



# AGILITY NEWSLETTER OCTOBER 2012



Volume 1, Issue 10

October 1, 2012



## NEW ENGLAND AGILITY TEAM ANNUAL SHOW N GO

Sunday, October 28th, 2012  
Rain or Shine!



Jed Cody

Tonry Tree Farm  
314 Exeter Rd  
Rt. 88, Hampton Falls, NH

Registration Begins at 8:00am  
Ring Is Fenced  
24" Weave Poles Used

Classes: Pre-Novice; Novice; Advanced-Masters Standard;  
and Jumpers; Also A Puppy Run!

Cost: First Run \$8.00 and Additional Runs Same Dog \$5.00

Photographer: Leslie Mattuchio  
([www.pbase.com/lesleylou](http://www.pbase.com/lesleylou))

More Information: Nancy @ 603-548-0669 or  
[stewiejrt@comcast.net](mailto:stewiejrt@comcast.net)

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### Points of Interest

- Visit the new NEAT website at [www.neatclub.com](http://www.neatclub.com)
- Winter Practice Begins For Members at the NHSPCA on October 30th. . .see back page for days and times!
- Come Play With Us at The Show N Go on October 28th at 8:00am!

# LUNGE POSITION EXERCISES TO HELP THE HANDLER'S CUTTING AND PIVOTING

BY KAREN KAY, CSCS, CES, CPS, CPT

Optimal Knee function relies on proper hamstring strength and activation. Keep in mind a normal quad to hamstring strength ration would be 3:2. Most females tend to be 2:1. Aside from flexing the knee and extending the hip, the hamstring muscles are pivotal in rotational control at the knee. Proximal rotational strength and stability is important as it plays a big role in deceleration and knee injury prevention.

This particular exercise will address eccentric control of coupled hip flexion and rotation, a motion that occurs frequently in sport.

## Execution: Reaching Lunge With Rotation

Begin in a tall standing position.

Next, lunge forward over the left leg reaching down with the right arm and rotate the torso to the left while the hand moves below and outside the left shin.

Move through full available range of motion and return to the start position.



Now, lunge forward over the right leg reaching down with the left arm and rotating the torso while reaching the hand below and outside the right shin.

Repeat x 10 repetitions each side



On Set 2, perform alternate leg lunges reaching the same arm below and inside the same knee (left hand passes below and inside the left knee, while right hand passes below and inside the right knee).

Repeat x 10 repetitions each side



During training and rehab from injuries we often utilize split squats for strengthening. Beyond the impact on the lower extremity, there is a need for sufficient trunk control and core stability necessitated by the next exercise for injury prevention. Initially, we focus on isometric split squats on the floor to address this, but then we progress to active split squats. Finally, we opt to increase the challenges to the core by reducing support and balance to the rear foot as well as adding external resistance to the isometric position in the form of light perturbations.

## Execution: Unbalanced Isometric Split Squats with Perturbation

Begin in a split squat position with the shin of the rear leg resting flat on the dome of the BOSU. The front leg will be in 90 degrees of flexion with the trunk upright.

Next, position the arms straight out in front of the chest (elbows extended and hands clasped together in 90 degrees of shoulder flexion).

Remain still while your training partner gradually applies resistance in multiple planes of motion (1-3 second intervals) trying to disrupt your center of gravity. The goal is not for them to overpower you, but more so to push you right to the edge of your ability to resist the motion and maintain adequate control.

Perform multiple perturbations for 30sec at a time. Allow a 1:1 work to rest ratio and then switch legs.

Repeat 2x each side.



## Progression:

Place the rear foot on the dome of the BOSU to further reduce the base of support. In this elevated rear foot position, you will initially be able to tolerate very minimal force. Hip Flexor tightness will also be more apparent in this position.



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

# Dog Agility 101-"Pawsitive" Basics

## By Jan Laidlaw Shurvell

*Your perspective is NOT your dog's perspective.*

**Basic Obedience:** In order to get started in dog agility your dog must have an understanding of basic informal obedience. The basic commands needed are stay, wait, down, off and "attention" or "watch me". Unlike formal obedience, in dog agility you need to work on either side of the dog. Start with simple exercises that begin to create a sense of flow and coordinated movement.

Try walking with your dog at your side then, using a soft tasty treat in hand, have him switch directions behind you by switching the treat to the other hand then continue walking with the dog on the other side. The same can be done in front of you. Or with the dog on one side, exchange the treat to the other hand and you change direction the opposite way inviting the dog to follow you.

**Break It Down-One Obstacle At A Time:** Your dog **cannot** make a mistake when you are both first learning agility, so don't get frustrated with him/her. Every obstacle is new to your dog and she can't be expected to understand what you want her to do at first. Keep your dog safe, and don't push her beyond her capabilities. Your objective is to shape the behavior with each obstacle, through a series of small steps.

**Choosing Obstacle Commands:** It helps to choose a command for each obstacle that is short and distinguishes it from other obstacles. Some examples for names are: jump, walk, crossover, tunnel, weave, poles, Aframe, Teeter or See-Saw, chute, tire, box or table, etc. Use the same name consistently. Dogs often respond to the first sound that comes out of your mouth so try to choose words that sound different from each other.

**See From Your Dog's Eyes:** Dogs have better vision in low light than humans, but are less able than we are to see fine detail in brighter light. A dog doesn't need to see fine details or color the way we do. They make up for it with their enhanced sense of smell, better vision in low light and excellent motion vision. It is easier for your dog to see you if you are wearing bright clothing that doesn't blend in with your background. Dogs have better peripheral vision than we do.

**What's My Motivation:** Your dog will respond to the energy you project. Let him know when he has done something well! Rewards for a job well done can include food, tug toys, praise, or a simple click if you are using clicker training. When your dog has done something **exceptional**, let him know he has hit the **jackpot** with **extra** treats or rewards!!!

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## NEAT MEMBER BRAGS FOR SEPTEMBER

**Member: Mary Keays and Kiah**

**Member : Karen Kay and Taffy**

Participated in Dee Ganley's Workshops on wag it games, nose work, agility, and tracking. NEAT member, Andrea Rogers, assisted Dee with teaching the workshops. For more information visit [www.deesdogs.com](http://www.deesdogs.com)

**Member: Isabel Danforth and Cocoa**

Cocoa O'd his 3rd Chances Run earning a Novice Chances Title and NADAC Novice Versatility Award. You can see them in action at: [www.youtube.com/watch?v=KavNIhGOOo](http://www.youtube.com/watch?v=KavNIhGOOo)

### PLEASE WELCOME NEW MEMBER

**Courtney Fuller and her dogs Bonnie & Montana**

**Sherry Phillips and her dog Chai**

**Jennifer Jacobs and her dog Tide**



**Member: Sandy Cody and Jed**

**Sept 1st and 2nd at ARFF Trial**

USDAA Starter Gamblers 22" 1st Place and Q

USDAA Starter Snooker 22" 1st Place and Q

USDAA Starter Pairs 22" 1st Place and Q

USDAA P1 Jumpers 16" 1st Place and Q

**\*Title: Starters Performance Jumpers**

**Riverside K9, North Smithfield, RI Sept 14-16**

USDAA Starter Pairs Q

USDAA Starter Gamblers Q

USDAA Starter Snooker Q

**\*Title: Starters Gamblers Title SG**

USDAA Starter Snooker 1st Place and Q

USDAA Starter Pairs 3rd Place and Q

USDAA Starter Standard 1st Place and Q

**\*Title: Starters Relay Title SR**

**\*Title: Starters Snooker Title SSA**

**\*Title: Starters Standard Agility Title SSA**

USDAA Starters Snooker 3rs Place and Q

**K9 Logix, Greenfield, MA 9/22/2012**

USDAA Advanced Gamblers 1st Place and Q

USDAA Advanced Snooker 1st Place and Q

USDAA Starter Jumpers 2nd Place and Q

**\*Title: Agility Dog Title AD**

**Jed Cody**

**September 16, 2012**

**USDAA Agility Dog Title**

## DOG AGILITY 101 CONT.

**The Art of Body Language:** Body language is the most important form of communication used in dog agility. You can control what your dog sees by how you move your own body in relation to each obstacle. Our ability to give commands at the appropriate moment, not too early and not too late, often determines whether a dog will hesitate, rush towards the wrong obstacle, make her own choice or take the desired obstacle. Timing is crucial for both verbal commands, and for body language. Two of the most basic moves you will need to learn are the Front Cross, and the Rear Cross.

**One Of A Kind:** Every dog has its own unique learning style, and there is no “one size fits all” way to do agility. Each dog requires slightly different training approach depending on speed, confidence, and personality.

**Stress:** When first learning agility, some dogs feel especially stressed, by other new dogs, new people, new surroundings, unfamiliar obstacles and smells. They will also feel stress if they are being pushed too hard to do something they don't understand. Watch for these possible signs of stress: excessive panting, constant sniffing, refusal to take food, running away, tuning out, and distraction or refusal during a command they normally understand. Your job is to lower the stress level and simplify things for the dog. Remember the “twice rule”. If it doesn't work after two times, try something else. If the stress level hasn't dropped, then stop and take a break or quit for the day. End each session on a happy note!

**Physical Limitations:** Dogs often try to please you even when it is uncomfortable. Dogs that are injured, or in pain, should not be playing agility. If your dog is displaying avoidance tactics, then consider that there may be a physical problem such as hip dysplasia. Dogs that are under 1 year old should never jump higher than elbow height.. Pups under 6 months should have the bar on the ground.

**Try This At Home:** There are exercises you can do with your dog without even using agility equipment. To work on “send-outs”, take your dog to a location like a school playground or field. Use a target plate, like a plastic container lid and put treats on it. Use a command like “out” or “go” as his signal to fetch the treats. Repeat from different angles. You can even use a long hallway in your home for this exercise.

**Have Fun:** Fun is the purpose of agility—for both you and your dog! Winning doesn't matter, but support and encouragement by our peers and instructors does.

**Competition:** There are agility trials of many kinds throughout the world for most levels of dogs and trainers. When you are ready, testing your skills in public with a qualified judge can be a great learning experience, as well as watching the techniques of other trainers.

The best reward is the enjoyment you and your dog have together. Anything else—ribbons, titles or awards—are insignificant in comparison to the great time you can have and the bond you can develop playing agility!

WWW.NEATCLUB.COM

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# NEAT CLUB MEETINGS

Thurs October 18th 6:00pm at Access Acceleration  
 Thurs November 15th 6:00pm at Access Acceleration  
 Thurs December 13th 6:00pm at Access Acceleration

NEAT Show N Go/Run-Throughs at Tonry Tree Farm  
 Sunday  
 October 28th, 2012



\*Great Way For New-Comers To Be Introduced  
 To Competing In Agility  
 Low-Key and Lots of FUN!!!!



## 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 Nov 1 5:30pm SPCA  
 Thu Nov 1 6:30pm SPCA

### Beginner I Agility

Sun Oct 28 7:15pm SPCA

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

Sun Oct 28 6:15pm SPCA

### Beginner III/Intermediate

Mon Oct 29 5:30pm SPCA

### Advanced Interm/Competition

Wed Oct 31 6:30pm Tonry Tree

### Competition Agility

Wed Oct 31 4:30pm Tonry Tree

Wed Oct 31 5:30pm Tonry Tree

\*No Classes Thanksgiving Week

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

Starts Tuesday, October 30th,  
2012

At the NHSPCA

(Club Members Only)

NHSPCA

Stratham, NH

Tuesdays 4:30pm-6:30pm

NHSPCA

Stratham, NH

Sundays 4:15pm-6:00pm