



AGILITY NEWSLETTER

Volume 1, Issue 5

May1, 2012



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Points of Interest

- Visit the new NEAT website at www.neatclub.com
- The date is set for PAWS WALK 2012 for June 10th. Please visit NEAT and try out agility for a great cause!
- Class Schedule at Tonry Tree Farm Set!

THANK YOU FLYING COLOURS FARM!!!

The New England Agility Team would like to thank Stevie Manos of Flying Colours Farm in Kensington, New Hampshire. Our Club had the privilege of conducting both classes and practices in the Arena at Flying Colours Farm from November to April this year.

The Flying Colours Arena provided NEAT members with a state of the art place to train during the winter months. The size of the Arena played a huge role in improving our winter practices and classes. It provided an opportunity for those competing indoors during the winter to have a practice facility with regulation dimensions for our training. It also provided those preparing to compete this spring to take classes in a ring that is competition size. Thank you to our NEAT agility instructor and Vice President, Nadine Perry for fostering this relationship with Stevie.

New England Agility Team members can't thank Stevie and her husband enough for their hospitality. We would also like to extend that thank you to several of their staff who were always there to help and assisted us with set up on many occasions. They also provided us with water and hoses on April 20th so that we could prep and pack the equipment for the May Trial. Thank You!!!!

AGILITY COMPETITION IN THE SEACOAST

The New England Agility Team will be hosting a US-DAA Agility Trial/ Competition on May 19th and 20th. There will be two agility rings with the first dogs on the start line by 8:00am each day and competition will continue into the late afternoon/early evening on both days.

Please bring your lawn chair and enjoy the competition. There will be food and drinks available for purchase at Nikki's Grill. There will be other pet vendors in attendance as well.

We rely on volunteers to run these events so please let us know if you would like to volunteer. Set-up begins on Friday, May 18th at 2:00pm and goes until we finish. The more volunteers we have the less time it takes for everyone. It's a great way to learn about agility and about how a trial is conducted.

Agility students in Nadine's classes should let her know if you would like to volunteer that weekend. Otherwise, we expect to see you cheering in the stands!

**NEAT USDAA
Agility Trial
Set-Up On
Friday, May 18th
@ 2:00pm
Competition on
May 19th and 20th
@8:00am-4:00pm
Sanderson Field
683 Post Rd, Greenland, NH**

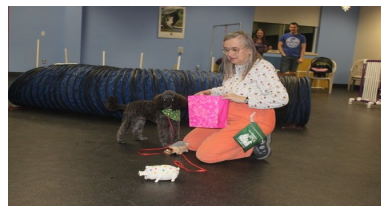
JULIE DANIELS SEMINARS AT WHITE MOUNTAIN AGILITY

Advanced Novice Seminar
4/15/12
10:00am-4:30pm
White Mountain Agility
North Sandwich, NH



Julie Daniels with NEAT member Taffy Kay @ The Advanced Novice Seminar

- How, When, and Where to use Front Crosses
- Progressions and games for learning the see saw and weave poles
- 1 Jump practice exercises from multiple entry angles
- Blind crosses on the A Frame
- Handling options for short sequences
- Exercises for focus, balance, and coordination
- Lead Outs and Contact Work



NEAT member Isabel Danforth & Cocoa attended the Advanced Handler Seminar

Advanced Handling Seminar
4/22/12
10:00am-4:30pm
White Mountain Agility
North Sandwich, NH

- How, When, and Where to use blind crosses and slides
- Funky turns, wraps, and slices
- How to see and set the best lines
- Using deceleration, acceleration, push, and pull
- Handler Dog Drills for speed, balance, coordination, and efficiency

ON THE STABILITY BALL EXERCISES

BY KAREN KAY, CSCS, CES,

This month we will add some stability ball exercises for the handler. These exercises are a fun way to increase core strength and prevent injuries. The ball is also very useful in identifying muscle imbalances that may exist within your body.

Core strength involves strengthening every muscle that attaches to your pelvis and not just your "Abs". Everyone needs spinal stability to prevent back injuries and stop those that have already occurred from worsening.

Core strength is also the foundation for running and all other functional and athletic activities. In a future issue, we will show you how your dog can also get on the ball to increase their core strength to prevent injuries.

See www.accessacceleration.com for more information on physical training

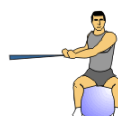


Kneeling Roll Outs:

- Abs tight, back flat (no arch) and slowly roll ball away from your body dropping your hips toward the floor.
- If your back starts to arch. . .you let go of your abdominal muscles and you should re-set and not roll as far on the next repetition

Seated Band Trunk Twist

- Sit on the ball in a neutral spine position (abs in, tail bone tucked, flat back)
- Twist slowly using your core to do the work



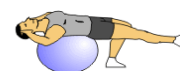
Straight Leg Trunk Twist on Floor

- Neutral spine; ball between legs in shin/ankle area
- Slowly lower the ball to the right by lowering your legs toward the floor, return to the upright position, and slowly lower to the left



Single Leg Ball Bridge

- Sit on the ball and roll out until your head is supported; tighten abs and buttocks so your back doesn't "sag"
 - Lift one leg and extend it in front of you keeping a neutral spine position



NADINE PERRY'S TRAINING TIPS

"I read a suggestion in Clean Run for practicing 'measuring' before shows and trials with your dog. I think this suggestion is really good. It was written by Elizabeth Evans. She suggests teaching a relaxed 'stand' at home. Then try using a plastic coat hanger to place on the dogs withers. Though you won't be able to tell your dogs height, it's a really cool thing to do at home. You can also put the dog on the table (if you have one) and swing the coat hanger over the dog. Bring the hanger to class and have others practice with 'measuring' during class."



Nadine Perry

UNEXPECTED RUBBER CONTACT DANGER

In almost all regards rubber coated contacts are "a good thing". The most common danger about them is to the people moving them. Rubber adds considerable additional weight to the equipment. Aluminum and composite aluminum skins can help bring the weight down compared to plywood (especially marine/exterior grade plywood). But there is one thing I didn't think of when I put rubber on my A Frame:

I discovered dried pine needles caught in the rubber matrix on my A Frame. Considering my yard is ringed with pine trees no matter where I put it my A Frame always has hard, sharp pine needles sticking up out of the rubber.

It takes a while to get them out too. I've used a shop vac, leaf blower, scrub brush, broom, hose, pounding on the back side and no matter what I do it still takes a while to manually pick the remaining ones out. The last thing I need is to have one of our dogs drive a hard pine needle into his paw while running the A Frame. So it looks like I need to put my Contact Cozies on all year long.

By Steve Schwarz

AGILITY SPEAK: WHAT IS A TAB LEAD OR LEASH?

The Tab is a very short, light leash that is used as a transition from training the dog on-lead to running the dog loose. The Tab makes it easier to catch your dog and to control him while he waits his turn. The Tab should be long enough to grasp but not so long that the dog might step on it. The short length of the Tab also makes it less likely to get caught on any of the agility equipment, but you should be aware that the possibility still exists.

Visit www.cleanrun.com to purchase a TAB Leash

NEAT MEMBER BRAGS FOR APRIL

Member: Nadine Perry and

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

- 3 Q's in AKC Novice B Standard, JWW, and FAST with a 1st and 2nd place

2012 Belgian Sheepdog National Specialty in PA

Izzy with her sire, Ace and brother, Hondo as a team took 2nd Place at the 2012 Belgian Sheepdog National Specialty in PA in the Stud Dog Class

Member: Isabel Danforth and Cocoa

April 28th Addicted to Agility Trial in No, Smithfield, RI

- Attempted his 1st Chances run and did a good job

Member: Nancy Hoffman and Stewie

April 28th and April 29th at Addicted to Agility's NADAC Trial in No. Smithfield, RI



Best Purple Award on 4-28-2012

NADAC Touch N Go 300 Title

NADAC Tunnelers 500 Title

Lifetime 2500 Point Award

Stewie had too many Q's to count as he was 4 for 6 on Sat and 4 for 6 on Sun. These included a Chances and a Weavers Q!

Member: Mary Keays and Kiah

Kiah made her Trial debut in No Smithfield, RI on April 28th and 29th at the Addicted to Agility Trial

- A Q in Tunnelers

Member: Sandy Cody and Jed

April 28th at the K9 Logix Trial in Greenfield, MA

- USDAA P1 16" Gamblers 2nd Place and Q

Member: Tod Hebert and Khloe

April 28th at Bo Gee Trial, Deerfield, NH

- CPE Level 2 Jumpers 1st Place and Q
- CPE Level 2 Wildcard 2nd Place and Q

Member: Maggie Currier and Sadie

April 28th at Bo Gee Trial, Deerfield, NH

- CPE Level 2 Jumpers 2nd Place and Q
- CPE Level 2 Standard 2nd Place and Q
- CPE Level 2 Wildcard 2nd Place and Q

Member: Karen Kay and Taffy CL-1

April 7th at All Dogs Gym, Manchester, NH

- CPE Level 2 Jumpers 2nd Place and Q
- CPE Level 2 Jackpot 2nd Place and Q
- CPE Level 2 Snooker 3rd Place
- CPE Level 2 Standard 3rd Place

April 27th and 28th at Bo Gee Trial, Deerfield, NH

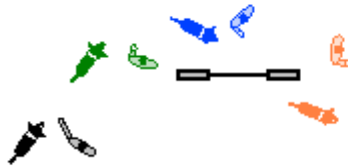
- CPE Level 2 Jumpers 3rd Place and Q
- CPE Level 2 Jumpers 3rd Place
- CPE Level 2 Fullhouse 3rd Place and Q
- CPE Level 2 Jackpot 1st Place
- CPE Level 2 Snooker 3rd Place
- CPE Level 2 Wildcard 4th Place

NOTE: Taffy earned her Level 2 Fun Games Title on 4/27/12 with 3 Q's in Fullhouse Level 2 and 2 Q's in Level 2 Jumpers!

BACK SIDE ONE JUMP HANDLING EXERCISES

Back Side One Jump Handling Options/Exercises

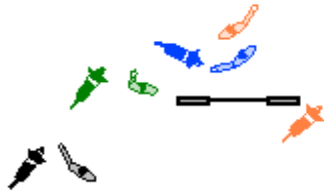
Push to Back - Front Cross Take Off



Push to Back - Front Cross Landing Side



Push to Back - Ketschker Take Off



Push to Back - Front Cross Landing Side



Push to Back - Rear Cross Take Off



Push to Back - Rear Cross Landing Side



Push to Back - Blind Cross Landing Side



Push to Back - Scoop Landing Side



Push to Back - Shoulder Pull Take Off Side



Push to Back - Pull to Ketschker Take Off Side



WWW.NEATCLUB.COM

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 Secretary Megan LaCroix m.lacroix@comcast.net
 Membership Isabel Danforth danforth@alumni.tufts.edu

NEAT CLUB MEETINGS

All Members Are Welcome!

Thurs May 10th 7:00pm Access Acceleration

- Final Organizational Meeting Before The Trail

Thurs June 7th 7:00pm Access Acceleration

- Review the May Trial and Finalize Pawswalk 2012

Sun June 10th 9:00am PAWSWALK

- NEAT members give mini lessons for a donation to the NHSPCA
- Stratham Hill Park, Stratham, NH

Check Out The 2012

IFCS World Agility Championships

May 9th Team Practices

May 10th Pre-Event Classes

May 11th Championships Begin

www.wac2012.com and

www.ifcsdogsports.com



AGILITY CLASS SCHEDULE

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

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

Thu May 31 5:30pm SPCA

Thu May 31 6:30pm SPCA

Beginner I Agility

Mon Jun 4 5:30pm SPCA

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

Sun Jun 3 4:30pm SPCA

Mon Jun 4 6:30pm SPCA

Beginner III Agility

Sun Jun 3 5:30pm SPCA

Intermediate Agility

Wed May 30 6:30pm Tony Tree

Sun Jun 3 6:30pm SPCA

Competition Agility

Wed May 30 5:30pm Tony Tree

Classes run in six (6) week intervals. You can register online at 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

NEAT PRACTICE (Club Members Only)

Tony Tree Farm

Exeter, NH

Tuesday OR Thursdays TBA

Time: TBA (evenings)

NEAT Members should check the Yahoo Group List on a Weekly Basis to See The Practice Announcements

Practice at Tony Tree cannot begin until after the trial on May 19th and 20th. The equipment will be moved and the fence put up at that time.