Wildcard Lev 4 Q 2nd Place

CPE Snooker Lev 4 Q 1st Place

CPE Jumpers Lev 4 Q 1st Place

CPE Standard Lev 4 Q 1st Place

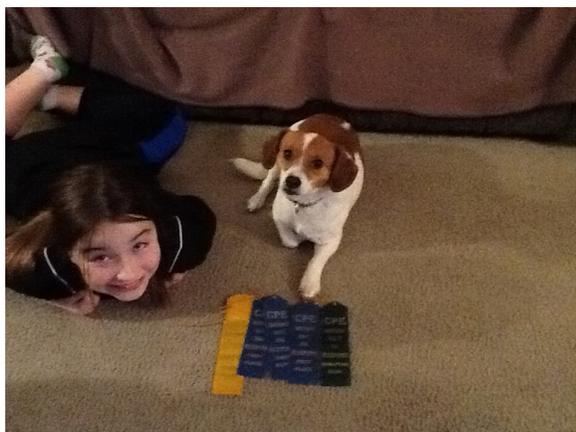
CPE Colors Lev 3 Q 1st Place

**\*Q in Colors For Level 3 Title (24 Q legs required)**

### Nadine Perry and Izzy

Ch Laralee's Autumn Isabella

Went BOB in West Springfield 3 days in a row on 11/23/12, 11/224/12, 11/25/12 with Patricia Barrett handling her. She is just 10pts away from her Grand Champion at age two.



Becky's 1st Trial Ever at Age 10  
12/9/12 at Riverside K9, Nashua, NH

### Nancy Hoffman and Stewie

NADAC Weavers Q 1st Place

NADAC Tunnelers Q 1st Place with a 6.36yd per second time

### Sandy Cody and Jed

USDAA All Dogs Gym 11/26/12

Advanced Gamblers Q 1st Place

**\*AG=Advanced Gamblers Title**

USDAA Bark-NH 12/16/12

Advanced Pairs Q 2nd Place

### Becky Kay and Taffy

*"Taffy's 1st trial since May and Becky's 1st trial ever on 12/9/12...both did awesome"!!!*

**CPE at Riverside K9, Nashua, NH 12/9/12**

CPE Jumpers Lev 1 1st Place

CPE Snooker Lev 1 3rd Place

CPE Colors Lev 1 Q and 1st Place

CPE Wildcard Lev 1 1st Place

**CPE at Riverside K9, Nashua, NH 12/15/12**

CPE Jackpot Lev 1 1st Place

CPE Wildcard Lev 1 1st Place

CPE Snooker Lev 1 Q and 1st Place

CPE Colors Lev 1 Q and 1st Place

CPE Jumpers Lev 1 Q and 1st Place

**CPE at All Dogs Gym, Manchester, NH 12/29/12**

CPE Jackpot Lev 1 Q and 1st Place

CPE Wildcard Lev 1 1st Place

CPE Snooker Lev 1 Q and 1st Place

CPE Jumpers Lev 1 Q and 1st Place

## NEAT HOLIDAY PARTY

*The New England Agility Team members and their dogs celebrated the holidays on Saturday, January 5th. Members provided a potluck dinner and recipes were exchanged by many. The dogs enjoyed our annual yankee swap and enjoyed selecting their own gift of toys and goodies. Thank you to Nancy Hoffman for organizing the party and taking such awesome pictures and thank you to Mary Keays for providing our members and their dogs with a fun agility game to play. Mary Keays also provided gifts for all the members in attendance. . .hats, pocketbooks and bait bags for all. . .thank you Mary!*



Visit [www.neatclub.com](http://www.neatclub.com)

For More Holiday Pictures

By Nancy Hoffman

(Candid Shots)



**WWW.NEATCLUB.COM**

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# NEAT CLUB MEETINGS

*Thurs January 17th 6:00pm at Access Acceleration*  
*Thurs February 21st 6:00pm at Access Acceleration*  
*Thurs March 21st 6:00pm at Access Acceleration*  
*Thurs April 18th 6:00pm at Access Acceleration*

**All Members Are Encouraged To Attend  
 All NEAT Meetings**



We need everyone's help in planning for the USDAA Trial that NEAT hosts in May each year. We are a small, but growing group of volunteers and Really need everybody's help for our biggest club event of the year. Thank you for all you do!



## AGILITY CLASS SCHEDULE

NEAT Training Classes are taught by Nadine Perry and conducted at the Stratham SPCA and The Tonny Tree Farm in Exeter.

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

Thu Jan 3 5:30pm SPCA  
 Thu Jan 3 6:30pm SPCA

### Beginner I Agility

Sun Jan 6 7:15pm SPCA

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

Sun Jan 6 6:15pm SPCA

### Advanced/Intermediate

Mon Jan 7 5:30pm SPCA

### Advanced Interm/Competition

Wed Jan 2 6:30pm SPCA

### Competition Agility

Wed Jan 2 4:30pm SPCA

Wed Jan 2 5:30pm SPCA

Classes run in six (6) week intervals. You can register online at [www.nhspca.org](http://www.nhspca.org) under the training/ classes link. NEAT members should use the coupon code NEAT2012 and hit "apply" for the discount.

Contact Nadine at NadinePerry2003@yahoo.com if you have questions regarding what level class to attend.

**NEAT  
 PRACTICE**

**WINTER PRACTICE  
 SCHEDULE  
 At the NHSPCA**

**(Club Members Only)  
 NHSPCA**

**Stratham, NH**

**Tuesdays 4:30pm-6:30pm  
 NHSPCA**

**Stratham, NH**

**Sundays 4:15pm-6:15pm**