

Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

FEBRUARY 17 VOLUME 23 NUMBER 02

PHOTOS © SUSAN GILLIS KRUMAN,
CARLA PARRAVANI, JO SERMON



Great Warm-Up Activities for Handlers

As handlers, we should do some warm-up activity before a run to prevent injury. But exercises to build up heat in the muscles, warm up our joints, improve flexibility, and fire up our nervous system, do not need to be strenuous. By Susan Gillis Kruman



What UpDog? Motivation! That's What's Up!

UpDog Challenge is a disc dog organization that combines the sports of dog agility and dog disc in some of its games. It can be a great way to increase your dog's motivation for agility. By Kat Fahle



Training Freedom: Here I Go Again!

There are so many things to think about with a new pup. This month we'll discuss using different "pet" names in different ways, socialization, rewarding interaction with you, finding play that you both enjoy, things to watch out for, and more. By Jo Sermon

Features

5 Editorializing: Mindfulness in Agility

Mindfulness is a process of focusing on and living in the present moment as it unfolds. Dogs are naturally good at living in the moment. Humans, on the other hand, have to work harder to achieve mindfulness. By Clay Bean

24 Try a Start Box to Help Your Stays

Stressy or nonexistent start-line stays? Try using a start box to help your dog understand where to stay when you lead out. By Nancy Gyes

25 As the World Turns: Practicing Multiple Techniques

Now you've been introduced to all of the OneMind Dogs techniques, it is time to practice multiple techniques on short, simple sequences. By being able to perform sequences in multiple different ways, handlers can have the confidence to choose the best technique for them and their dogs in competition. By Mary Ellen Barry

42 Team Small Dog Agility Humility: Quiz Show

Are you a Dog Agility Overachiever, Underachiever, or Achiever without an Adjective? This scientific quiz that unlocks your secret dog show personality. By Laura Hartwick

51 A Look at the National Dog Agility League

It's a simple concept: clubs in different places run the same courses each month, judge the dogs under the same rules, and the results are rolled up as a single competition. By Bud Houston

54 Sense of Self: Growth and Development of Sport

When those who are at the top cease to find challenge, sport runs the risk of stagnation and eventual extinction. For without competition, be it informal rivalry or a national championship, a sport cannot progress; there is no growth. By Tori Self

59 Real Life Lead-Outs

Now that you have built a solid foundation for lead-out skills, it's time to use them on a real course. By Kristy Netzer

Columns

6 Tip of the Month

By Deborah Davidson Harpur

7 For Your Information... By Brenna Fender

11 My Favorite Jumping Exercise

By Elicia Calhoun

17 The Judge's Debriefing By Janet L. Gauntt

33 Backyard Dogs By Dudley Shumate Fontaine

56 Themes Like a Good Idea: Walking the Dog

By David Bozak

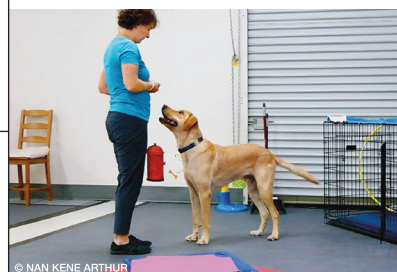
Cover

8 Power Paws Trials and Tribulations of a Novice Dog

This month Nancy discusses creating a to-do list for training after a trial, as well as making good plans for handling both successes and failures before walking into the ring at the next trial. By Nancy Gyes

35 Practically Training: Where to Put Your Front Crosses

Place your front crosses in well-planned, strategic spots and your dog will begin to read where you are going next just by where you start your front cross. By Sandy Rogers



45 Stimulus Control Without Frustration, Part 1

By taking a more thoughtful, in-depth approach to teaching what training cues actually mean, and rethinking how we teach for stimulus control right from the beginning, we can achieve great stimulus control. By Sarah Owings, KPA, CTP

57 3 Secrets of Connecting With Your Dog, Part 1: The Power of Intention

You know you need to do a better job of "connecting with your dog," but you aren't sure exactly what that means and how to do it. Let's look at the first of three key ingredients for connection that will improve your teamwork, and your results. By Kathy Keats

Cover Dog

Caliber's Bright Spark, ADCH, PDCH, JCH, GCH, SCH-Br, a.k.a. Tesla, a 7-year-old Nova Scotia Duck Tolling Retriever owned by Peggy O'Connell of Massachusetts. Photo by Karen Hocker Photography.

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 1995-2017 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.**