

# Clean Run®

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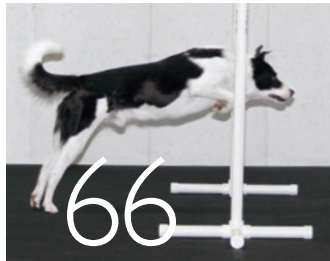
## Handling Your Dog in Awesome Style, Part 3: Fundamental Skills

This month we learn about the foundation training that is part of this system. The skills are trained on the flat, without a jump, and include heel position, recalls to heel, heelwork, and sends. By Linda Mecklenburg



## Canine Supplements: Do They Really Work?

There is growing evidence which suggests certain supplements can maintain health and help the body heal. But how do you evaluate which supplements are safe and effective for your dog? By Julie A. Roos, DVM



## Cece's Gym Exercise of the Month: Plyometrics

Plyometric activities will improve your dog's power, strength, rhythm, and muscular endurance, and ultimately, will help preserve his body. By Debbie Gross Saunders, MSPT, OCS, CCRP

## Features

### 5 Editorializing: The Excuse

In our efforts to reinforce drive we often accept rude, spazzy, and just plain "wrong" behaviors from our dogs. At the same time, we fail to encourage calm and relaxation out of fear that it might lessen drive. By Amy Hanridge

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Here is a fun and simple way to introduce a young dog to balance and striding as he jumps. By Mary Ellen Barry

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A training log will help you pinpoint problems, keep you focused, provide direction, show improvement, and even be an indicator of your dog's overall health. By Brenna Fender

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With number six you can work on the timing and quality of your turns, practice send-outs, and practice lots of front and rear crosses. By Nancy Gyes

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If you find that packing for an agility trial is a chore or you are attending your first trial and not sure what to bring, here are some tips for packing efficiently and making sure you have everything you need. By Jim Keim

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While many competitors dream of earning titles, animal shelters continue to house dogs that were relinquished because they are too energetic, too smart, or too busy for most pet homes. Many of these dogs are great agility prospects. This month meet Sydney. By Lisa Barrett

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At 18 months, Sweep is ready for his first trial. Will he hold his start-line stay and stick to his contact performance criteria? If not, what will his handler, Jim, do? Plus, some exercises for working on turns. By Nancy Gyes

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Managing students who are chronically late, overly talkative, disruptive, or unfocused is a skill that good instructors need if they want their classes to run smoothly and efficiently. By Diana M. Barber, PhD

### 74 Conquering Ring Nerves: Talking Yourself into the Next Level

With daily practice, patience, and positive self-talk, you can make an emotional shift in your self-image and achieve success in ways you never thought possible. By Diane Peters Mayer

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Compiled by Brenna Fender

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Don't be a slave to the contacts! Using contact channels, teach your dog to perform contacts as fast as possible, while maintaining perfect accuracy, no matter where you are on course. By Jane Simmons-Moake

### 27 Starting as a Team, Part 3

Not all dogs run as fast as they can in the ring, especially low-arousal dogs. Here are some games you can play just before you go in the ring, to get your dog excited and ready to go. By Susan Garrett



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### 41 Teetering on the Edge: Dealing with Fear of an Obstacle

Sound-sensitive Quinn became terrified of the noisy teeter when he was just a puppy. A carefully executed plan that included counterconditioning and desensitizing helped him work through fears and master the obstacle. By Leslie McDevitt

### 53 When Pigs Fly: Play before Work

Playing games together will help you and your dog move past a basic level of sequencing obstacles and on to doing full courses in trials. By Jane Killion

## Cover Dog

MACH3, ADCH, NATCH Hawk Hill's Tobi Bear OF, SACH-Silver, SCH-Bronze, TM, JCH, GCH, RCH, S-EAC, S-EJC, a.k.a. Tobi, a six-year-old Pembroke Welsh Corgi owned by Darlene Paul of Maryland. Photo by M. Nicole Fischer Photography

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