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The Four Agreements

Anyone who has spent time at an agility trial has seen or heard examples of poor sportsmanship, criticism, and negative remarks from some competitors. If you find that it's impacting your agility experience, here are some ideas to help you keep agility a positive experience. By Nicole Levesque

Not a Practice Dog Anymore

What do you do when your agility dog has sustained an injury and can no longer practice and train the way you used to following his recovery? How do you manage the jumps and obstacles your dog still has left in his career? Fear not, there's a training plan for that. By Julie Bacon

The 2-Minute Warm-up

Warming up before you run helps prevent injury, gets blood flowing to your muscles, and improves your reflexes. In just over two minutes you can stretch your body and be ready for your run—without even having to leave the comfort of your chair! By Karen Holik and Eric Bobkowski

Features

5 Editorializing: Sportsmanship Is Not Just About Being Nice

Competition can't poison our sport, but our actions as competitors can, and do. Whether you choose to demonstrate good sportsmanship is up to you; it is your responsibility. It has nothing to do with whether we win or we lose. By Tori Self

16 Power Paws Drills: Working Opposites

When working on perfecting the small details in your handling, it is helpful to show the dog a maneuver and reward for his correct response to your body language, and then to immediately do a maneuver that would be "opposite" to that maneuver. This is a type of discrimination training. By Nancy Gyes

19 Training with the Stars: Jeannette Hutchison

Jeannette is one of those rare competitors who, though she does want to qualify, and win, believes that focusing on being your best and not on the Q is the end goal. Learn how she accomplishes this. By Sally Silverman

24 What's in Your Toolbox?

Many times in class situations we only have time to execute a sequence in one particular way. In reality, there is usually more than one way that sequence can be efficiently and effectively executed. To be the best competitor you can be, rather than fret about how to get through a sequence you see in competition, you should have several different ways to do it in your toolbox. By Mary Ellen Barry

30 Being a Good Student, Part 1

What is your goal when you attend an agility class? Is it socializing with your friends? Is it spending time with your dog? Is it improving your skills? Regardless of the answer, there are just a few things that make you welcome in class or "dreaded." By Elaine Coupé

32 Analyze This!

Challenges from international courses are making their way into U.S. courses with increasing frequency. This month we look at a standard agility course designed for a 2012 UKI Masters Heat. By Laura Manchester Derrett

60 Agility Mind Gym: Persistence and Determination

Persistence and determination aren't necessarily about knowing you can get to the end, but knowing you will fight to take just one more step toward your goal. By Kathy Keats

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7 Everything You Always Wanted to Know About Agility...

By Brenna Fender

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38 Tips for Weave Pole Entries

Regardless of what weave pole training method you are using, here are some tips that can supplement your training and help your dog make those really difficult entries in competition until you've reached the point of achieving weaving perfection in your training. By Carol Mount



50 The Worrier: Solutions for the Dog That Is Worried or Afraid

Not every canine is enthusiastic about new situations and places; in fact, many of them can be worried or downright afraid. Worried dogs are far more common in agility than we would like to admit, and these dogs need a different approach to their training. By Tracy Sklenar

55 What Is a Ketschker Turn?

Ketschker Turns have been used in mainland Europe for many years to help with obstacle discrimination and to give the dog earlier information about where he is going next so that you can achieve tighter turns than you can with just a pivot. By Dawn Weaver

62 Building Blocks: Building a Better Lead-out

Choosing the starting point for your course frequently gets handlers into a state of "paralysis by analysis." Having choices for your lead-outs can help, but it is important to understand which cues your dog responds to best. By Rachel Sanders

Cover Dog

Jenn NA, AXJ, NAP, AJP, OF, OFF, CT-ATCH, an 11-year-old Norwegian Elkhound owned by Sharon Poulin of Massachusetts. Photo by Karen Hocker Photography.

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