



# AGILITY NEWSLETTER

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## 2012 NHSPCA PAWSWALK

The New England Agility Team was proud to be a part of the record setting fundraising event for the New Hampshire SPCA in Stratham, NH. Members of NEAT were available to give the public an opportunity to make a donation to the SPCA in exchange for a mini agility lesson with their dog. The event was held at Stratham Hill Park and was lots of FUN for all who attended.

NEAT would like to thank the following members for making the day such a huge success. . . Isabel Danforth and her Girl Scouts, Bella Jalbert, Becky Kay, Karen Kay, Samantha Kay, Mary Keays, Megan LaCroix and Andrea Rogers!



**Andrea Rogers**  
NEAT Member

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**Thank You**  
Girl Scouts!

### 2012 PAWSWALK



**Taffy In The Pool**



**Becky & Samantha Kay**  
NEAT Members



**Isabel Danforth**  
NEAT Member



### Points of Interest

- Visit the new NEAT website at [www.neatclub.com](http://www.neatclub.com)
- NEAT Practices are alternating between Tues and Thurs in the summer!
- NEAT Agility Show N Go Scheduled For October at Tonry Tree Farm in Exeter!

## A FUNCTIONAL MOVEMENT SCREEN FOR THE HANDLER

BY KAREN KAY, CSCS, CES, CPS, CPT

This month I would like to recommend the FMS or Functional Movement Screen for the agility handler. The screen takes approximately 15-20 minutes for a trained professional to complete. This simple screening process was developed as a result of years of research by a physical therapist and strength and conditioning specialist named Gray Cook.

The foundation is based on two key words:

1. **Efficient:** describes action without wasted movement or unnecessary energy expenditure.
2. **Effective:** simply means yielding results; improving or refining performance.

As a handler, we strive for efficiency and effectiveness on every run and ideally in every practice session. The FMS Screen will help you create a balanced dance of efficient and effective exercise suited to your needs, breaking down the fundamental factors of consistent performance and putting them into an assessment sequence that will allow you to customize a training program for yourself.

By adopting efficient and effective training systems early, many injuries caused by an unbalanced approach and poor problem-solving techniques can be prevented. Not all injuries can be avoided, because sport and competition sometimes push the body beyond its limits. However, many injuries can be prevented, especially those that occur in training and conditioning.

Training of the mind and of movement must utilize the following steps to be performed correctly:

1. **Training should be progressive.**
2. **Training must progress toward a time or event and run in cycles (periodization).**
3. **Good training requires vision.**

Body awareness comes from the sensory system. The sensory system not only helps you feel what's going on but also allows your body to function automatically.

Many of the muscles in the body react automatically. They are completely dependent on how the sensory system functions. The body is extremely sensitive to input. When the body does not function optimally, when muscles are tight or weak, or when joints are stiff or unstable, this information gets distorted so that automatic reactions are distorted. This can hurt performance, increase fatigue, and expose the body to unnecessary stress.

The FMS tests and follow-up exercises will help you become more aware of how the body works. Eventually this will help you teach yourself how best to train your body. Know the rules, then play the game.

### The Seven (7) Movements of the Functional Movement Screen (FMS):

- **Squat**
- **Step**
- **Lunge**
- **Reach**
- **Leg Raise**
- **Push-up for Trunk Control**
- **Rotational Stability**



Everyone can participate in the functional movement screen process from young kids to the elderly. Adaptations are made for people with permanent and or temporary limitations due to injury or previous injuries.

To schedule your FREE FMS Screen please call Access Acceleration at 603-778-4890 and set up an appointment. Exercise progressions are given based on your personal results. The FMS only takes 15-20 minutes to complete.

[www.accessacceleration.com](http://www.accessacceleration.com)

## NADINE PERRY'S TRAINING TIPS

### How To Care For Your Dog In The Heat At Agility

Hot summer trials are hard on the dogs. Train your dog to stand and get wet with a hose. Most venues have tubs and hoses. Start with a mist and work up to a shower. The dog will be much cooler and able to handle the run with greater energy. Always make sure you hydrate yourself and your dog in the hot trial season!



Cooling coats and cool mats are also helpful at trials and available at [www.cleanrun.com](http://www.cleanrun.com). Nothing beats the cold water of a hose! Don't forget to practice sometimes when it's very hot outside. Make sure you practice about as long as a standard run, for example, one to two minutes to get your dog used to doing agility in hot weather!

The same keep cool tips apply to classes as well. Try to keep the dog in the shade when it's not your turn to run and hydrate him or her frequently. Keep Cool!!

### DogGone Songs: Traveling Tunes For You and Your Dog

Music featuring the Schoenberger Effect. . .award winning piano melodies, composed especially for you and your dog. Each soft, pleasant melody contains special musical elements that will captivate and calm the animal spirit. The musical collection is most effective for:

- Reducing the anxieties your pet experiences while traveling in a car
- Lessening the stresses of being away from the familiar comforts of home
- Calming your pet during times of frightening, loud, and unusual noises
- Stimulating your dog's brain and senses through audio enrichment

The DVD is produced by Aspen Pet Productions of Denver, Colorado.

### AGILITY SPEAK: *Direction Before Object* by Nancy Gyes

Direction before object. Always tell your dog where to go before you tell him what to do. Your dog should already be straight on the path toward an obstacle before you use the name of that obstacle.

## NEAT MEMBER BRAGS FOR JUNE

### Member: Nadine Perry and

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

June 8th at AKC Golden Retriever Club Trial

AKC Novice Jumpers 3rd Place and Q (Title)

AKC Novice FAST 2nd Place and Q

June 22nd and 23rd at AKC Collie Club of ME

AKC Novice Standard 1st Place and Q (Title)

AKC Novice FAST 1st Place and Q (Title)

AKC Open Standard 1st Place and Q

AKC Open Jumpers 1st Place and Q

June 29th and 30th at CPE Muddy Paws, VT

CPE LV 4 Fullhouse 1st Place and Q

CPE LV 3 Wildcard 2nd Place and Q

CPE LV 3 Standard 1st Place and Q

CPE LV 4 Jackpot 1st Place and Q

### Member: Maggie Currier and Sadie

Maggie forgot to report her results this month, but she and Sadie deserve a big congratulations for their first ever Q in Snooker at the CPE Trial in Deerfield, NH.

### Member: Liz Pasek and DannyBoy

Liz would like to let everyone know that DannyBoy is a huge success in the herding ring and had a superb month herding all of his sheep and ducks!

### Member: Nancy Hoffman and Stewie

Stewie achieved two more Elite Weavers Q's and only needs five more for Versatility NATCH!!!

### Member: Sandy Cody and Jed

June 9th and 10th at CATS Trial, Keene, NH

USDAA P1 Gamblers 16in 1st Place and Q

USDAA P1 Pairs 16in 1st Place and Q

USDAA P1 Snooker 16in 2nd Place and Q

USDAA P1 Standard 16in 3rd Place

USDAA P1 Gamblers 16in 1st Place and Q

USDAA P1 Standard 16in 1st Place and Q

USDAA P1 Snooker 16in 2nd Place

USDAA P1 Jumpers 16in 3rd Place

June 16th and 17th at NOMAD, Stowe, VT

USDAA P1 Pairs 16in 4th Place and Q

USDAA P11 Gamblers 16in 1st Place and Q

USDAA P11 Standard 16in 2nd Place

USDAA P1 Jumpers 16in 1st Place and Q

USDAA P11 Standard 16in 2nd Place and Q

USDAA P1 Snooker 16in 2nd Place and Q

\* Performance Dog 1 Title!

### Member: Isabel Danforth and Cocoa

June 2nd and 3rd at NADAC Addicted to Agility Trial

NADAC Novice Jumpers Q (Title)

NADAC Tunnelers Q

NADAC Novice Weavers Q (Title)

NADAC Tunnelers Q

June 24th at NADAC North Smithfield, RI

NADAC Weavers Q

NADAC Tunnelers Q

## A TRAINER OR A COACH? BY LISA SELTHOFER



Well, today's lessons were plentiful. Let me start with the non-dog related and I promise to very quickly move to the doggy stuff after that.

I wanted to take a quick moment to acknowledge that they found the body of the boyfriend of one of my young students. He'd gone missing over a week ago. He was a straight A student and while I'd never met him, the fact that he chose "her" as a girlfriend shows he had smarts, talent and was an amazing person. Out of respect for everyone, I'm keeping names to myself, but suffice it to say that all involved were beautiful people. I still can't believe that tragic things happen to good people. It just seems so unfair. . .

Okay, let's talk about dog training now because I have some good thoughts today!

While in the course of training, a great question came up. Of course this question turned into a dog training philosophical moment and I wanted to share. Here's the scenario. . .there is someone who uses the words "all right" as their release word. Another person asked "Shouldn't they use a word they don't use in daily conversation?" Now that is a very fair question and after years of experience, I personally agree that in a perfect world, they should.

Heck, that is why I now use the word "free" (instead of OK). However, that's MY personal choice and I recognize that may not be a good fit for everyone.

As I see it, my job as a trainer isn't to force onto others what works for me. Instead, it is my job to make successful, to capitalize on their strong points and to embrace them for who they are. At the same time I also need to develop and guide them on THEIR journey!

In the case of the person using the term "all right", we've had some in depth conversations on the subject. I've noted that there are some drawbacks to their choice of words and I've pointed out that if their dog breaks during the course of a normal conversation (because the handler used the words "all right"), that they could not (in all fairness) get upset with their dog. They GET IT. They understand the drawbacks. They understand the potential pitfalls.

However, their mind still draws them to the term "all right". So, "all right" it is! As a trainer, I have to work with what is natural for my students and not with what comes natural to me. Sure, there are times I guide them down a certain path because I know what's best, but their word choices are completely up to them. They have to manage it, train it and ultimately be responsible for the outcome. As for my opinion, the old saying "choose your battles" is a perfect analogy for this scenario.

It is important to work with your students. While I may not personally choose to do everything that they do, as long as I've informed them of the good, the bad and the ugly, I've done my job.

That's what makes a good trainer a great coach!

WWW.NEATCLUB.COM

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# NEAT CLUB MEETINGS

Thurs August 16th 6:30pm at Access Acceleration

We skipped the July meeting because so many people were vacationing and trialing, etc. However, we will get back on schedule starting on August 16th at 6:30pm.



## NEAT SUMMER POTLUCK!

Please watch the YAHOO Group for an announcement regarding the annual NEAT Summer Potluck. . .Details Coming Soon!!!!!!!!!!!!



## AGILITY CLASS SCHEDULE

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

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

Thu July 19 5:30pm SPCA

Thu July 19 6:30pm SPCA

### Beginner I Agility

Mon July 23 5:30pm SPCA

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

Mon July 23 6:30pm SPCA

### Intermediate Agility

Wed July 18 6:30pm Tonry Tree

### Competition Agility

Wed May 30 4:30pm Tonry Tree

Wed May 30 5:30pm Tonry Tree

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

(Club Members Only)

Tonry Tree Farm

Exeter, NH

\*Tuesday OR Thursdays TBA

\*Will alternate ea wk\*

Check The Yahoo List Each Week

Time: 4:30pm-Dark

You must arrive at 4:30pm to set up OR stay til the end of practice and help close down. The equipment stays out in the field, but the tunnels must be turned over and the plates and bungees removed. Jumps moved to the sides for easy access lawn mowing.