

Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

NOVEMBER 15

VOLUME 21

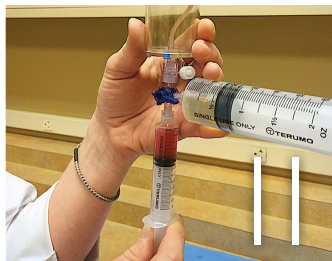
NUMBER 11



PHOTOS © MART ALLISON, VOSM, ANTOINE ALSTON

Mind to Win: Dealing with Disappointment

Whoever you are and whatever you do, things don't always go to plan. Disappointments are part of the deal when we choose to participate in this sport. But they don't have to defeat you. Let's look at how you get yourself back up and focused after a disappointment. By Kathrine McAleese, PhD



Platelet Rich Plasma Therapy for the Canine Athlete

PRP is used in both people and animals to help with healing. Recent studies show it to be effective in managing numerous orthopedic conditions, including osteoarthritis and soft tissue injuries. By Brittany Jean Carr, DVM, CCRT & Sherman O. Canapp, DVM, MS, CCRT, DACVS, DACVSMR



What is Functional Fitness Anyway?

Functional fitness puts you and your body first. It considers your body's strengths and its asymmetries. The outcomes are measured by how much better you can do your daily activities—whatever they may be—with ease and without discomfort, instead of how much, how fast, and how many you can do of something. By Antoine Alston

Features

5 Editorializing: It's Not Your Dog

It's likely that the vast majority of competitors taking classes with their dogs have no interest in traveling across the globe or even the country to compete with their dogs. What happens when you push these kinds of competitors for perfection?

By Brenna Fender

14 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

21 Being an Innovative Dog Trainer: Arousal, Part 7—At Ease! Calmness

We want our dogs to be in a state of default calmness. When in doubt, we want them to choose calmness as we go from place to place. When we want motivation and high arousal, then we will trigger it. By Tom Mitchell

53 Training with the Stars: Zsófi Biro

This Hungarian agility handler, instructor, and judge surprises people with how much she rewards her dogs: "It comes from the heart. I don't just give them a treat to fill their mouth. For me, what the dog is doing is a real miracle, I feel the joy and it reflects to the dogs. I think that is their cue to do their best." By Sally Silverman

58 Class Plans from Happy Dog Ranch

This month's class plan focuses on blind crosses. The blind cross is a powerful tool, especially for dogs that are sensitive to pressure and slow down when the handler does a front or rear cross.

By Kristy Netzer

61 An Inside Look at Agility Training Centers: Dogwood Training Center

Located in central Ohio, this facility sits on a 5-acre, fenced site and offers both indoor and outdoor training arenas. Classes are offered in all levels of agility and Dogwood also holds flyball and barn hunt training as well. By Brenna Fender

Columns

6 Tip of the Month

By Deborah Davidson Harpur

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

27 The Judge's Debriefing By Kim Crenshaw

32 Backyard Dogs By Mia Grant

66 Letter to the Editor

Cover

24 K9 Conditioning: Flexibility Training

When dogs are asked to do performance sports they often get tight muscles that cause soreness and poor performance. Stretching avoids these problems and increases flexibility. By Bobbie Lyons, Cert CF, FitPAWS Master Trainer Course Instructor

34 As the World Turns: Blind Cross

The blind cross is a technique in which the handler changes sides ahead of the dog by turning her head to her other side. It differs from a front cross in that there is no rotation toward the dog.

By Mary Ellen Barry



© KELLY BOVE PHOTOGRAPHY

41 Making Your Rewards More Dynamic & Effective, Part 2

To make rewards as effective as possible in training, we need to begin drills in a positive way. This goes beyond getting our dogs excited; we must develop *focused intensity* at the start line—desire with control. By Stacy Winkler

47 Power Paws Drills: Adding Distance to Your Course Work

Distance work allows us to send our dogs to a distant obstacle so we can get closer to the next handling challenge, but it can also help our dogs commit to obstacles on the path we set with our forward motion. By Nancy Gyes

Cover Dog

Ch MACH2 Nomatamba de Nordost Noir CD RN HSAdS HIAHs MXG MJG AXP AJP, a.k.a. Temba, a Belgian Tervuren owned by Colleen Cody of Massachusetts. Temba was nearly 16 years old when Colleen lost him last January. He did agility and herding until he was 13.5 years! Photo by Lesley Mattuchio.

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 1995-2015 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.**