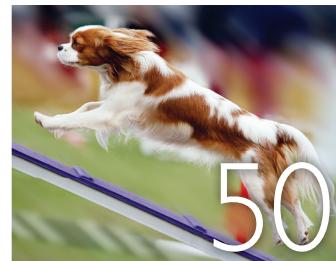


# Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

JANUARY 15 VOLUME 21 NUMBER 01

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DIANE LEWIS PHOTOGRAPHY, PETER STEPHENS



## The Birth of Handling

Back when agility started, crossing behind your dog wasn't a handling move; it was an accident. Just as agility has grown exponentially in popularity since it was first introduced in the USA, so have the sport's handling and training methods evolved at a stunning pace. By Nini Bloch

## How Much? How Often? A Look at Training and Conditioning

Physical conditioning, skills training, and running courses are all components necessary for building and maintaining a successful agility career, but the time invested in them may vary based on the age and experience level of the dog. By Brenna Fender

## Teaching the Seesaw the

### DogLogical Way, Part 1: Pre-requisite Foundation Work

Before you even go near a wobble board, there is lots of foundation work you can do with your dog to help train a confident, fast, and independent seesaw performance.

By Lynne Stephens KPA, CTP

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Some reflections on 20 years of Clean Run history.  
By Monica Percival

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How much agility training and trialing is enough and how much is too much? These are not easy questions to answer, nor is there one right answer.  
By Kristin Wolter, CVT, CCRA

### 27 How Hula Hooping Can Make You a Better Agility Handler

Hooping makes you more aware of your non-dominant side, helps you get comfortable rotating, and improves proprioception. By Jenni Shelegy

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One of the challenges instructors face each week is designing drills that require little moving of equipment between groups and challenge all the students in the class while not making it so difficult that they cannot be successful. By Kristy Netzer

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With a great deal of clinical research supporting its healing effects, laser therapy is now considered standard practice in canine rehabilitation and sports medicine. By Carolina Medina

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Hungarian Anna Eifert has accomplished a lot in agility. Her next goal is to run the first Bull Terrier to ever compete at the FCI Agility World Championships. By Sally Silverman

### 61 Raising Your Pup 2 Perfection: Groups, Classes, and Habitats

Groups and classes can be a great way to meet up with friends, enjoy some of the more social side of dog training, and get together to share and enjoy new learning and training. However, have you ever stopped to consider it from your dog's point of view? By Lauren Langman

### 64 I Know That's Not the Way You're Supposed to Handle This, But...

The most efficient line for me as a handler is the last thing on my mind when I walk a course. Instead, I look at it from the perspective of how I can get my dog to run the shortest route, regardless of what bizarre things I might need to do to accomplish that. By Michelle Hrnchar

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Are we making agility unnecessarily complicated? Does success on course really lie within increasingly complicated cue combinations? Let's look at simple and straightforward handling solutions for a complicated course. By Daisy Peel

### 20 Being an Innovative Dog Trainer: Optimising Learning Without Fallout

Effective reward-based dog training means we move from an attitude of working to inhibit and restrict our dogs' natural behaviours to instead enhancing and promoting the behaviours we do want. By Tom Mitchell

### 30 Conditioning Canine Athletes: Getting Started

Conditioned dogs perform better with fewer occurrences of injury. A good conditioning program needs to include proprioception (awareness of where the body is in space), core strengthening, and aerobic exercises.

By Bobbie Lyons



### 44 As the World Turns: German Turn

The German turn is used in situations where the dog and handler are approaching the jump from the landing side. It specifically involves the dog jumping on a slice and the handling doing a blind cross. By Mary Ellen Barry

## Cover Dog

Jack Russell Terrier action photo by Doghouse Arts. Weave pole "flames" provided courtesy of Photoshop!

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