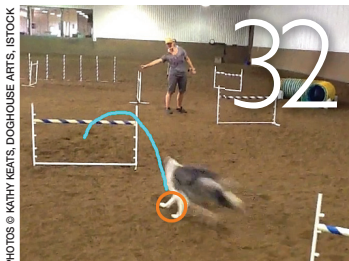


Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

AUGUST 13 VOLUME 19 NUMBER 08



PHOTOS © KATHY KEATS, DOGHOUSE ARTS, ISTOCK

Agility Video Made Easy

It's nothing short of amazing what you can do with video on a tablet or smartphone with the right app. It's so much easier to edit and share videos than it was just a couple of years ago that even the technophobes among us no longer need to fear venturing into the video jungle! By Kathy Keats



Excelling in Agility Without Competing

Are you an agility newbie thinking about not competing at all or a current competitor discovering some good reasons to consider no longer competing? Agility and competing are not one. Agility is about dog training and dog bonding and you don't need a trial to do that. By Sandra Rogers



Competition Comestibles: Recipes for Fueling Your Body and Mind

With just a little work beforehand, you can take some of the stress out of trials by preparing tasty, healthy meals and snacks for yourself. With a good supply of tucker on hand, you'll minimize fatigue and be in good shape for a safe drive home. By Nancy Steele

Features

5 Editorializing:

But It Really *Isn't* Funny or Cute

We are responsible for managing our dogs at trials. Even if we have a well-adjusted and friendly dog, we need to keep our dog in his own space unless there is communication with another handler to interact with their dog. Just because you think it is cute doesn't mean the rest of the world does. By Debbie Brooks

10 Antioxidants and Adaptogens Can Help Combat the Effects of Stress

Increased metabolic, physical, and psychological demands on the body results in the production of destructive free radicals. Feeding adaptogens and antioxidants can help your dog's health. By Dr. Julie Mayer

22 The 10-Minute Trainer

Some of the cue combinations you use on course may be causing your dog's response to your collection cues to be dulled, so we're going to take a look at whether or not you can cue and get collection. By Daisy Peel

25 No Bite is Trivial

In the heat of a ringside dog fight and the emotional catharsis that follows, we often fail to take care of ourselves. But between 15% and 20% of all animal bites do become infected; infection can lead to sepsis, a life-threatening condition. By Jan Manning

27 Awesome Paws Drills

The assignment this month is to handle each sequence several different ways and time each for comparison. By Linda Mecklenburg

39 Training with the Stars: Ann Braue

It is the teacher in Ann Braue that influences so much of what she does in the sport—her training, handling, and her teaching of others. An elementary school teacher for seven years, teaching developed in her an abundance of patience and understanding, particularly about how learning styles can vary. By Sally Silverman.

49 Injury Prevention for Dogs with Straight Fronts

Understanding the mechanics of the shoulder and the ramifications a straight front has on the remainder of the dog's body is important if your dog has a straight front. By Debbie M. Gross, DPT, MSPT, OCS, CCRP

52 Class Challenges for Rising Stars: 30-second Drills

More 30-second drills for your agility classes! The time constraint creates a sense of urgency for the handler to finish quickly rather than to slow things down just to get the sequence correct. By Stuart Mah

Columns

4 Hoof to Woof By Holly Newman

6 Tip of the Month By Deborah Davidson-Harpur

7 Everything You Always Wanted to Know About Agility... By Brenna Fender

8 Backyard Dogs By Dudley Fontaine

34 The Judge's Debriefing By Lisa Jarvis

Cover

14 Power Paws Skills: Threadles

Threadle can be a noun, referring to the traditional threadle pattern on course where the dog must take two consecutive jumps in the same direction, or threadle can be a verb, referring to a particular type of handling maneuver. By Nancy Gyes

18 Get SMART:

Setting Goals for Success

What are goals and what do you need to consider when setting goals for your team in agility? Here's some practical advice on creating goals that are realistic and that will improve your training. By Ashley Deacon



43 Out Spot Out! Turning Your Dog Away From You

This month you'll learn a cueing system (motion, body language, arm/hand signal, and verbal) that tells your dog to turn away from you, either to the right or to the left. Once your dog understands these cues, he will turn away on command, regardless of the distance between the two of you. By Lorrie Reynolds

61 The Lowdown on Lead-out Pivots

Lead-out pivots are a valuable tool to have at your disposal on an agility course and they'll also improve your dog's response to your front cross cues. Learn what a lead-out pivot is, why it's useful, and how to train the skill. By Laura Manchester-Derrett

Cover Dog

Shock is a 7-year-old Catahoula Leopard Dog owned by Ann Kitchen of California. They compete in CPE and USDAA agility. Photo by Erika Maurer.

Clean Run (ISSN 1089-8506) is published monthly by Clean Run Productions, LLC. Principal office: 17 Industrial Dr., South Hadley, MA 01075. Periodicals postage paid at South Hadley, Massachusetts 01075-9902 and additional offices. © Copyright 1995-2013 Bud Houston and Clean Run Productions, LLC. All world rights reserved. Reproduction in whole or in part without written permission is prohibited. POSTMASTER: Send address changes to Clean Run, 17 Industrial Dr., South Hadley, MA 01075.