

Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

JULY 15 VOLUME 21 NUMBER 07

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Feet First, Part 3: Waking Up Your Feet

Before you can master consistent footwork you need to be able to put your feet where you want to put them, when you want. This isn't easy, but "wake up the feet" drills will help get your brain talking to your feet.

By Sandy Rogers



Oral Joint Supplements in Agility Dogs

Given what we now know now, it makes sense to begin performance dogs on a joint supplement before they show clinical signs of osteoarthritis. By David Dycus, DVM, MS and Debra Canapp, DVM, CCRT, CVAF



Gotcha! Little Rules that Mean a Lot

Handlers who play in more than one flavor of agility face a common challenge: gotchas, or rules about small things that can wind up with big consequences. What are some of the little rules that are likely to snag agility flavor-hoppers?

By Brenna Fender

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22 Agility: Is It Just Fun and Fitness?

A study at a U.K. university examined how increasing the height of jumps affects the dog's jumping kinematics and his joint angles.

By Emily Birch

25 Solving Motivation Problems

Motivating dogs for agility is not always as simple as rewarding more often, teaching toy play, and being a better handler, although those things help. Here are some additional ideas to try.

By Rachel Sanders



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There has to be a kinder, gentler way to encourage exhibitors to volunteer to help at trials because yelling and hollering is not working.

By Lori Westling

8 Power Paws Skills: Line-up Skills

Line-ups at your side aren't just for start lines. There are many ways to use line-up skills while doing agility sequences. Practicing line-ups teaches your dog where he should be in relationship to you, as you move forward through a sequence and execute side changes.

By Nancy Gyes

11 Keep It Simple for Success

Are we making agility unnecessarily complicated? Does success on course really lie within increasingly complicated cue combinations? Let's look at simple and straightforward handling solutions for a complicated course.

By Daisy Peel

15 K9 Conditioning: Progressive Weight Shifting to Activate Stabilizing Muscles

Most dogs power their way through life using their large muscle groups while the smaller stabilizing muscles lie inactive. Help your dog work his core and activate those smaller muscles.

By Bobbie Lyons, Cert CF, FitPAWS Master Trainer Course Instructor

39 The Cone Zone: Multiple Wraps and Wrapping Multiple Cones

This month you'll work on wrapping the dog 360° around the cone as well as putting two cones together and practicing sends and front crosses.

By Stacy Peardot Goudy

42 Class Plans from Happy Dog Ranch

One of the challenges instructors face each week is designing exercises and courses that require little moving of equipment between groups and challenge all the students in the class while not making it so difficult that they cannot be successful.

By Kristy Netzer

48 Being an Innovative Dog Trainer: Arousal, Part 3—Taking Control of Arousal

How you reinforce your dog allows you to either increase or decrease his arousal, depending on your goal. In addition, what we choose to reinforce influences the arousal level of a situation.

By Tom Mitchell

61 Training with the Stars: Mary Ellen Barry

Although successful in the sport, Mary Ellen had no intention of taking her agility aspirations beyond hobby mode. Life, however, took a turn and today she is a professional teacher with an impressive competition record.

By Sally Silverman

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Cover Dog

Ledgerock Bella APD, ASD-Silver, AJD-Bronze, AGD-Bronze, ATD-Bronze, a.k.a. Bella, a 10-year-old Australian Kelpie owned by Colleen and Jason Reid of California. Photo by www.GreatDanePhotos.com.

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