



# AGILITY NEWSLETTER SEPTEMBER 2012



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## OCTOBER SHOW N GO EVENT

The New England Agility Team would like to invite everyone to their fall Show N Go at Tonry Tree Farm in Exeter, NH. We will have 3 levels of “nested courses” for all levels. This is a great opportunity to get a feel for what competing in agility is all about with no pressure. It’s a great training and practice tool for all levels of agility.

No pre-registration is necessary for participation. Just show up on Sunday, October 28th to register and pay by the run. Participants may use toys and treats while running the course.

We can’t wait to see you on the 28th! This event is so much FUN!!! NEAT Members will be able to guide and help you at the registration table. Remember. . .no pressure or stress. . .ONLY FUN IS ALLOWED!!!!

**Please Visit Our Website For Event Flyers and Details!**

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

**Directions: to Tonry Tree Farm**

From route 101, take exit 11 for route 108(Stratham/Exeter)- (From Manchester – right at bottom of exit /from Hampton – left at bottom of exit). Proceed to first traffic light by MacDonald’s. Go left onto Holland Way (route 88). Proceed to stop sign. Take a right onto 27 then take an immediate left onto Route 88. Tonry Tree Farm is about 1 mile on the right. Please park where indicated.

**Inside this issue:**

Mobility For Handlers	2
Terms For Jumping	3
NEAT Member Brags	4
Upcoming Seminars	5
Class Schedule	6
Meeting Schedule	6

**Points of Interest**

- Visit the new NEAT website at [www.neatclub.com](http://www.neatclub.com)
- NEAT Practices are alternating between Tues and Thurs until the October Show N Go!
- NEAT Agility Show N Go Scheduled For October 28th at Tonry Tree Farm in Exeter!

# FUNCTIONAL MOBILITY FOR THE HANDLER

BY KAREN KAY, CSCS, CES, CPS, CPT

Let's start the fall season with some mobility exercises for the agility handler. These exercises will address a lack of both mobility and symmetry in your body. The goal is to work in a comfortable range of motion and to progress step by step to improve your mobility.

## The "Brettzel" Mobility Exercise

This is a total mobility exercise for the quadriceps (front of the thighs), hips, piriformis (deep in buttocks), gluteals (buttocks), low back, and thoracic spine (mid-back near your shoulder blades) that will aid in improving shoulder limitations.

**Body Parts Targeted:** Rotational, Get Up

**Starting Position:** Side-Lying

Lay on your side with your neck supported so it remains in a neutral position. Since your shoulder will be on the deck, elevate your head with a towel or foam pad so that your neck is not downhill, or uphill, but right in line with the remainder of your spine. The neck should be completely relaxed during this stretch. Draw your knees and hips into a fetal position, bending at your hip joint to create as tight of an angle as possible. The angle between your thigh and your torso should be less than 90 degrees. If you are extremely flexible, you may be able to place your thigh directly onto your chest wall, but it is important to take up all the available slack. Assuming that you are lying on your right side, hold your left knee close to your body with your right hand.

Reach back with your right leg, bringing your thigh as far behind the plane of your body as possible, then bend your right knee as much as possible. Try to grasp your right ankle with your left hand. Once you are in position, and not until you have both legs secured, proceed to the next step.

The next step is a maximal shoulder rotation away from the deck and toward the sky. If you're lying on your right side, try to turn your body toward your left as far as you can. Let your neck remain in a neutral position and, then, slowly look with

your eyes and turn your head to enhance the shoulder turn. If you cannot grasp your right ankle with your left hand, use a small loop or belt to extend your reach until your flexibility will allow. Do not drop the maintained left hip flexion since it will protect your low back and influence the rotation stretch on the thoracic spine.

The benefits of this stretch demonstrate a three dimensional chain of events that often play off of each other. You will expose yourself to any quadriceps or hip flexor tightness on the right leg. You will also expose yourself to any piriformis, glute, or low back tightness with the left hip flexed position. Lastly, once this position is maintained, rotation will expose you to any T-spine rotation deficit. Thoracic spine mobility plays heavily in shoulder mechanics and may be the underlying cause for shoulder limitations. At no time should you strain your neck, but only use your neck turn and your "eye look" to complement the shoulder rotation that your are executing.

Once in position, use slow, deep diaphragmatic breathing to relax. To gain extra distance, pull each leg away from the arm that is gripping it without actually coming free from the grip. Immediately after this contraction of trying to extend the left leg and flex the right leg, at the hip, relax and rotate the spine a few extra degrees, which should be available after the contraction.



Step 1



Step 2



Step 3

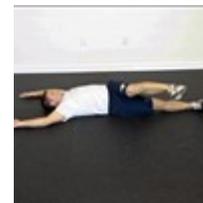
## Rolling Lower Body

This is a lower body rolling pattern for increased hip mobility and stability while resetting the core.

**Body Parts Targeted:** Rolling

**Starting Position:** Supine (on back)

Lay on your back, hands overhead, feet shoulder width apart. Flex one hip and reach the leg across the body. The upper extremity remains still on the floor until the lower body pulls it over. To return to the starting position extend and reach the same leg diagonally across the body. Again the upper extremity remains on the floor and the lower body merely pulls it over.



Step 1



Step 2



Step 3



Step 4

## JUMPING TERMS YOU NEED TO KNOW

**Back Jump:** To take a jump from the wrong side or, having taken the jump from the correct side, to turn around and take it again going in the opposite direction.

**Completion Side:** The side of the obstacle where the dog finishes his performance, such as the landing side of a jump or the exit of a tunnel. The completion side is a location cue.

**Extension:** A lengthened stride and faster speed. Creates horizontal propulsion over the jumps with flat trajectory.

**Flat Jumping Arc:** A jumping arc with a horizontal trajectory and long takeoff and landing distances. Associated with extension.

**Jumping Arc:** The jumping arc is the dog's trajectory over the bar when viewed from the side at ground level.

**Round Jumping Arc:** A round jumping arc has a relatively vertical trajectory with takeoff and landing distances approximately equal to the height of the bar. Associated with collection.

**Wrap:** A 180 degree or greater turn over a single jump.

**Threadle:** A classic threadle configuration consists of two jumps, side by side, taken in the same direction. This combines a 180 degree wrap where there is a need to restrict the dog's path upon landing, plus a recall past the plane of an obstacle.

**Pinwheel:** The classic pinwheel configuration consists of three or four jumps set at approximately 90 degree to 120 degree angles, with turns in the same direction.

\*From *Developing Handling Skills* by Linda Mecklenburg

# NEAT MEMBER BRAGS FOR AUGUST

## Member: Mary Keays and Lexi

NADAC Elite Regular 2nd Place  
 NADAC Elite Regular 1st Place  
 NADAC Elite Tunnelers 3rd Place  
 NADAC Elite Regular 3rd Place

## Member: Sandy Cody and Jed

Sept 1st and 2nd at ARFF Trial  
 USDAA Starter Gamblers 22" 1st Place and O  
 USDAA Starter Snooker 22" 1st Place and O  
 USDAA Starter Pairs 22" 1st Place and O  
 USDAA P1 Jumpers 16" 1st Place and O  
 \*Title: Starters Performance Jumpers

## Member: Isabel Danforth and Cocoa

Isabel and Cocoa attended the Lisa Bonkers Seminar in Seekonk, MA. This seminar included directionals, discrimination, and distance handling.

PLEASE WELCOME NEW MEMBER  
 Cindy Wood and her Mini-Aussie Zoey

PLEASE WELCOME THE NEW ADDITION TO THE HEBERT FAMILY  
 TOD AND KHLOE HAVE A SURPRISE!



IT'S A GIRL!  
 KHLOE HAS A NEW SISTER  
 "NO NAME" YET



## UPCOMING EVENTS OF INTEREST

### "JUMPERS GENIUS" Seminar at White Mountain Agility

Saturday, October 13th, 2012 Full Arena on Turf, No. Sandwich, NH

Advanced Training and Handling with National Champion Julie Daniels

\$140.00 includes breakfast and lunch (Limited to 10)

\$50.00 for an auditor spot (non-working companions are auditors)

Delightfully Diabolical Short Courses for the Well-Trained Dog and Handler!

How Much Do You Know at Speed? Got Cues? Got Steering? Got Teamwork?

Which Cross Where, Set the Line, Lots of Speed, Back Sides, 270's and 360 Wraps!

We Will Create an Individual Jumping Profile for Each Dog!

See the facility at [www.whitemountainagility.net](http://www.whitemountainagility.net)

Email Julie: [JulieDaniels@cyberpine.net](mailto:JulieDaniels@cyberpine.net)

### Jenn Crank Agility Seminars

Hosted by the Albany, NY Obedience Club

Jenn Crank has represented the United States as an AKC World Team Member multiple times, and was a silver medalist at the World Team competition and gold medalist at the World Agility Open. She has a reputation of being an outstanding, positive, and inspiring instructor.

Half Day Seminars are Offered at the Novice/Starters and Open/Advanced Levels

Covering common handling sequences; and for the open/advanced and masters/excellent levels a seminar focusing on crosses. A full day Excellent/Masters Handling seminar is also being offered.

Where: Albany Obedience Club, Glenmont, New York

Date: Saturday Morning, December 1st Handling Common Sequences

Saturday Afternoon, December 1st Crosses

Sunday All Day, December 2nd Excellent/Masters Handling

More information and registration forms at: <http://www.berk.com/aoc/seminars.htm>

WWW.NEATCLUB.COM

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# NEAT CLUB MEETINGS

*Thurs September 20th 6:30pm at Access Acceleration*  
*Thurs October 18th 6:30pm at Access Acceleration*  
*Thurs November 15th 6:30pm at Access Acceleration*  
*Thurs December 13th 6:30pm 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 Sept 6 5:30pm SPCA  
 Thu Sept 6 6:30pm SPCA

### Beginner I Agility

Sun Sept 9 5:30pm SPCA

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

Sun Sept 9 6:30pm SPCA  
 Mon Sept 10 5:30pm SPCA

### Beginner III/Intermediate

Mon Sept 10 6:30pm SPCA

### Intermediate

Wed Sept 5 6:30pm Tonry Tree

### Competition Agility

Wed Sept 5 4:30pm Tonry Tree  
 Wed Sept 5 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.