

Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

NOVEMBER 13

VOLUME 19

NUMBER 11

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CLEAN RUN, WWW.TAMARAFANTER.COM



A 10-Step Program to Boost Confidence and Speed

Many dogs slow down in agility because there's a lack of consistent communication about when they should check in and when they should keep going on course. Using this program to balance your dog's obstacle-focus and handler-focus skills can give you a dog that is faster, more confident, and happier. By Nathalie Lafleur



Box Games: Teaching Creativity & Problem Solving

Focus, drive, and a "never say die" attitude may wrap up your mental image of the perfect four-legged agility competitor. But the answer to raising a dog with all of these attributes isn't all about drilling agility skills; the answer lies in a simple, fun, motivational training activity known as box games. By Keagen J. Grace, CPDT-KA, CTDI



Out Spot Out! Determining Your Dog's Speed

Knowing how fast your dog can perform obstacles and run the distance between obstacles is important for games like Gamblers, but it's also important for understanding where you'll be in relation to your dog on any course, so you can plan where to place crosses and where to use distance to the best advantage. By Lorrie Reynolds

Cover

31 Secrets to Perfect Timing: What Is Perfect Timing?

How do you get perfect timing? Or at least much improved timing? Follow this series and it will open up your eyes to a whole new agility world, and give you the tools to run as a much more consistent team. By Kathy Keats

38 Rear Cross Basics

Rear crosses are an important handling maneuver at which all dogs and handlers need to be well versed. It is also a difficult handling maneuver to teach correctly and to maintain. By Laura Manchester-Derrett



COURTESY LAURA DERRETT

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5 Editorializing: Old Dogs Rule and Old Dog Rules

Enjoy every moment you get to spend with your old dog and remember all he has done for your life, your career, and your sanity. By Nancy Gyes

17 Developing Resistance to Hamstring Injuries in Agility, Part 1

To prevent a hamstring injury, we need to train smarter. Working on our hamstrings in isolation isn't enough; often the source of the problem is core instability or muscle imbalances. Take three simple tests to identify your body's deficiencies or compensations. By Kimber Chase and Kristin Rosenbach

28 The 10-Minute Trainer

One of the challenges of keeping your eye on your dog on an agility course is that you have to balance keeping your eye on your dog with keeping your eye on the obstacles so that you know where you're going next. This month you'll learn to run a course without looking directly at the obstacles. By Daisy Peel

32 Power Paws Drills: Route 270

There are an unlimited number of ways you can use this month's two setups, which both focus on 270s. You'll get to practice rear crosses into a 270, front crosses before and after a 270, serps on a 270, and back-to-back 270s. By Nancy Gyes

51 Training with the Stars: Laura Chudleigh

Laura Chudleigh is a young woman with a truckload of drive and a vision for where she wants to go. That personality helped her win gold at Britain's most prestigious agility event; and she did it at age 22, with a dog that was barely two, the youngest dog ever to win Olympia. By Sally Silverman

63 Busting the Myths: Ending a Session on a Good Note?

Have you ever heard that you need to end each training session on a good note? Why? If the training is as fun as it should be, then the dog should be disappointed that training is ending. By Silvia Trkman

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42 Wanna Take a Shortcut?

Almost everyone in agility has been told at some point that taking shortcuts in training is bad. Is this true? And, if there are shortcuts that might benefit you, how do you know which ones they are? By Sandy Rogers

45 Knowledge Equals Speed! Creating Paths On an International Course

International courses are all about creating the correct handler paths and shoulder direction to get the acceleration and accuracy required on these types of courses. They really aren't as hard as they sometimes look. By Dawn Weaver

Cover Dog

CH MACH3 Panacea's Mad About You CD, RE, JH, MXG, MJB2, MXF, T2B, ADCH, SACH, GM, JM, RM, SM, a.k.a. Chili Pepper, a 7-year-old Vizsla owned by Katherine & Dale Hokens (handled by Dale). Photo by GreatDanePhotos.

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