

# Clean Run®

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## Exercise and Your Puppy

If there was a prescriptive and easy way to exercise puppies, then we would receive instructions when we take home our first puppy and we could repeat the exercises for subsequent arrivals. Unfortunately this is not the case because all puppies are different. By Liz Pope and Julia Robertson



## Foundation Jumping, Part 2

This month we will take a look at the importance of "set point," the place where the dog loads to come off the ground. This one effort is still the only place where we can address the mechanical aspect of how the dog performs a jump. By Susan Salo



## Out Spot Out! Teaching Independent Obstacle Performance, Part 3

Independent obstacle performance is essential for all facets of agility and is particularly important for distance work. This month you'll work on an independent weave pole performance. By Lorrie Reynolds

## Features

### 5 Editorializing: Inside the Ring, Outside the Ring

Every time a person is out in public with their dog, people are watching and forming judgments. In a climate where anti-dog legislation is on the rise, we can change people's opinions about dogs and their owners. By Lori Westling

### 13 Awesome Paws Drills

The assignment this month is to try handling a sequence in several different ways and time each for comparison. Challenge yourself to come up with strategies other than those shown. By Linda Mecklenburg

### 17 Agility—Hobby or Sport?

The top teams in the country compete at the same shows and in the same classes as teams who are happy squeaking by to get a Q. There are many benefits to having everyone on the same playing field. But sometimes there is an "us vs. them" sensibility. By Frankie Joiris

### 19 Class Challenges for Rising Stars: Wrap It Up

To get better at wrap turns, you need to put multiple wrap turns into a "course" in such a way that there is a rapid repetition of the skill. By Stuart Mah

### 26 Ultimate Instructors: What Makes a Really Good Instructor?

Once all of the planning is in place, the venue is suitable, the groups are booked and planned, and the lesson is ready to start, what can help make your class as successful as possible? By Lauren Langman

### 41 Training with the Stars: Nancy Gyes

Play is the thing, according to Nancy Gyes. She's not referring to William Shakespeare, but rather to the importance of play in training a successful agility dog. And Nancy knows a thing or two about success in the agility ring, both as a competitor, instructor, and a coach. By Sally Silverman

### 58 Sacrotuberous Ligament Tension

One particular canine sports-related injury that is underdiagnosed is sacrotuberous ligament tension. This injury is very common but it is usually not recognized. Sacrotuberous ligament tension can cause minor to severe lameness and/or dysfunctional use of a rear limb. Dr. Julie Mayer

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By Susan Horak

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### 10 Bucking the System: A Look at "Ad-Libbing" Handling Systems

Have you thought you needed to ad-lib or modify the handling system you are using to suit you or your dog? When you add a new cue for a certain performance it is critical that you know whether it undermines the foundation of the system. Having that knowledge requires fluency in the system.

By Sandy Rogers

### 29 Power Paws Skills: Training the Serpentine

Serpentines can be time savers and can help you cut corners as well as tighten up lines. There are some basic foundation steps you should take both on the ground and on a single jump before you put together this three-obstacle maneuver. By Nancy Gyes

### 36 The 10-Minute Trainer

Post turns can be tricky with respect to proper timing. The need to rotate in the same direction as the dog creates multiple opportunities to inadvertently give your dog a cue to go forward rather than to turn. By Daisy Peel



### 53 Knowledge Equals Speed! Does Your Dog Turn Wide?

Does your dog turn like a 10-ton truck? If so, it could be for one of several reasons. Understand why he turns wide and learn what you can do to improve his turns. By Dawn Weaver

## Cover Dog

MACH2 U-UD Arcticdawn's Boots R' Made For Mushin' UDX OM1 RE MXG MJG MXF T2B WLD WTD WWPDX, a.k.a. Bootstrap, an Alaskan Malamute owned by Raissa Hinman of Michigan. Photo by Cathi Winkles Photography.

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