

Clean Run®

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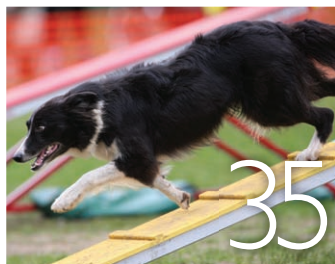
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Training in Drive: Shaving Seconds Off Sits and Downs

Instead of just burning off your pup's energy, why not harness that energy and drive to facilitate your training? If you can capture your pup's love for his favorite thing and use that to mark behavior during play, your training will flourish and develop with a speed you never thought possible. By Kea Grace



Tips for Training Running Contacts, Part 2

You've decided running contacts are right for you and your dog. So let's discuss specific requirements for training running contacts, regardless of the method used, and also look at one particular method you can use to train a running dogwalk and A-frame. By Daisy Peel



Ready, Set, Trial! Trial Nerves

Stress is the body's way of responding to different situations or challenges. Both dogs and their handlers experience performance stress at trials. Here are some ideas to help you deal with your stress and your dog's stress at your first trial. You'll need to experiment for your first few trials to find a routine that works for you. By Jamie McKay, CPDT KA

Cover

11 Support for the Sport: Which Sports Bra Is Right for You?

Finding the right sports bra, one that does the job and is also comfortable to wear all day long, is harder to do than it sounds. Here are some reviews to help. By Brenna Fender

COURTESY/TITLE NINE



27 Iliopsoas Strain Revisited

Acute, stretch-induced muscle injuries account for a large portion of sports medicine caseloads. In the pelvic limb, the "groin" or iliopsoas muscle is the most commonly affected muscle group. By Peter J. Lotsikas DVM, Diplomate ACVS and Faith M. Lotsikas DVM, CCRT

31 Teaching Jumping Skills Using Multiple Methodologies

Both Linda Mecklenburg and Susan Salo have developed detailed programs to take a dog from basic foundation work through the advanced stages of jump training. Some handlers have been very successful in combining parts of both methodologies. By Ann Croft

40 Control Unleashed® Case Study: Training Dogs with Sound Sensitivities

Noise phobia can be a crippling problem that requires medication. The author shares her experiences with some sound-sensitive dogs as well as Control Unleashed® exercises that can improve the dog's life and even allow you to train for agility. By Leslie McDevitt

Cover Dog

Susquidilla Dutchess Fantasy JH, CDX, RE, OA, OAJ, OAP, OJP, CGC, TDI, TT, a.k.a. Abby, a 10-year-old Chesapeake Bay Retriever owned by Jill Conroy of New York. Photo by Lesley Mattuchio, www.pbase.com/lesleylou.

Features

5 Editorializing: Help Wanted...

Agility requires volunteerism to survive; it takes many hands to put on a trial. But fewer people than ever are stepping forward. Why have we lost the helping spirit? Can rebuilding a better sense of community and camaraderie encourage volunteerism? By Monica Percival

25 A Spoonful of Sugar = Brain Food?

Studies show that dogs, as well as humans, rely on the simple sugar, glucose, to help both species exert self-control. By Brenna Fender

51 Now You See It, Then You Don't: Stress in Performance Dogs, Part 2

When we take steps to prepare our dogs for stress, when we learn how to notice signs of stress, and when we address our dog's stresses and stressors, we cement the relationship we have with our dogs. The foundation of a great agility team is a great relationship between a handler and a dog. By Sue Alexander, CPDT, CDBC

58 What Does \$75 Buy

How many \$75 investments will this agility enthusiast make before she and her dog (hopefully) get to do that coveted victory lap around the ring? By Beth Poppre

62 Power Paws Drills: The Perfect Setup

Nancy thinks she has found the perfect setup for working on basic skills. This setup has all elements of box work without actually being a double box. Try it and see if you agree. By Nancy Gyes

67 Teaching FOCUS and Impulse-control Classes: Week 3

In the third week of class, we'll begin to add distractions to our Offered Focus work, move food from the trainer's hand to the floor for the Look at Me exercise, introduce the Penalty Yards exercise for loose-leash walking and crate/ex-pen manners, and continue shaping the dogs to remain on a mat. By Deborah Jones, PhD

72 Challenges for Rising Stars

This month we'll look at pinwheels and 270° turns since many handlers have problems with one or the other. The exercises focus on teaching 270s and pinwheels in such a way that the dog learns to recognize the pattern. By Stuart Mah

77 Building and Balancing Handler and Obstacle Focus, Part 4

This month's exercises are designed to help build your dog's desire for weave poles and performing them independently of your movement or location. By Ann Croft

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