



# AGILITY NEWSLETTER MARCH 2013



Volume 2, Issue 3  
March 1, 2013



## 2013 NEAT USDAA TRIAL May 18th and May 19th in Greenland, NH

### All Hands On Deck!

The New England Agility Team will be hosting our annual USDAA agility trial the weekend of May 18th and 19th at Sanderson Field in Greenland, NH. We need the help of all members and their family and friends to host this prestigious event.

**Friday, May 17th:** Trial Set Up Begins Around 12:00N and our trailers with the all the equipment and fencing will arrive at the site. We will need to set up two rings including the fencing and unload all of the equipment. Parking and camping areas will be designated and signs posted. Tents and EZ Ups will need to be placed in designated areas. Plenty of FUN for all!

**Saturday, May 18th and Sunday, May 19th are competition days.** Please sign up to work in the rings and to help keep the facilities running top notch! We will also host a Pot Luck Dinner at the end of the day on Saturday. Please let Isabel Danforth know what you would like to bring.

**Sunday, May 19th:** Clean Up will begin immediately after the last run and continue until we finish. The more people we have, the less time this takes. Everything must be packed up that day. The trailers will be moved back to Tony Tree Farm for spring to fall classes and practices.

**Raffle Donations:** Everyone is asked to donate prizes (for dogs and or people) for the worker's raffles held on both Saturday and Sunday of the trial. Please get your donations to Megan LaCroix.

### IMPORTANT MEMBER INFORMATION

- Please check the yahoo list for important trial information
- Please attend the next two monthly meetings to make planning the trial easier and more efficient
- Please see/contact Nadine or Karen to sign up for the set up & take down of the equipment at the trial.

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#### Points of Interest

- 2013 Membership Dues Now Due: [www.neatclub.com](http://www.neatclub.com)
- Next NEAT Meeting is April 18th at 6:00pm!
- Please check the Yahoo Group List. . .practices are being held on Tuesdays and Sundays at the NHSPCA in Stratham, NH.
- Donations For Trial Raffle to Meghan LaCroix Anytime From Now Til May Trial Weekend

# UNSTABLE PLANKS WITH SLIDING HIP FLEXION WITH THE BALL, BOSU AND SLIDER

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

Developing pillar (shoulders, torso and hips) strength is critical for performance and injury prevention alike. Specifically, improving anterior rotational stability is important for optimizing movement patterns. These exercise variations provide a real challenge for your core stability and should only be performed if you have developed an appropriate strength base with your core muscles. These exercises will improve hip flexor strength as well as shoulder and trunk stability. They help to re-enforce and 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.

## Execution:

**BOSU Balance Trainer**—begin in a tall plank position with the hands beneath the shoulders with the hands on the outer portion of the BOSU and position the left foot on a furniture slider. Both legs are fully extended to start, 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 tempo can be 1/1/1 or 1/1/

The supported leg and spine should remain as straight as possible throughout the movement. Keep a tight core and or neutral spine. In addition, focus on keeping the BOSU as level and still as possible throughout the exercise.



**On The Ball**—begin in a traditional plank position with the forearms on the ball. Set the initial position based upon the client's ability to control their spinal alignment. The rest of the exercise will be performed in the same manner listed above for the BOSU. Note: clients may achieve less hip flexion in light of the ball coming into contact with the sliding knee.



## Regression:

Simply remove the sliders and perform a single leg mountain climber movement grading the degree of hip flexion based on the client's ability to sustain the proper form. Work one leg at a time and then advance to the alternating pattern before advancing to the sliding versions. Clients may feel more stable on the BOSU in light of the ability to rely on their hands and shoulder stability for more support.

# FLEXIBILITY VERSUS MOBILITY

By Karen Kay, CSCS, CES, CPS, CPT, PES

## What is the difference between flexibility and mobility?

**Mobility:** Range of Motion Under Specific Circumstances

**Flexibility:** Range of Motion About A Joint (non-specific)

So mobility is specific to a certain movement—ie. You need a certain amount of hip mobility to squat, lunge, etc.

In contrast, flexibility is non-specific—ie. You lay someone on their back and stretch their hamstrings. This gives you an idea of their flexibility, but it's not specific. Just because they have great hamstring length doesn't mean they'll be able to perform functional movements properly or without compensation.

## Are both important to athletes or is one more important than the other?

I feel that both are important, but flexibility is merely a component of mobility. I think of mobility as an equation, something like this:

**Tissue Length + Neural Control/Stability + Joint Architecture = MOBILITY**

So my goal with athletes is to improve their mobility and allow them to perform those specific movements without compensation from other areas (generally the lumbar spine).

## When should you train flexibility?

There are several times throughout the day when I would incorporate specific flexibility drills into your training plan.

**Pre/Peri-Workout:** I would only use this as part of an acute-corrective strategy; in other words, I don't believe that STATIC stretching has much of a place pre-workout. The goal here, for example, would be to statically stretch the hip flexors and pair that stretch with an activation drill for the gluteals. This will enhance motor control and function by helping restore proper length/tension relationships.

**Post-Workout:** Here I'd use more "active" flexibility techniques like eccentric quasi-isometrics.

## When should you train mobility?

Whenever you can! Quite simply, most people need more mobility in the appropriate areas (ankles, hips, t-spine, etc.). Especially in the beginning or foundational period of their training, more is generally better.

Getting more specific, pre-workout mobility training is a slam dunk. But if someone is really restricted in their movement patterns or movement quality, I'll have them perform mobility drills several times throughout the day to reinforce good movement. Unlike strength training, you're not going to over train your body by doing some simple mobility drills throughout the day.

## NEAT MEMBER BRAGS FOR FEBRUARY AND MARCH 2013

### Margo Slattery and Maia

2/17 Maia earned her RS-O (ASCA regular open)  
2/23 Maia earned her AKC OA and AXJ  
2/24 Maia earned an MXJ leg and her first MACH points

### Jennifer Jacobs and Tide

**AKC at American Bullmastiff Assoc Trial, 3/9/13**

AKC Standard 1st Place and Q  
AKC JWW 1st Place and Q

**\*Congratulations to Jennifer and Tide on their 1st Trial. . .what a debut performance with two Q's and two first places!!!!!!!**

### Becky Kay and Taffy

**CPE at Bo-Gee Trial, Amherst, NH 3/2/13 & 3/3/13**

CPE Fullhouse Lev 3 1st Place and Q  
CPE Snooker Lev 2 1st Place and Q  
CPE Colors Lev 2 2nd Place and Q  
CPE Wildcard Lev 2 1st Place and Q  
CPE Standard Lev 2 3rd Place  
CPE Jackpot Lev 2 1st Place and Q

**CPE at All Dogs Gym, Manchester, NH 3/10/13**

CPE Jackpot Lev 2 2nd Place and Q  
CPE Wildcard Lev 2 2nd Place and Q  
CPE Fullhouse Lev 3 3rd Place and Q  
CPE Standard Lev 2 4th Place

**\*Taffy earned her Level 2 Handler Games Title on 3/10/13 after completing 2 Q runs in both Wildcard and Snooker!**



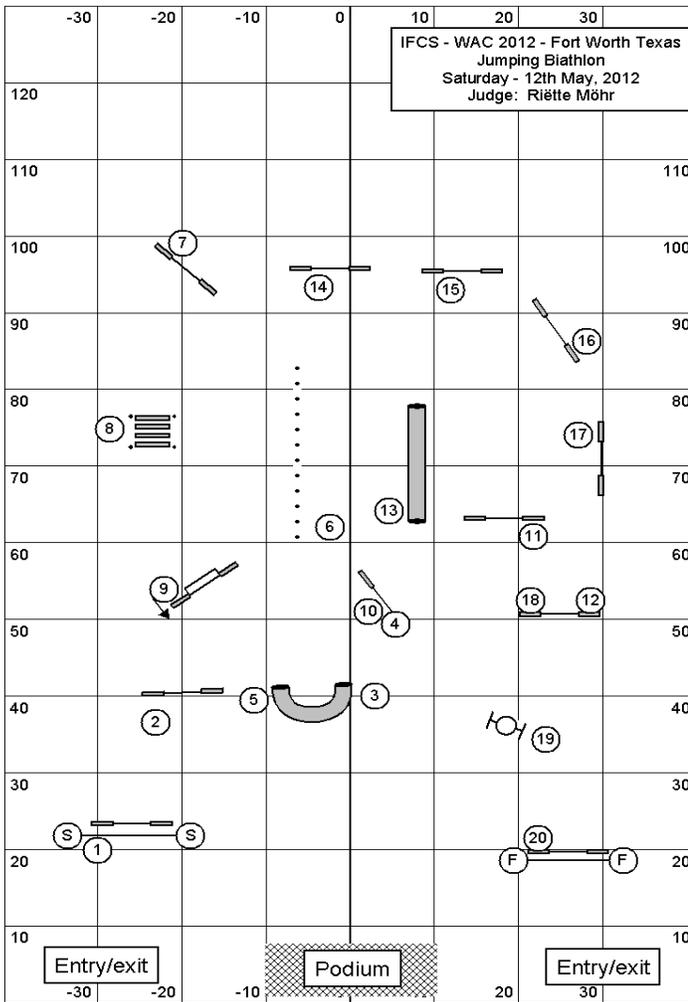
### Meet Our New Edition In The Kay Family: "COMET"

Comet is a rescue puppy from North Carolina and his Mom was a Jack Russell mix, but nobody knows about Dad. . .time will tell us more. His Mom was dropped off at a farm on Christmas Eve and they took her to the vet the day after Christmas and she started giving birth at the vet's office. The lady was nice enough to foster Comet's Mom and has since adopted her. . .she raised the puppies and named them after Santa's reindeer so we just had to keep the name. I've been able to communicate with the foster mom and she would like to stay in touch with me.

We have had Comet for 3wks and he's making friends with Taffy and Bailey. Who ever thought Taffy would be nice to a new friend? A special thank you Mary Keays and Nadine Perry for helping me to get Taffy to a place that she is actually enjoying having a new brother! It is so FUN to see Taffy with Comet. . .puppy class is next, but Comet will be starting to come to agility class and practice with Taffy!

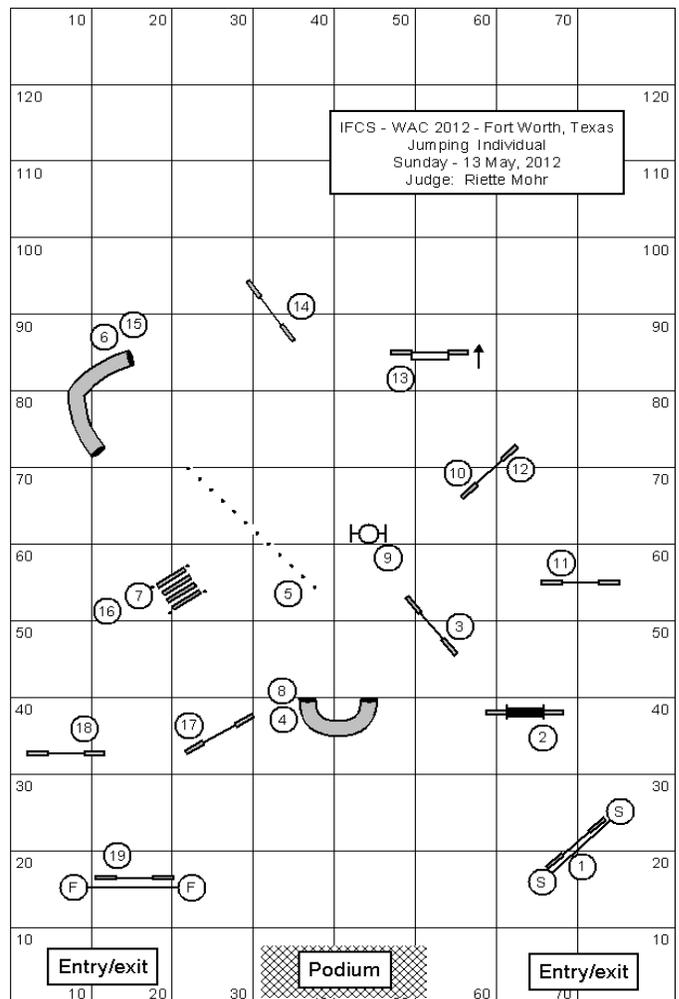
**Comet Can't Wait To Meet Everyone!**

# SAMPLE JUMPING COURSES



WHAT'S YOUR  
STRATEGY FOR THESE COURSES?

VISIT [WWW.NEATCLUB.COM](http://WWW.NEATCLUB.COM)



WWW.NEATCLUB.COM

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 Nancy Hoffman agilitystewie@gmail.com

# NEAT CLUB MEETINGS

Thurs March 28th 6:00pm at Access Acceleration

Thurs April 18th 6:00pm at Access Acceleration

**\*\* We will be adding a date for a 2nd mini-clinic to prepare new members for the trial in May!**

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 Apr 11 5:30pm SPCA  
 Thu Apr 11 6:30pm SPCA

### Beginner I Agility

Sun Apr 14 7:15pm SPCA

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

Sun Apr 14 6:15pm SPCA  
 Mon Apr 15 6:30pm SPCA

### Intermediate/Competition

Mon Apr 15 5:30pm SPCA

### Competition Agility

Wed Apr 10 5:30pm SPCA  
 Wed Apr 10 6:30pm 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