Agility Is a Gift!

By Kathy Keats, The Agility Coach

We are all so lucky for agility and what it has given us. Enjoy these exercises and remember how special our dogs are to us!

- There are a number of discriminations in these challenges. Go at the discriminations aggressively. Don't "over-handle" the discriminations because you will start to fade your cues. Train your dog to respond to your signals.
- The weave pole entries may need a bit of collection depending on your dog's length of stride.
- There are lots of opportunities to work turns off the A-frame in these sets as well.

Find more ideas and explanations for this setup at www.theagilitycoach.ca under Free Downloads.

Enjoy! The Agility Coach

The Agility Coach

Your guide to success.

Master Blaster: Level 3, World Challenges of 2010—COMING SOON! Check out the NEW The Agility Coach Notebooks of a World Champion

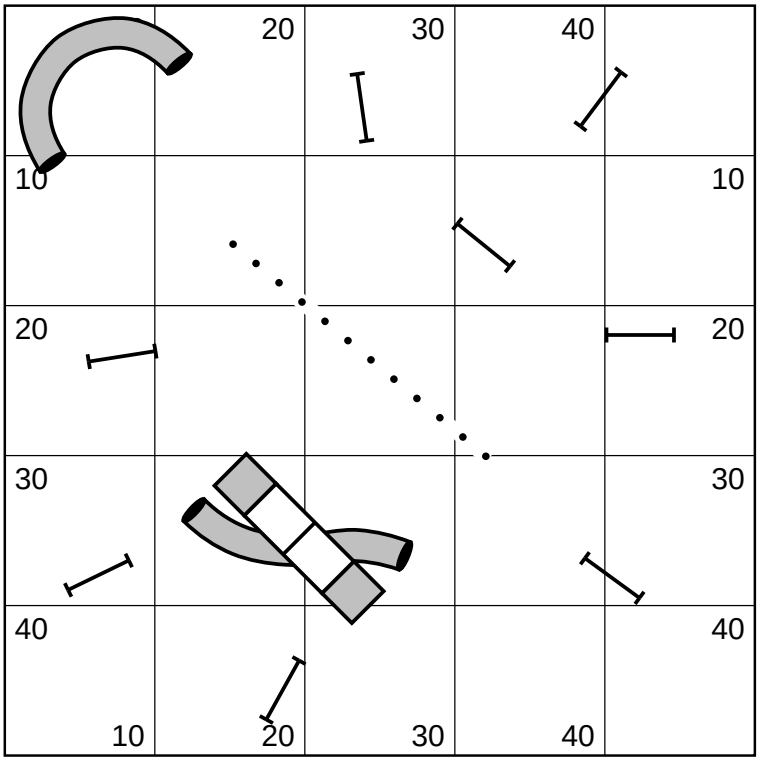
Go to www.TheAgilityCoach.ca for FREE additional sequences of this Exercise of the Month

The Agility Coach provides in-depth skill development programs for all levels of agility competitors, whether it is foundation skills for beginners or mental preparation and peaking for world-class competitors. The programs are progressive and goal-oriented, the training plan an elite coach would lay out for an athlete striving to be the best she can be.

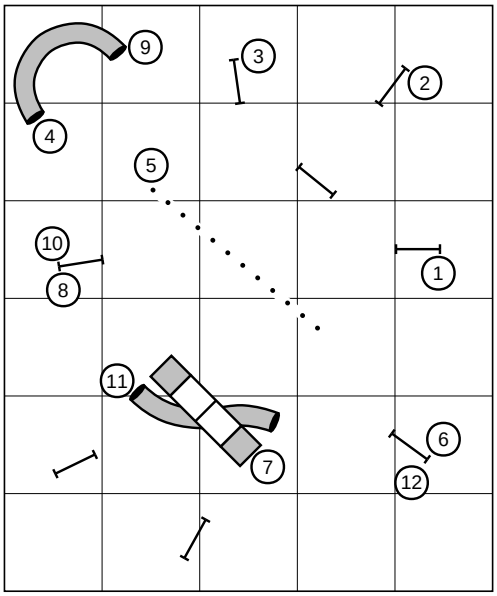
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has worked with elite athletes and coaches from around the world. She has coached at the university, national, and international level. She was one of the first people to introduce the sport sciences to dog agility and enjoys working with new handlers and dogs as well as seasoned competitors.

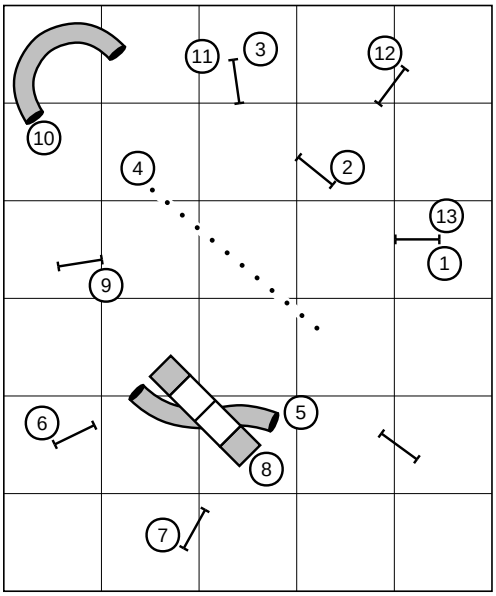
kathy@theagilitycoach.ca

Setup

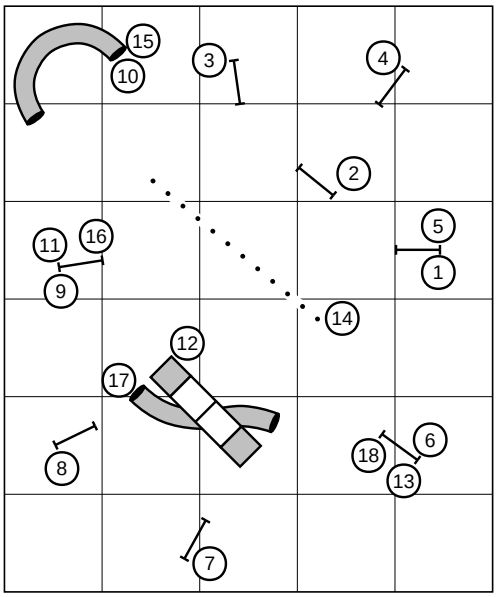


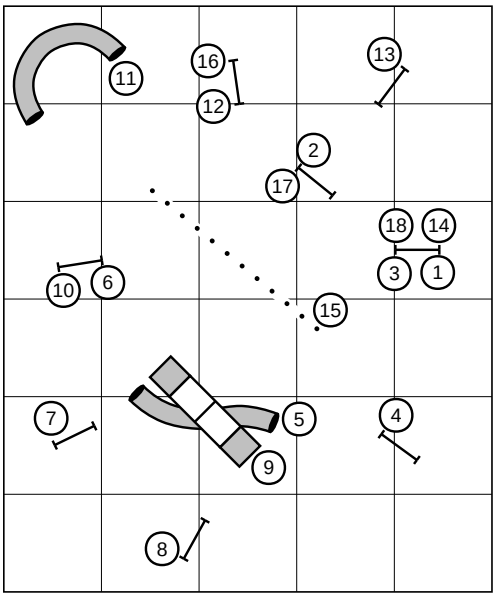
Exercises 1 & 2



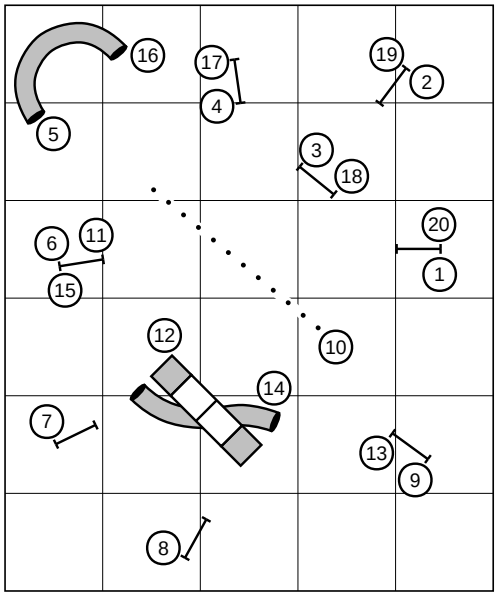


Exercises 3 & 4





Exercise 5



The next generation of course design software is here...

And it has all the features you've been requesting most:

Full support for baseline method of course building
Ability to apply colors to obstacles, obstacle numbers, and paths
Zoom in and out feature
Bendable pipe tunnels
Editable dog, handler, and judge paths
Additional shapes, including a dog and a person
Automatic reversing and renumbering of courses
Ability to make a mirror image of all or part of a course
Full support for AAC and UKC obstacle specifications
Additional controls for many existing obstacles
And much, much more!

Available in English, Dutch, Finnish, French, German, Japanese, Spanish and Swedish versions.

Native Macintosh version now available!

Clean Run Course Designer™ 3

Try it free for 30 days www.cleanrun.com