

DOG TRACKS

Up and at 'em



It's Training Time

Happy New Year and welcome to the start of the new training year. Training schedules are listed on the calendar on the Club's website.

The Christmas break is a busy time for everyone and it is often hard to keep on top of your training; don't worry, it's like riding a bike for both you and your dog, you'll be back in training mode in no time.

It is really important with your training that you are methodical and that all the family is on the same page with voice cues and hand signals.

Keep your voice up-tempo, your hand signals accurate and don't "nag" your dog, give a voice cue only once.

There are handouts for the obedience classes regarding "Hand Signals" at the desk, so please don't forget to take one home.



Back to Training Reminders

- Don't forget to bring your Club training lead
- You MUST wear your badge
- Bring yummy training treats and your treat pouch
- No breakfast before training (your dog that is, not you!)
- You must wear closed shoes, no thongs or sandals
- Keep both yourself and your dog well hydrated
- Remember sunscreen for yourself and your dog if it has pink skin
- Always check for ticks when you get home
- Please arrive 15 minutes before class



Deep Creek Reserve

Dogs can only be unleashed when conducting dog training sessions within the fenced areas. At all other times dogs must be leashed. Dogs are not permitted over the bridge

Could you and your best friend do

Agility?



I hear you asking "What is it and how do we do it?"

Wikipedia states that agility is a dog sport in which a handler directs a dog through an obstacle course in a race for both time and accuracy. Dogs run off leash with no food or toys as incentives, and the handler can touch neither dog nor obstacles.

We say agility is a team sport, where you and your best friend run around having fun, playing games and the more you play, the more you will want to do....

So, how do you do it? Dogs must be 12 months of age to begin formal Agility training. Because we work mostly off lead at training, some basic obedience skills and a good recall is desirable. There are some foundation skills you can begin training before you start, including retrieving a toy to hand, tugging with your puppy, driving to toys, both being thrown and stationary on the ground and restrained recalls. These help your puppy with drive and start the relationship or partnership you and your puppy will need.

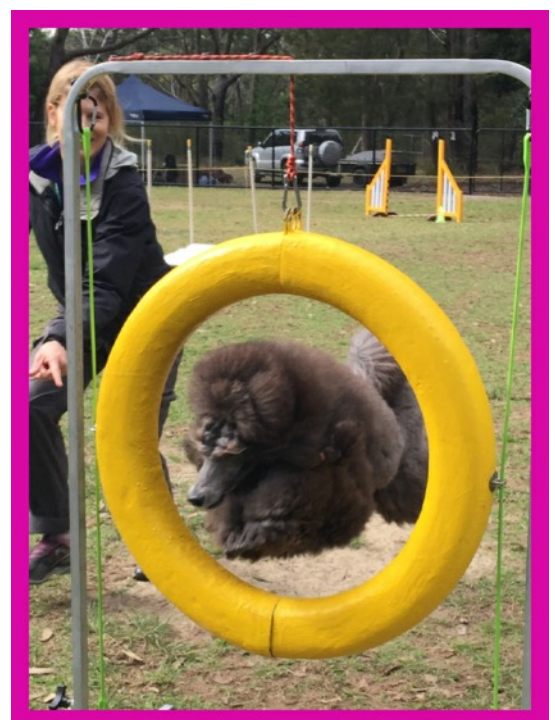
There are also other things that will help you transition into the agility world, some include crate games, have your puppy loving his crate, self control, remaining calm whilst other dogs are training. There is also distraction training, so you can call your puppy away from anything, like the creek or a playing dog, a toy or ball or kids and birds and they can continue to work with you until you release them to play. There is also general body awareness, including rear end awareness (this helps with jumping and contact training) and strength, flexibility and fitness training (using wobble boards and fitness discs). It is also important that your puppy has a good balance between a love of food and toys. We start initial training with food (for most puppies) and we shape behaviours, however a toy focused puppy can have a great reward play after they have completed obstacles or small sequences. We condense all these activities under a heading of foundation work, and we focus on giving your puppy the best foundation to prevent injury. There is a lot of information on foundation training available via "Google" or if you wanted specific information, come and see us at Agility on a Saturday and we can point you in the right direction.

So what type of dog is best for agility?. Most breeds of dog are suitable, however, if you are a small dog person, then a small dog is a great place to start. There are some awesome and fast small dogs doing agility, including Toy Poodles, Papillons, Jack Russells and Shelties. Most people think you need to own a Border Collie or a Kelpie to do agility, this is not true, in fact, these can be some of the hardest dogs to train in agility because they are fast and agile and you as a handler need to be in front of your dog or be able to direct them from where you can get to.



Once you officially start training you will be working on equipment which is set at a lower height, so your dog builds confidence and is not frightened by the equipment. We use short or condensed tunnels, jumps with bars set at a very low height or even on the ground. The dog walk is set at a half height and we will probably start you at the finish end, so your dog gets an understanding of what he must do at the end, before they traverse across the entire length of the walk. A scramble or A-Frame is also set at half height and the dogs will walk up one side and down the other. There are other obstacles including a broad or long jump which is boards low to the ground, a spread, like a jump but with two bars set at different heights, a tyre where your dog must jump through a hoop and then there are weavers, which are 12 poles which your dog must move in and out of from one end to the other.

At the end of each month we also run short courses, up to 16 obstacles for beginners and you will guide your dog around each of the obstacles in a specific order. What you may not have noticed throughout all of this is that we have not only taught your dog how to play agility, but you as a handler has also been trained in the finer arts of agility. Both you and your dog will walk away from training tired but happy.



I do hate to say it, but this is where the addiction begins. Once you get your dog around your first course, you are always wanting to do more and more you can do. You can just train and run course days at the Club, or you can take the leap and begin to trial. Trials are held across Sydney and around NSW. Dogs need to be 18 months old to start trialling, and they start in Novice and they can compete on both Agility courses and jumping courses. The difference is this. Jumping courses have jumps, tyre, spread, broad and tunnels, where Agility courses also have the Dog Walk and A-Frame (which we call contact equipment) and once you have moved on from Novice, you will also be completing a seesaw. Once you get your head around all of this, then there are games and these are lots of fun.



If you want more information, come down on a Saturday and see what we do and ask as many questions as you can think of. We are here to answer them.

In case you were wondering, this is how the best do it. This is Team Russia taking out Large Team 1st place at the Agility World Championships in Sweden in 2018. They are pretty awesome to watch.
<https://youtu.be/SFh3ZMia3R8>

Maybe see you one Saturday
Jo Comber

Oat & Bacon Balls

1/2	x	Cup Mashed Pumpkin
1/2	x	Cup Apple Sauce
1/4	x	Cup Peanut Butter
1/4	x	Cup Greek Yogurt
2 1/2	x	Cups Rolled Oats
1	x	Rasher of Bacon



Cook bacon and cook and finely mash pumpkin, then set aside to cool.

In a large bowl mix together pumpkin, apple sauce, peanut butter and yogurt. Finely chop or crumble bacon and add to mixture then mix in the rolled oats. When thoroughly mixed roll into small balls. Store in refrigerator or freeze for later use.

Lolly Pups

Perfect for a hot summer's day, easy and quick to make.

Fill an ice cube tray with beef or chicken stock and freeze for about 30 minutes. Once partially frozen add the stick. I used Pure Treat Co's "Chicken and Rosemary Treats". You could also use chew sticks or small bone shaped biscuits, just make sure that whatever you use are Australian made.

For large dogs use an ice lolly mould or plastic cup and to make your lolly pup even more exciting add bits of chicken, meat or apple to the stock.



Flyball

The Fastest Fun on Four Legs

Is your dog bright, active and looking for more excitement to have with it's human?

If so, come and check out our club's Flyball training on Saturday mornings at 11:30am. Dogs that have gained confidence from their Obedience training, have a good recall, and have energy to burn, are ready to come and have a go at Flyball. It's a great way to take your relationship with your dog to the next level.

Our positive training techniques will enhance your obedience training and help build a stronger bond between you and your dog. At our training sessions, the complex behavior required to have a dog race in Flyball is broken down into simpler 'tricks' you can teach your dog. Many of these you can take away and practice in the park. Once mastered, you're ready to have the most fun you can have with your dog.

Dogs of all breeds, shapes and sizes are welcome, so come and have a go!



A Huge Thank You to Blackmores

Blackmores have kindly donated an amount of their beautiful PAW shampoo and conditioner to the Club to give to all our members.

Developed by vets PAW is a nutrient rich formulation and is sulphate free with natural essential oils of rosemary and sandalwood and avocado and jojoba to provide key skin nutrients and a fresh pure scent.

Valued at \$14.95 each don't forget to collect one of each from the desk.



2019



The Year of the Pig