

DOG TRACKS

The Lockdown Issue

Get Training



Get Tricking



Get Creating



Get Cooking



My aim in putting together this newsletter is to hopefully inspire you to keep training your dog in as many ways as you can and offer some fun, creative projects to fill those empty hours and benefit you both. Think outside the square, Bunnings is open for supplies, they sell cones and items like small plant pots make great course markers. If you don't have fabric on hand, raid the closet for garments like old fleece track suits you can cut up. Most of all stay positive, be happy, laugh a lot and hug your dog as often as possible.

You are never alone when you have a dog.

Stay safe, we'll be back training soon.

Wendy, Harper & Phoenix



Training Your Dog at Home

Being faced with weeks of isolation is no fun for either you or your dog. It's important to keep up with your training, so aim to be top of your class when life gets back to normal.

Continuing training is good for both of you, it keeps your dog focused and you on point. It's exercise for both of you as well as being great interaction between you and your dog.

So Let's Do Circuit Training.....

Set up a course in your garden, if you don't have cones you could use plant pots, saucers or similar objects.

Write a sign to put at each station, or have your partner call out as you go round.

You can make the distance between stations as long as you like depending upon the space you have.

Try timing your circuit, then try and beat it.

Have a competition with your partner to see who can go round the fastest.

Do the circuit at fast pace.

Have your dog stay at each station whilst you do some star jumps, run around your dog or do push ups.

Have fun, laugh your way around.



12 Station Circuit

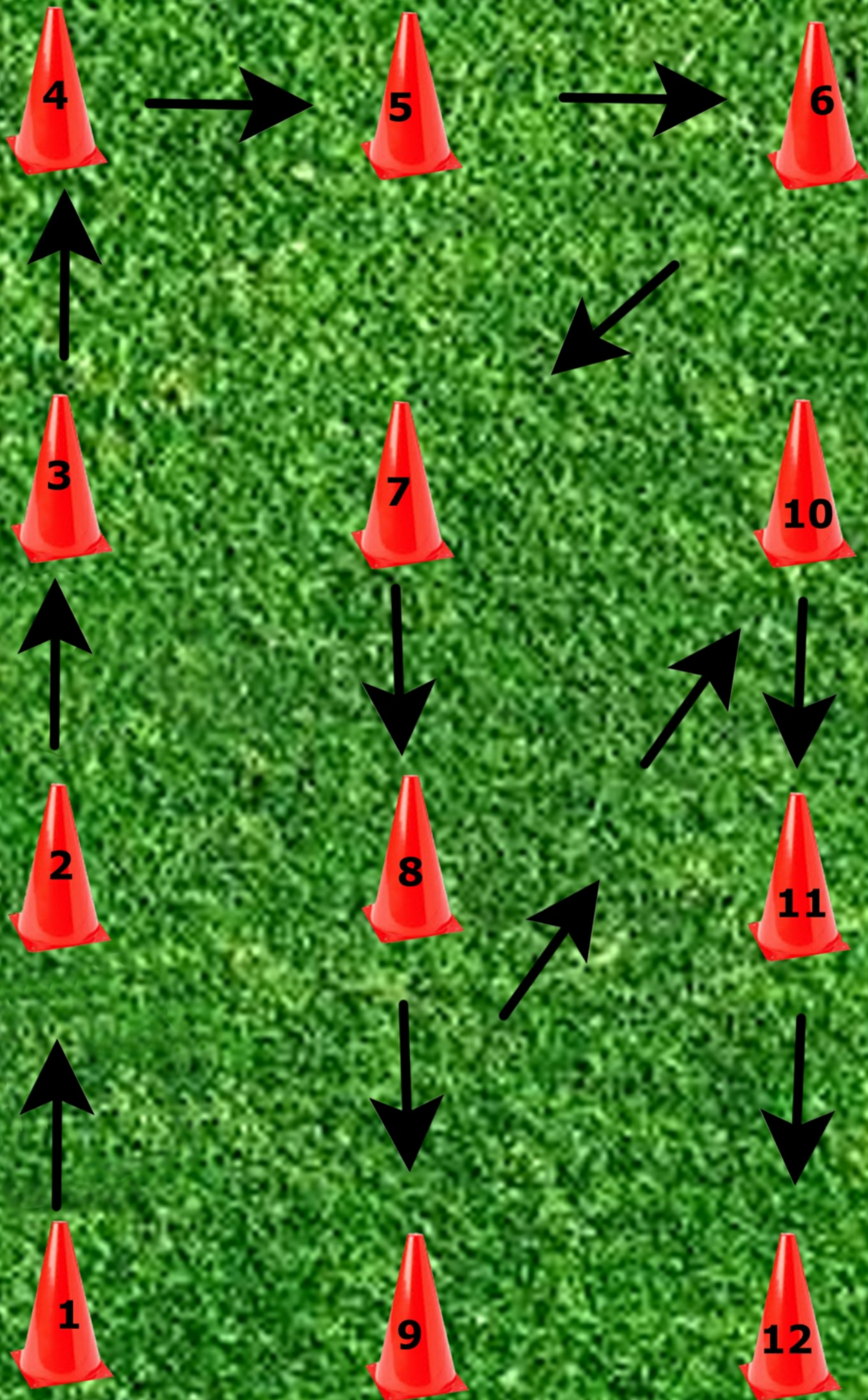
(On or Off Lead, Done in Heel Position)

1. The start. Walk up to first station and have your dog sit.
2. Drop Your Dog.
3. Stand Your Dog.
4. 270° Left About Turn. ($\frac{3}{4}$ of circle turn on spot)
5. Halt, tell your dog to wait, leave your dog and proceed to station 6.
6. Call your dog and send your dog to heel.
7. Halt, walk around your dog.
8. 360° right about turn. (Turn circle on spot)
9. Middle, have your dog sit or drop in middle.
10. Halt, drop your dog, sit your dog, stand your dog.
11. 360° left about turn.
12. Halt, shake paw.

Remember...

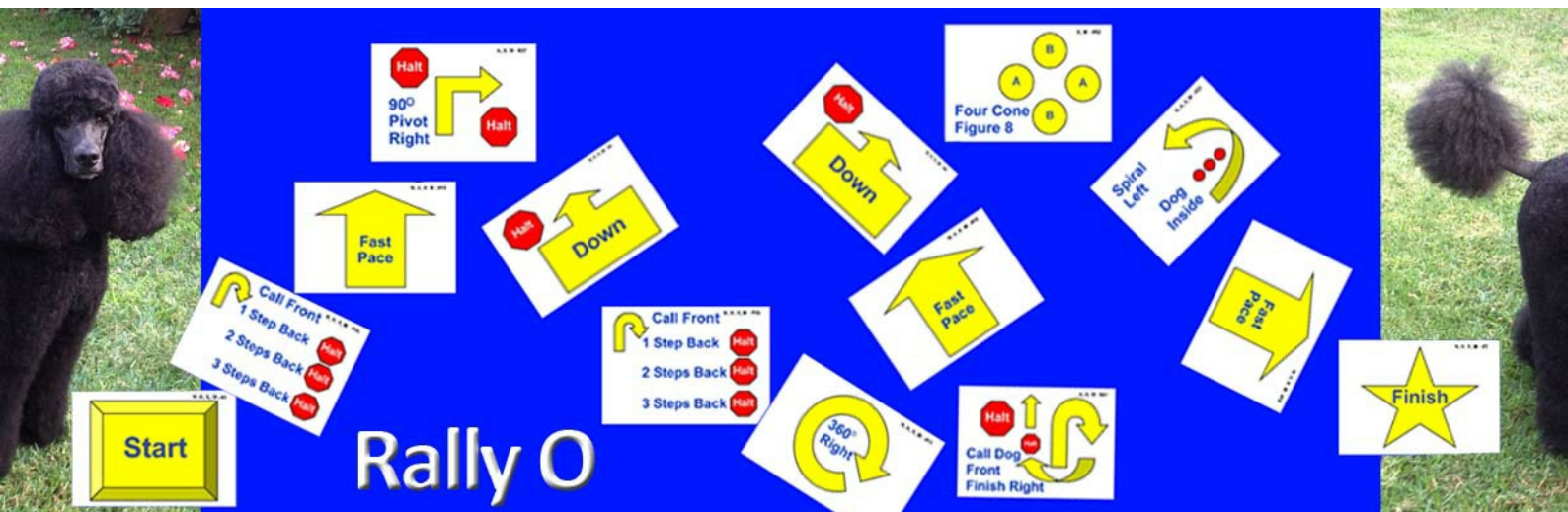
No tugging on lead.
Use treats to position your dog.
Always use your marker word.
Reward at each station.
Talk to your dog as you go round.





If you enjoyed the circuit it's time to try

RALLY



Unlike formal obedience your dog does not have to show absolute precision in the training exercises but does have to show enjoyment and willingness so the exercises are upbeat and fun as you interact with your dog.

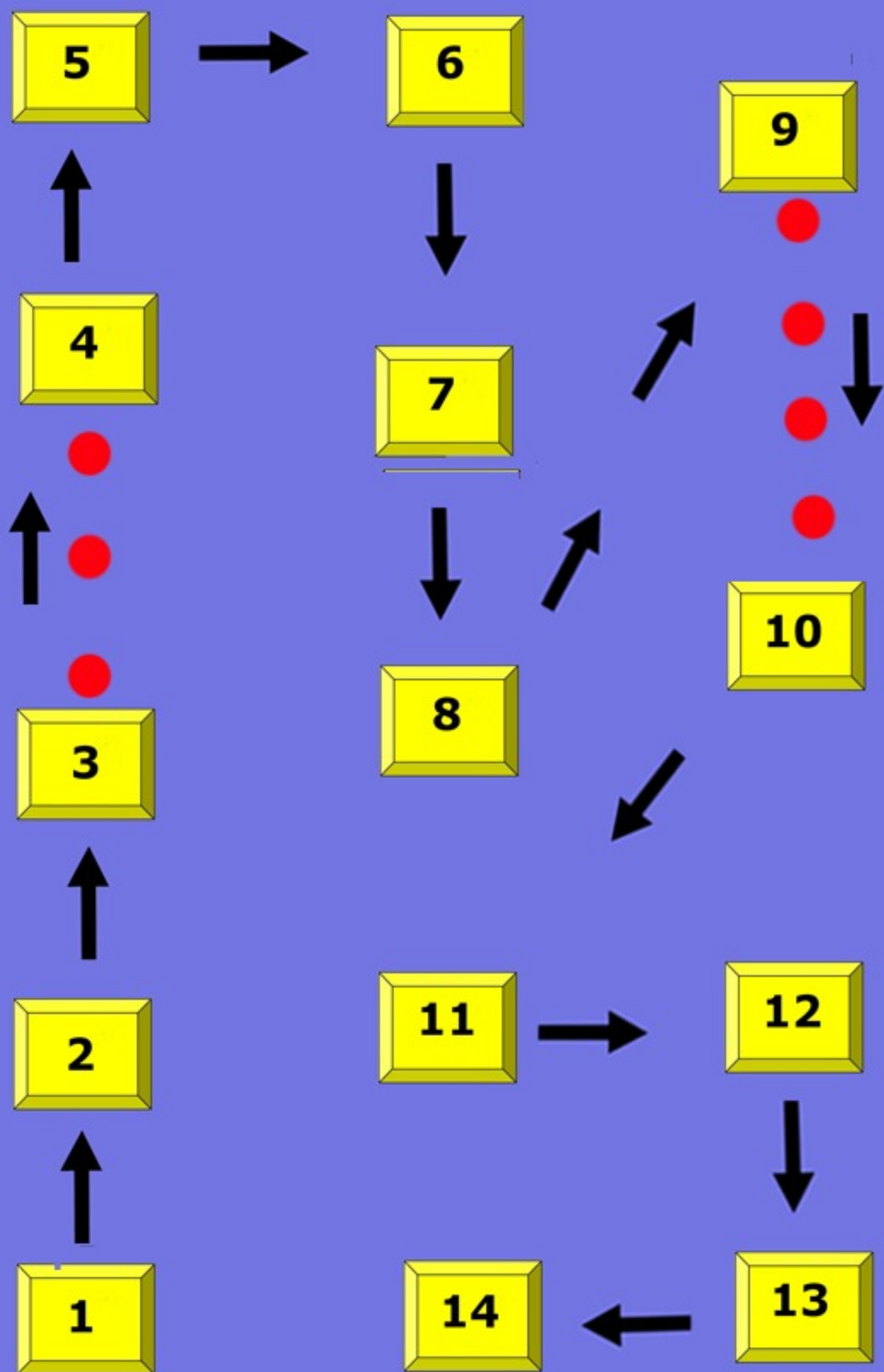
You and your dog follow a course and at each station complete a depicted exercise such as weaving through cones, 360° turns or going over a jump. These are just a few of well over seventy different Rally exercises; courses usually have a minimum of fifteen stations.

Rally trials are held regularly throughout the state, quite a few in the Sydney Metro area, indeed Manly and District Kennel and Dog Training Club held the first ever Rally O (now know as just Rally) trial in Australia in 2012. It has gone on to become a very popular sport as it opens up trialling to people earlier as your dog does not have to be at the level of CCD to enter.

There are four different levels of Rally to work through; Novice which is performed with your dog on lead then Advanced, Excellent and Masters, all of which are performed off lead. You are encouraged to talk and encourage your dog whilst on course. Rally is an ideal stepping stone for those wishing to trial at formal Obedience levels.

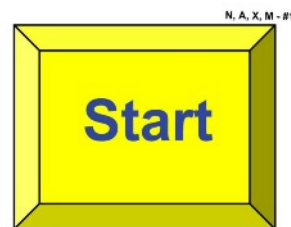
The following course is not to scale so you would need to space out the stations. The signs can be downloaded from the ANKC website.

1 - 2 - 3 - Go



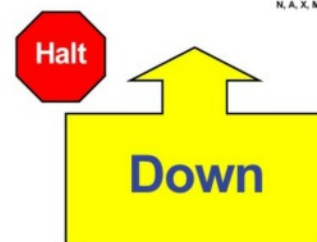
1

Start- Indicates the beginning of the course - timing starts. Dog does not have to be sitting at start but must be under effective control.



2

Halt -Down- Whilst heeling, the Handler halts and the dog sits. The Handler then commands and/or signals the dog to down, followed by the command to heel forward from the down position. (Stationary exercise)



3

Spiral Right Dog Outside - This exercise requires three pylons or posts placed in a straight line with spaces between them of approximately 2.0 – 2.5 metres. Spiral Right indicates the Handler must turn to the right when moving around each pylon or post. This places the dog on the outside of the turns. The exercise sign is placed near or on the first pylon or post where the spiral is started.



4

360° Right Turn - Whilst heeling, the team makes a 360° turn to the Handler's right. 360° turns are performed as a tight circle appropriate to the size of the dog but not around the exercise sign.



5

270° Left Turn- Whilst heeling, the team makes a 270° turn to the Handler's left. 270° turns are performed as a tight circle appropriate to the size of the dog but not around the exercise sign.



6

Right Turn - Performed as a 90° turn to the right, as in traditional obedience.



7

Halt - Walk Around Dog- The Handler halts and dog sits. With the dog sitting in heel position, the Handler commands and/or signals the dog to stay, then proceeds to walk around the dog to the left, returning to heel position. The Handler must pause in heel position before moving forward to the next station. (Stationary exercise)



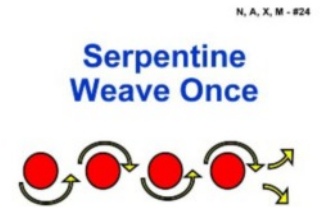
8

Left About Turn- Whilst moving with the dog in heel position, the Handler makes an about turn to the left, Whilst at the same time, the dog must move around the Handler to the right and into heel position. The dog does not sit before moving forward in heel position with the Handler.



9

Serpentine Weave Once - This exercise requires pylons or posts placed in a straight line with spaces between them of approximately 2.0 – 2.5 metres. The exercise sign is placed near or on the first pylon or post where the exercise starts. Entry into the weaving pattern is with the first pylon or post at the dog/Handler's left side. The dog and Handler must complete the entire exercise by passing the last pylon or post.



10

Fast Pace- Dog and Handler must speed up noticeably. This must be followed by a normal pace unless it is the last station on the course.



11

Halt - 1,2 & 3 Steps Forward - The Handler halts and the dog sits in heel position to begin the exercise. The Handler takes one step forward and halts with the dog maintaining heel position. The dog sits when the Handler halts. This is followed by two steps forward - halt, and three steps forward - halt, with the dog heeling each time the Handler moves forward and sitting each time the Handler halts. (Stationary exercise)



12 Call Front - Finish Right- Halt- Whilst heeling, the Handler stops forward motion and calls the dog to the front position (dog sits in front and faces the Handler). The Handler may take several steps backward as the dog turns and moves to sit in the front position. Second part is the finish to the right, where the dog must return to heel position by moving around the right side of the Handler. Dog must sit in heel position before moving forward with the Handler. (Stationary exercise)



13

Circle Spin at Heel- The dog to complete a circle spin away from the heel position and then to return to heel. The Handler does not stop moving.



14

Finish - Indicates the end of the course - timing stops.



Keep Up Your Training

It is so important, especially for our members with young dogs, to keep up a training regime

Beginners....

Focus: Used to get your dog focusing on you.

"Touch" - Hold treat under thumb, palm flat fingers extended. Hold hand out to the side, wait for dog's nose to touch your palm (dog must come to you) then give treat. Cue word "Touch" when nose touches palm "Yes" and treat.

"Spin" - With dog in front hold treat at dog's nose level then move hand slowly out and round in a circle either to the right or left. Cue word "Spin" on completion of circle "Yes" and treat. (Can differentiate between right and left spins e.g. "Spin" and "Twist".)

Watch: Used to get your dog's attention and teach and hold gentle eye contact.

Hold treat between thumb and fore finger to your nose, slowly lower treat to dog's nose the slowly back to your nose then slowly down a second time. Cue word "Watch" (could use "Watching", "Looking" or "Eyes" if you prefer). If dog maintains eye contact "Yes" and treat.

Training Word: Used to tell your dog that you want to train exercises.

Tell your dog "Training" to indicate that you expect their attention as you are about to commence a training exercise. (Could use "Working", "School" or "Attention"). When exercise is finish choose a release word such as "Free", "Release" or "Relax" to indicate that the exercise is over and they are now free to relax next to you but not to pull, play with the next dog or jump up. If any of these occur repeat training word and ask for a behaviour such as a sit or a drop.

Marker Word: Used to mark correct performance of a cue.

The marker word is "Yes" uttered in a positive upbeat manner and must be said the exact moment the correct behaviour is performed. e.g. "Sit" say "Yes" the second the bottom hits the ground and give a treat. "Yes" marks the behaviour and means a treat is coming, it is the bridge between the performance and the treat being given.

Holding the Lead:

Lead is held in your right hand to the front of your right hip close to the body; practise keeping your hand in that position. Your left hand does **NOT** touch the lead.

Treating:

Treats, cut into tiny pieces should be in a training pouch on your front right side. Treats are then passed to your left hand and given in line with your side seam. Hand must be kept close to your leg and not moved forward or out. Remember, where you hold your hand is where your dog's nose will be!!

Practise these exercises for ten minutes once or twice a day

The Right Cues & Hand Signals are so Important

Hand signals should be made with a flat hand, fingers close together so as to give the dog the greatest surface area of vision. Give the voice cue **once** only at the same time as the hand signal.

Heel

Verbal cue "Heel"

Lead is in your **right** hand with your **left** hand resting on the side of your left thigh, elbow slightly bent. Make a smooth forward movement with your left hand, fingertips leading, parallel to and between your leg and the dog's face, stepping off with your left foot.

Drop

Verbal cue "Drop" or "Down"

Change lead to your **left** hand. Move your **right** hand, palm facing and parallel to your body, across to a position in front of the dog's face and then move your hand downwards to point to the ground slightly to the left of your left foot and in line with your body.

Stand

Verbal cue "Stand"

Pass your **left hand** in front of the dog's face with the palm facing towards the dog, fingers pointing downward keeping your arm straight.

Once your hand has passed the dog's face bend your elbow and return your hand to the starting position in front of your left hip. By bending your elbow your hand is now above the dog's head as you bring it back in, thus avoiding giving the dog a double signal.

Stay

Verbal cue "Stay"

Change lead to your **left** hand. Bring your **right hand** around and in towards the dog's face, fingers pointing left so that the palm is facing the dog's nose, but not touching it. Give the verbal cue then return your hand to the starting position. To leave your dog step off with the **right** foot. "Wait" is normally used when doing a recall, "Stay" if you are leaving then returning to the dog.

Recalls

Verbal cue "Stay" or "Wait"

Dog sitting on you left, bring **right hand** around flat palm facing dog's nose. Give verbal cue, leave on right foot, arms straight with hands together in front of you, do not look back. At distance turn on spot to face dog, Raise arms in V above head at the same time call "Come" then bring arms back down to same position. Dog to come and sit in front, do not bend forward as dog approaches.



Going a little stir crazy in Lockdown?

Are your dog's giving you that look...

"another walk, really?"

Join us for a little fun in our

3 Lockdown Challenges!

The 1st Challenge has been set and the deadline for entries has been extended to August 9th.

Did I mention the **AWESOME** prizes on offer?

Check out our sponsors below for an idea of what you can win for you and your doggie!

[Click here to head over to the FB page now](#)

Week 1 Challenge

"Tell Your Dog A Story"

Take a short video telling your dog a story.

The story must include some of their favourite words (like "treat, walk, agility...").

See how your dog reacts. It's pretty funny, check out the videos already posted.

Don't be shy - your doggie is going to want the prizes on offer!

This week's prizes are "Treats"!!

And they are so yummy.

Thank you to..

Prime100, FurFresh & K9 Katering

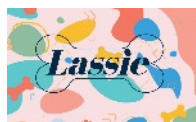
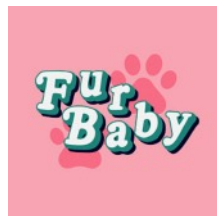


FURFRESH

A big **THANK YOU** to our other sponsors who will be providing prizes in Week 2 & 3

These generous companies - big & small - have been kind enough to support Manly Dog Training Club so please visit their sites and support them too.

*Sponsor logos are linked so just click to check them out!



Making and Training The BOX



You will need.....

4 x 1500mm Lengths of PVC pipe

4 x Elbow connectors

(If you don't want to use connectors you can thread a piece of string through the pipes and knot)

This exercise involves sending your dog away from you to a prescribed area (the box) then to turn around and sit facing you.

As with all new exercises it is important to shape the exercise before naming it.

Some dogs tend to enter the box but sit in one corner rather than in the centre, to avoid this place a small square of fabric such as a face flannel in the centre of the box for them to sit on. Once they get used to going to that position it can be removed.

There are different ways of training the box, this is the method that I used.

With your dog next to you stand directly in front of the box, do not step into it yourself. With a treat lean out and lure your dog forward into the box and around to face you, have your dog sit then reward.

Repeat process until your dog is happily taking up the position. Now use a voice cue "Box" or "Go Box" repeating the process. By this point your dog will understand what you want him to do.

The next step is to stand a metre or so away from the box with your dog beside you, bring your left hand forward to point the way and at the same time give your voice cue to drive your dog forward into the box.

It is now a matter of practice, gradually moving further and further away to build up distance. In a trial situation that would be a distance of 25 metres.

If you don't want to use a box try a similar exercise using a mat, follow the same process only have your dog lay down on the mat. This mat exercise is ideal to use in the house for younger dogs to teach them boundaries, reward your dog for being calm and remaining on the mat.



Teaching “Middle”

This is a great position which is easily trained and has a numerous benefits.



- It brings your dog into a protective and reassuring space at times when you need them close.
- Manages the start of an agility run as the handler can position themselves in a perfect line for the first obstacle then leave the dog in a stay to start the run.
- Works well for free style heeling routines.
- Is a fun trick to show your friends.

Stand with your legs apart and your dog standing in front of you.

Hold a treat in each hand; with your right hand lure your dog to the right then around behind your back keeping your hand fairly close to your body.

As your dog curves around behind you put your left hand between your legs and lure your dog forward through your legs.

Treat when in position, head in front of you and front legs in line with yours.

Practise this exercise and when your dog becomes familiar and comfortable with the position introduce a sit and a drop.

Once proficient at the stationary positions you can teach walking forward and walking backwards with the dog between your legs.

Teaching "Perch"

Does your dog know that it has back legs and can move them independently?.....Probably not.

Perch work is great for teaching your dog rear-end awareness enabling your dog to do awesome 360° and 270° turns and perfect about turns.

You will need a "perch". Ideally a perch should be solid and stable and in relation to the size of your dog e.g. a block of wood, a round disc, a sturdy upturned bowl. It needs to be low enough for your dog to step on and off and wide enough for it to comfortably fit both front paws on.



Dogs love perching and once they learn will perch on even a small object.

Start by placing the perch on the ground then as your dog moves towards it mark and treat. Encourage your dog forward to the perch, then to place a foot on the perch and finally both feet marking and treating all the time; jackpot for both feet. Once both feet are up your dog will quickly learn this position and respond to your "Perch" voice cue.

Once your dog has mastered stepping onto the perch and is confident in standing on it you can begin to teach moving around. Stand in front of your dog and hold a treat to its nose and take a small step, either right or left, the object being to have your dog use his hind legs to move around. Mark and treat even the slightest movement of the back legs. As your dog becomes more confident you can take larger steps as you move around the perch.



The next step is to teach your dog to rotate with you around the perch in the heel position. Start by cueing perch then take your position next to your dog. Begin with slow small steps marking and rewarding as you move. Practise moving right and left marking and rewarding when your dog is close in to your side.

Teaching your dog to perch leads to great heel-work and awesome turns.

Trick Training

Did you know that as of January 2020 Trick Dog is now a recognised discipline with competitions and titles?

There are four levels - Starter - Novice - Intermediate and Advanced.

Each level has different tricks to learn and you can select from the list which tricks you would have your dog perform. The tricks must be performed with precision and performed to the standard however you will be surprised how easy many of the tricks are and how quickly your dog will learn them, and how many of them you may already know.

There are fifteen different Starter tricks and to enter a competition you would need to choose six of them to perform.

Starter Tricks

- Go Round - Once
- Circle Handler - Once
- Circle Spin - Once
- Leg Weave - Stationary figure of 8
- Nose to Hand Touch - 2 touches held for 2 seconds
- Follow Target Stick
- Step Up - held for 5 seconds
- Paw on Hand - held for 2 seconds
- Back Up - 1 body length
- Send over Jump - from 1 m
- Take a Bow - held for 2 seconds
- Send Away - from 2 m
- Find Straddle - held for 2 seconds
- Stationary Hold - held for 2 seconds
- Sit Pretty/Paws on Arm - held for 2 seconds



So, let's learn some tricks.

Go Round - Once

You will need a cone or pole. The trick is, standing at least 0.5 m away, you send your dog out and around the cone, then your dog returns to you.



Start by standing directly in front of the cone with your dog on your left, take a treat in your left hand and lure your dog around the cone. Don't forget to mark and reward when he goes around. Repeat several times then progress to moving your left hand forward, without luring, to indicate and give the voice cue "Go Round". Slowly progress to moving back away from the cone sending your dog out and around from a distance.

Step Up

You will need a step/perch. The trick is, standing at least 1 m away, you send your dog to stand with his front feet on the perch and hold that position for 5 seconds.



Start by placing the perch on the ground, any interest your dog shows mark and reward, if he touches the perch mark and reward, lure him onto the perch, as soon as he puts two feet on the perch jackpot. Don't lift his feet yourself. Once he has learnt to step up name the action "Perch" as he progresses step further away and send him to the perch.

Back Up

Your dog will stand in front of you at least 0.5m away and back up at least one body length.



There are a number of ways to teach this trick however the secret is to mark as the dog moves backwards not after they have stopped.

With your dog standing in front of you hold a treat in both hands keeping them low otherwise the dog will sit. Gently push your hands forward and reward as soon as they move a back foot. Gradually build up distance making sure the dog backs up straight, you might like to introduce a channel to practice this maybe a wall on one side and some chairs rowed up on the other side. Introduce a voice cue "Back" but say only once. Your dog moves backwards but you remain stationary.

Take a Bow

Your dog will lower his elbows towards the ground whilst his hind quarters remain elevated and hold for 2 seconds.



This is easier to teach from the side. With the dog standing on your left hold a treat in a cupped right hand, so they can smell it but not take it. Slowly lower the treat towards the dog's chest at about a 45° angle bringing the nose back and down. Mark and reward as soon as the forelegs are lowered and before they drop completely. You can put your hand under the stomach or use your leg to act as a barrier to lowering the hind quarters. Once they understand introduce a voice cue such as "Bow" or "Curtsy" and build up duration of the movement.

More Fun Tricks to Teach

Figure of 8 - Hold a treat in each hand, dog standing in front of you. With your right hand close to your leg lure dog around your right leg then bring left hand between your legs and lure your dog forward and around left leg then using right hand lure forward between your legs and back around right leg to repeat figure of 8.

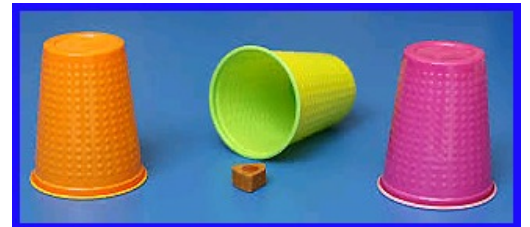
Go Around - Use a cone or similar size object and place in front of you. Lure your dog around it, "Yes" and reward. Once your dog learns to go around position yourself progressively further away then send your dog out and around.

Ring a Bell - Hang a bell from a door handle at nose height. When your dog touches the bell "Yes" and treat then once your dog gets the idea add a voice cue such as "Ring Bell". Can also be taught using a desk bell.



Name That Toy - arrange your dog's favourite toys in a semicircle around you. Give the toy's name cue e.g. "Get Rabbit". When your dog brings the right toy back to you "Yes" and treat.

Three Cup Game - place three plastic cups in a row and hide a treat under one. Start by showing your dog where the treat is then once they get the hang of it start mixing the cups around.

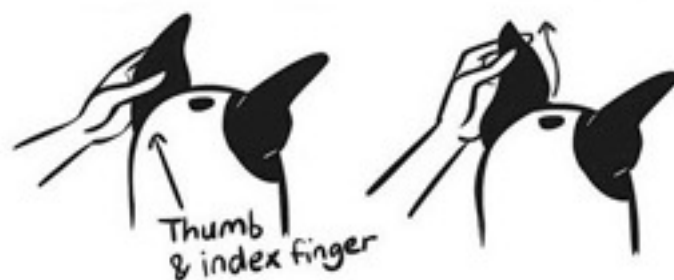


Tug for Tricks - hold a tug toy behind your back then cue your dog to sit in front of you, hold eye contact for ten seconds then "Yes" and play tug. Repeat with other cues, drop, shake paw, spin: always reward with yes and a play tug.



Exercising your dog's mind is as important as exercising their body. We will be sending out more training tips and tricks for you and your dog soon.

E a r M a s s a g e



① STROKING

- START AT THE BASE, STROKE IN THE DIRECTION THE EAR GROWS
- DON'T DO STROKE OVER & OVER IN THE SAME SPOT
- STIMULATES ACUPOINTS
- CALMING (GOOD FOR CAR SICKNESS)



TWO HANDS

START AT MIDDLE OF TOP OF HEAD OR AT BASE OF EARS



(CATS LOVE THIS)

② MOVE THE SKIN ON TOP OF DOG'S HEAD... CIRCULAR MOVEMENT.



BASE OF EARS MOVE

③ HOLD BASE OF EAR: MOVE IN CIRCLES- CLOCKWISE, ANTI-CLOCKWISE



R e l a x P a m p e r

LOCKDOWN AGILITY TRAINING

Is another 4 weeks of lockdown getting to you?. Are you wondering if you will ever be able to remember what you and your fur partner need to do when you can go back to agility training?. Never fear, if you have a bit of space in your front or back yard, a small verandah or even a garage, you can keep moving forward with just a little bit of equipment. Yes your very own equipment.

What you can work on and what you will need.

Jumping / Equipment focus / Focus forward / Wrapping / Start Line Stays – the list here is endless.

Things you can do with just a few jumps. Close set jumps on low height can be used as cavaletti's (great for rear end awareness and fitness), as can a ladder laid on the ground, a couple of jumps set apart (4m to start with) can be used as jump grids, focus forward / obstacle focus and start line stays (leadouts). Jump grids (even at a very low height) are great for teaching your dog how to jump and the all important spacing (where your dog learns where they should land to successfully take off and complete the next jump and a line of jumps (either straight or curved). Single jump uprights can be used to teach your dog to wrap jumps, preparing to turn after taking a jump and jump approaches. This can also be done with a witches hat.

Things you can use:

- A straight ladder

- A witches hat (two would be better)

- Jump upright (non wing or wing) – below I have included some instructions on how you can make some jumps with PVC, click and collected from your favourite Bunnings store, or there is a great online company called Klever Cages, which will post all your items direct to your door in no time at all.

- A bag full of your puppies most favourite treats and a tug toy or two.

Weaving.

There are many ways you can work on your weaving at home. There is lots of information on both facebook and even google. But I can hear you saying "I don't have any weavers". Never fear with just a few bits of equipment and your wonderful PVC pipe from Bunnings, you will be set to go.

Things you will need:

- PVC Pipe (note here – because we are not "fixing" the pipe to the spike, you can use your jump bars as weaver poles when you are not using all your jumps).

- Cheap screwdrivers

- A measuring tape and some string.



Contacts:

For the slightly more advanced members who may be struggling with your contacts, lockdown is a great time to go back and proof your dogs contact behaviours. Rear end awareness is really important for great contacts and that all important contact criteria. Criteria I hear you say. Well, what I mean here is, do you want a running contact or a stopped contact. You can have a different criteria on each piece of contact equipment, but you need to stick to your criteria and only reward correct criteria. I know from hard lessons, that if you don't stick to your criteria, then you will always struggle with contacts if you end up trialing and miss out on those all important qualifying runs.

Things you will need:

- Back steps

- A length of board (if you don't have a piece at home, add this to your Bunnings click and collect order)

- Some bricks or a milk crate or two

- More yummy treats.....

OK, how can you make a few jumps and what will you need. Yes I have made these!!!

Single Upright



Wing Jump Upright

Single Upright:

For 1 complete jump (including two uprights and a jump bar) you will need

- 5 x 1m lengths of 20mm PVC Pipe,
- 2 x 5 way 20mm PVC connectors, and
- 2 x jump cups.



You can purchase the jumps cups from Klever Cages @\$3.11 ea (<https://www.klevercages.com.au>), these cups are removable and can be positioned anywhere along the upright. You can make them, but please be mindful of your puppies safety by not having any sharp edges and the jump bar must be able to be dislodged.

To finish them off and make them look pretty, you can add

10 x 20mm PVC end caps. These are placed on all open ends of the PVC pipe.

Apart from the jump cups, everything else I purchased from Bunnings for a total of just under \$48 (including the end caps).



To make them up, take 2 of the 1m lengths of PVC pipe and cut 8 x 250mm lengths. These are placed into the 4 bottom holes of the two 5 way connectors (push them in nice and hard or you can tap them in lightly with a rubber mallet). Place a 1m length in the top of each of the 5 way connectors and then measure from the floor up and mark the heights of 200, 300, 400, 500 & 600mm from the bottom. Each height is measured to the top of the bar (ie the top of the bar sits at the actual height, not the jump cup) and attach a jump cup on each of the uprights. Add your bar and you have a jump.

Non Wing Fixed Jump

(not pictured – but imagine the non wing jumps we have at the club)

For 1 complete jump (including a jump bar) you will need



- 5 x 1m lengths of 20mm PVC Pipe,
- 2 x 4 way 20mm PVC connectors, and
- 2 x jump cups.
- 6 x 20mm PVC End Caps (to make it look pretty).

Apart from the jump cups, everything else I purchased from Bunnings for a total of just over \$40 (including the end caps). These are a little harder to store if you don't dismantle them.

Take 1 x 1m length of PVC Pipe and cut it into 4 x 250mm lengths. Place these into the top and bottom holes of the two connectors in the picture above. Place 1 length of pipe into one hole of each connector (so they are now joined together as one). Place this on the ground now so its flat, and add a length of PVC pipe into the two vacant holes in the connectors (these are your jump uprights), add your end caps (to make it look pretty), measure the heights again and your jump cups. This jump will stand alone and the jump bar should fall when knocked.



Winged Jump:

This one is a bit special and took some thinking to get the measurements correct and to make the most of the lengths of pipe. What you will need:



- 7 x 1m lengths of 20mm PVC Pipe
- 4 x 4 way 20mm PVC connectors,
- 2 x 20mm PVC Tee's
- 4 x 20mm PVC Elbow's 45 degrees and
- 2 x Jump Cups.
- 2 x pieces of material / canvas / vinyl
(I used some scrap material I had at home)
- Some string or cable ties
- 10 x 20mm PVC End Caps (to make it look pretty).

Apart from the jump cups, material and string, everything else I purchased from Bunnings for a total of just under \$78 (including the end caps).

Ok, now the fun begins. The picture below has some numbers on it. Some are measurements and some are the piece of PVC pipe I have cut it from.

#1 - Cut this into 3 lengths. 220mm, 45mm & the remainder should be 735mm.

#2 - Cut this into 3 lengths. 450mm & 2 x 275mm

#3 - Cut this into 4 lengths. 400mm, 350mm & 2 x 125mm



Now for assembly.

This is for one wing. You will need to do the same for the opposite wing.

Take 1 x 4 way connector and place the two 275mm pieces into each straight side (these are the feet), place the 735mm piece in the upright hole, add a tee connector to the top of this piece of pipe and then the 220mm piece into the top of the tee. Ensure you align the part of the two connectors out directly above one another. In the tee, place the small 45mm piece into the empty hole. Now take the other 4 way connector and add the two 125mm pieces into either side of it (outside feet), place the 400mm piece of up upwards in the 4 way connector, place an elbow on top of the 400mm piece of pipe.

Add the 450mm piece of pipe into the other end of the elbow and add the other elbow onto the end of this pipe. Place the 350mm piece of pipe into the last hole of the 4 way connector. Now you need to join the two pieces together, by placing the end of the 350mm piece into the last hole of the 4 way connector on the upright and the elbow on the very short 45mm piece of pipe near the to of the upright. Make sure you secure these well (use a rubber mallet if needed). Make them look pretty by adding the end caps onto all open ends of the wing. This will also ensure its quite stable.

I have then cut a piece of material similar in shape to the open gap inside the wing, cut some small holes and tied it to the wing with some kitchen string. You can just cut a square and tie or cable tie it to the inside of the wing. Repeat.

Just a note: Ensure that you get the same diameter connectors, jump cups and PVC pipes. It comes in 20mm, 25mm and the lists goes on. The jump cups only come in these two sizes, so your pipes and connectors need to match these. The prices quoted are for 20mm diameter.

That's if for the jumps. You are done!!!! Great effort.

Weavers:

These are quite simple to do and you can use your jump uprights and bars if you have not permanently stuck them together to save some \$\$\$.

Weave poles are 60mm apart, so firstly take a piece of string, put a loop in one end and then measure out 11 lots of 60mm and mark it with a texta. This will give you a straight line and the correct spacing for your weave poles. Now I found the easiest way to create weaves, unless you have a welder living with you, is to purchase a number of cheap screwdrivers that fit nicely inside a 20mm piece of PVC pipe. (Hint here, take a piece of pipe with you to ensure it fits inside.



I picked these up in Bunnings for \$2.05 ea. They have a long shank and a standard handle.

Some time ago, I also purchased these, which screw in the ground and make good weave pole bases or jump upright bases, but are a little time consuming to get in and out if you need to move them.



All you need to do now is to stick the screwdriver into the ground (straight up and down for upright weaves of course) and then place the PVC pipe over the top of the handle. If you want to use offset weaves, just move every second one out to the right a bit. If the screw driver has a really long shank, it will stay stuck if its placed at an angle also.

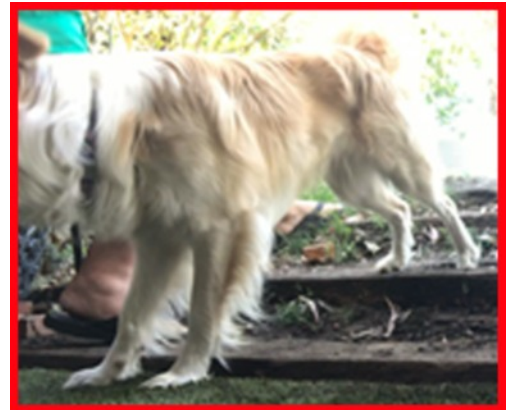
You have no excuses now, do you?.

Contact training:

You don't need expensive contact equipment to work on your contacts whilst in lockdown. Rear end awareness is important for great stopped contacts and this is easy to do with some simple ideas around the house.

Stairs and other household items:

Rear end awareness can be obtained by doing pivots, whilst feet are on an object. Here I have used an upside down pot saucer and behind us is a cushion with a board on top of it. The cushion is great as it gives them an understanding that things may move under them and for them to get their balance correct and get them use to the movement. Stairs are also great as they are taught to keep their feet on one step and to stretch forward, without moving those feet. This can be then transferred to the contacts.



We then moved to a plank on the ground. This plank I purchased from the local hardware store and was something they had as an off cut, so it didn't cost me very much and is quite solid. I also use a piece of plywood I picked up at "yes you guessed it", my favourite place Bunnings. With Caddy, he was getting to the end of the plank when it was raised at one end and turning into me, removing his back end off the plank, so I starting using something wider to give him an understanding that he needed to stay on the board. Once they get used to the plank flat on the ground and are happy to drive to the end, turn and "perform" tricks etc on it, you can start to lift one end and then both ends. A chair, milk crates, a couple of bricks or your stairs are great options. You just need to ensure the plank is secure before they get on it. Here are some pics of Caddy on the plank on the ground.



Getting used to working on the plank!!!



Working on the plank!!!



Driving to the end of the plank and maintaining criteria (back feet remain on plank).

Lastly, for those going to tackle the PVC pipe, you can cut it with a hacksaw, however I found this little tool is fantastic, easy to use and I don't lose fingers. Hehehehe..... It's called a pipe cutter and they start around \$8. Just remember to get one that fits your pipe size.



Now you have no excuses for not training during lockdown (unless you cannot get to Bunnings). Stay safe and enjoy the time you have with your puppies.

Jo, Gus, Moose & Caddy.



How to Make a Tug Toy

Tugging is one of the best games you can play with your dog and most dogs, whether large or small, love to tug.

Fleece tugs are easy to make, gentle on the dog's mouth and are far better than rope tugs which can catch between the dog's teeth.

All you need to make a tug are four strips of fleece material about 5cms x 65cms for a small tug and about 9cms x 100cms for a large one. You can vary the sizes to suit your dog.

Instructions:

- Place the four strips together and tie a knot leaving a "tassel" at the end
- Spread the strips in a cross shape
- Fold the top strip towards the bottom
- Fold the bottom strip towards the top
- Fold the right strip towards the left, passing over then under
- Fold the left strip towards the right, passing over then under
- Pull each strip to secure and straighten
- Repeat until you have your desired length
- Leave enough material to tie a knot and leave a "tassel" to match the other end



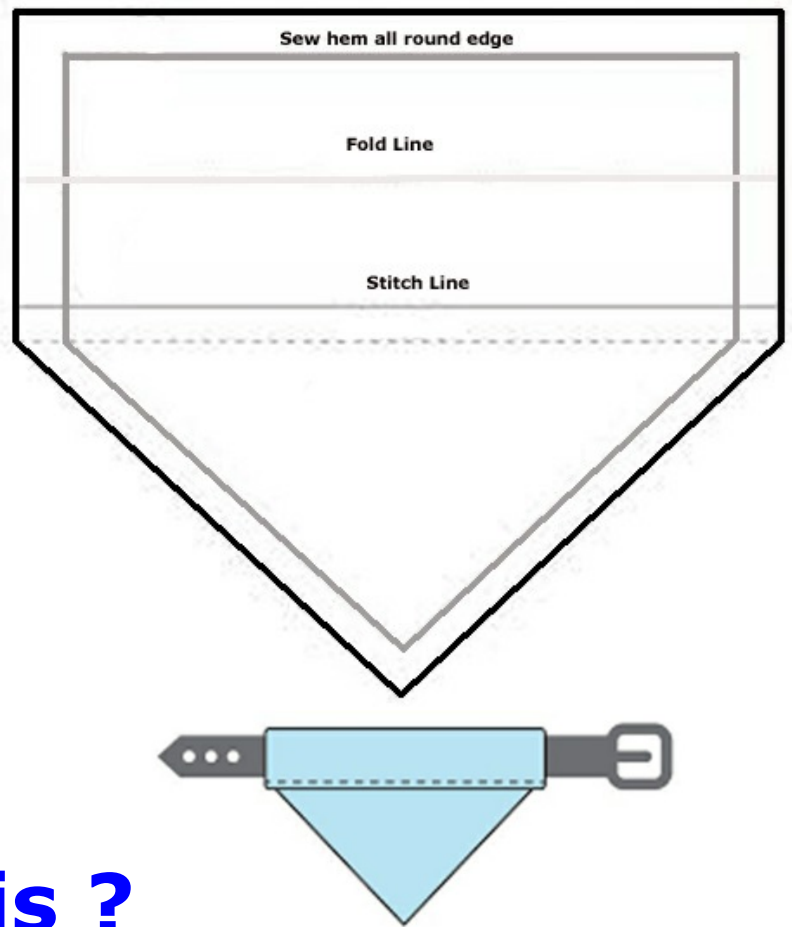
Get creative with your tug making, add a ball, faux fur or sheepskin.



Tugging is fun for both you and your dog, it keeps the "game" and focus with you and is a great reward for good behaviour but remember, tug on your terms. Teach your dog to give up the tug when the game is over, to wait to play the game and to release the tug when you ask.



Easy Slip Over Collar Bandana



How Cute is This ?

Measure your dog's neck then raid the closet or visit Vinnies to find a shirt that has the right collar size.

Cut or unpick the collar then hand sew around edge.



Job done; fasten around dog's neck.
Quick, easy and really **CUTE**



How to Make a Flirt Pole

A Flirt Pole is like a giant cat toy and is tremendous fun for both you and your dog. It is a great way to exercise your dog, it builds their chase drive and teaches impulse control. It brings the game to you.

Use the Flirt Pole as a training tool, have your dog sit or lie down then slowly drag the lure across the ground, your dog must only chase when you give it the release cue. As your dog chases the lure around you a quick flick of the wrist will snatch the lure away to change direction. You must let your dog catch the lure now and again but it must be taught to release it immediately on cue then you can start again. It is important to keep the lure at ground level as you do not want to encourage your dog to jump and twist as they could hurt themselves.

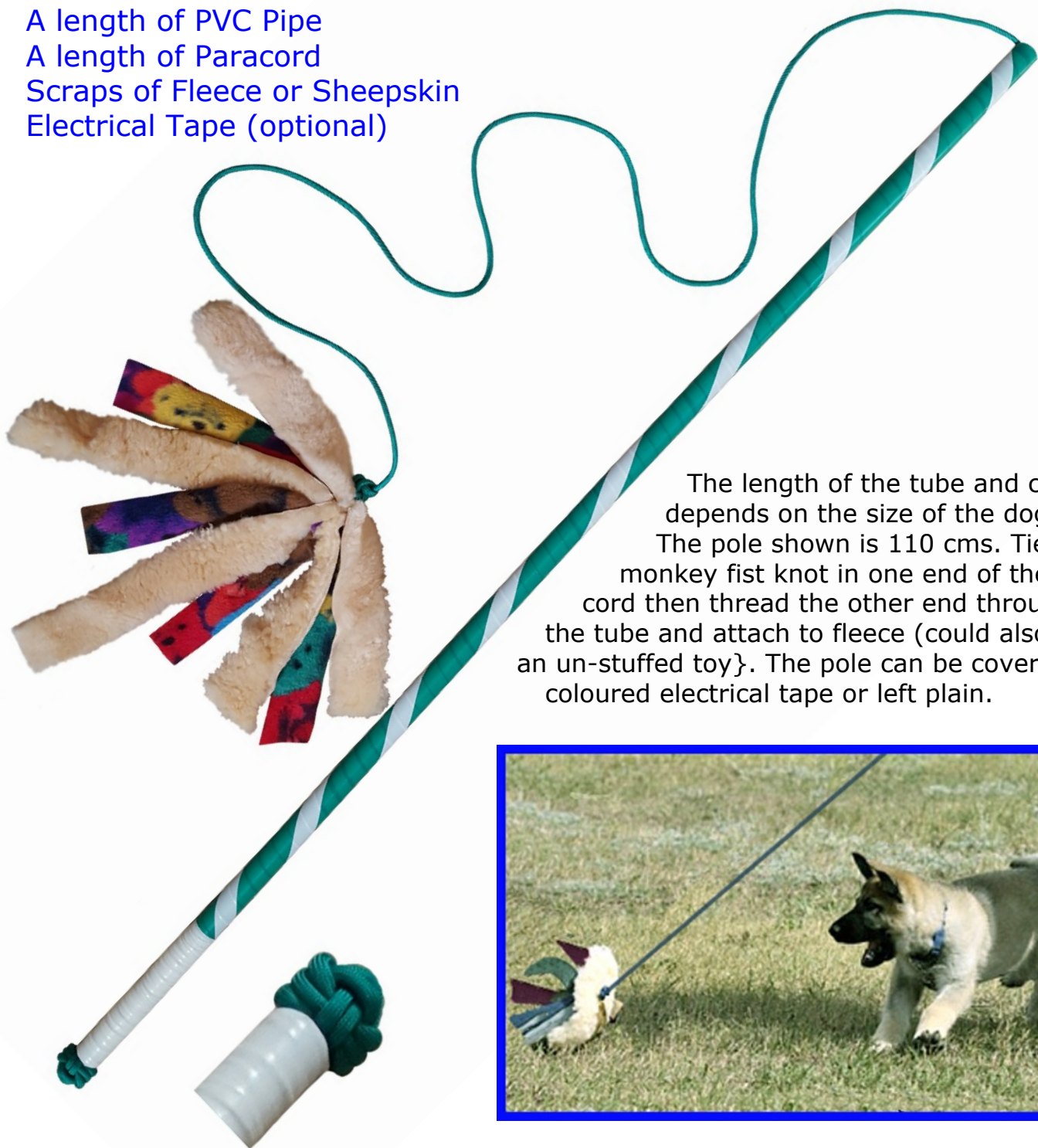
You Will Need :

A length of PVC Pipe

A length of Paracord

Scraps of Fleece or Sheepskin

Electrical Tape (optional)



The length of the tube and cord depends on the size of the dog. The pole shown is 110 cms. Tie a monkey fist knot in one end of the cord then thread the other end through the tube and attach to fleece (could also use an un-stuffed toy}. The pole can be covered in coloured electrical tape or left plain.



Jeanious Tug Toy

Don't throw out those old jeans
Turn them into tug toys !!!!

Cut up jeans removing all
seams then cut each leg panel
into two strips.



Place three strips of the
fabric together and tie a
tight knot leaving about
10cm of tails.

Plait the three strips
together, then tie another
tight knot to match the
other end.

Easy and quick to make and your dog will
love it. One pair of jeans makes two tugs.



How to Make a Flower for Your Dog's Collar

Step 1: Cut out six circles of fabric. Diameter will determine the size of flower.

Step 2: Press the circles in half with the wrong sides together to form a semi-circle. Press in half again to form a quarter.

Step 3: Thread a sewing needle with a double thread and knot. Sew across the raw edges with an up and down running stitch. Make sure you get a stitch near the ends and that you go through all layers. Don't pull the knotted end all the way through but leave at least a 10cm tail.

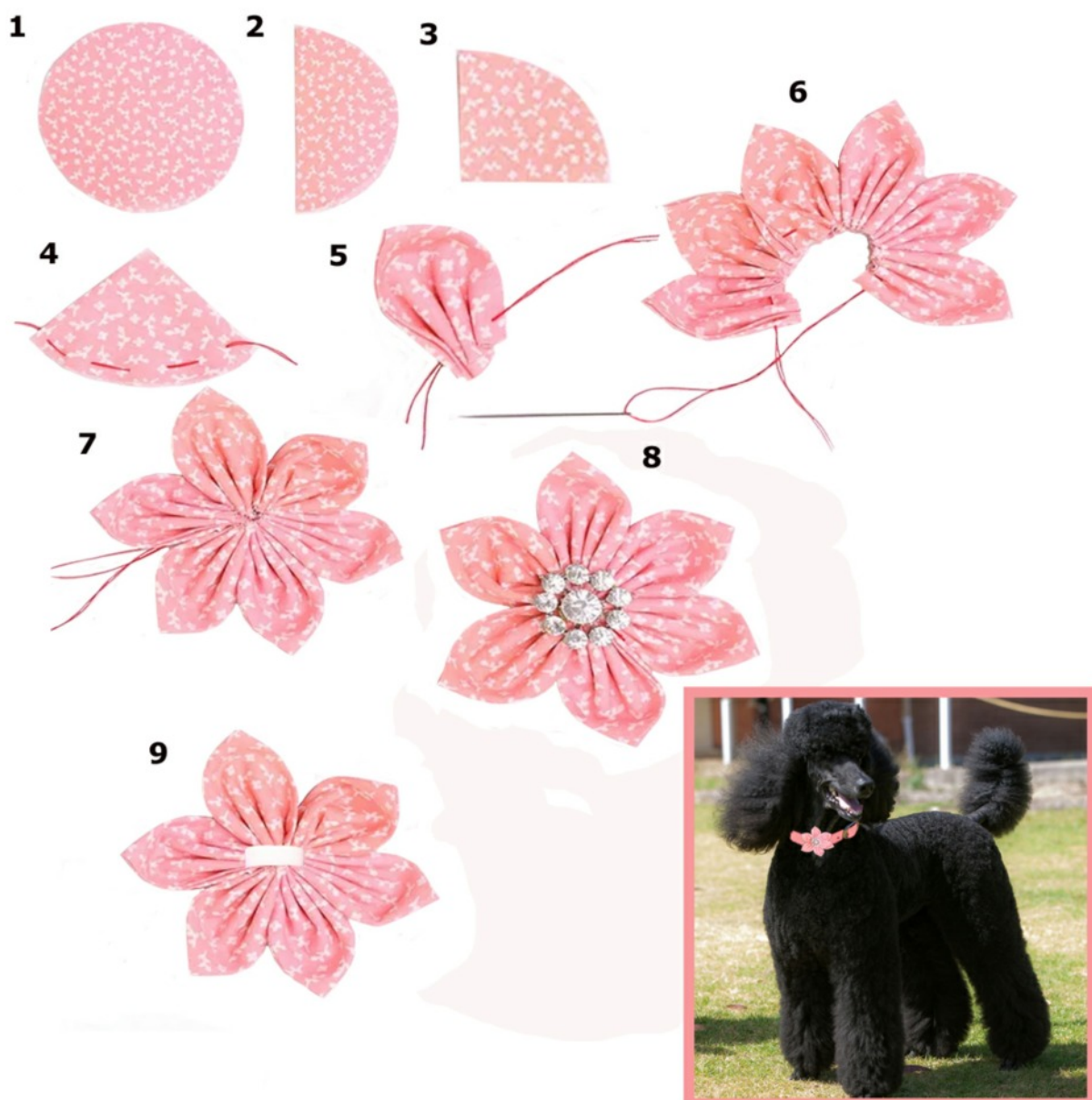
Step 4: Gently pull the thread to gather the petal into shape. Make sure you still have the tail at the end.

Step 5: Sew the next five petals the same way until you have a string of them.

Step 6: Using the ends of the thread, pull really tight and tie a double knot.

Step 7: Sew a bead or button on to form flower centre.

Step 8: On other side sew on a loop of elastic sized to fit on to collar.

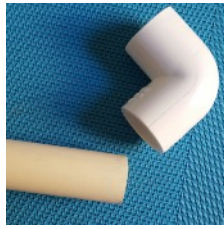


How to Make a Bottle Spinner Treat Dispenser

Easy to make and super fun for your dog.

You will need -

- 2 460mm Safety Cones
- 20mm PVC Pipe
- 2 Elbow Joints
- 3 Plastic Bottles



Cones and PVC pipe I got from Bunnings, bottles from the \$2 shop but you could use ordinary disposable plastic water bottles. Cones are well worth buying as they are great tools for you to use in both obedience and agility training.

Cut three lengths of PVC pipe - 2 x 44cm, 1 x 60cm

Cut or drill 25mm holes in both sides of each bottle then thread bottles onto the 60cm pipe.

Connect the other two pipes with elbow joints and insert into cones.

For small dogs use 300mm cones.

Place a handful of kibble in each bottle. Your dog will quickly learn to spin the bottles to get the kibble out.



How to Make a Fleece Ball

Fleece Balls are great toys for puppies and small to medium size dogs, especially for indoor games. Treats can also be hidden between the layers so they can snuffle the ball and the treats will drop out at random.



You will need -

A piece of fleece fabric 20cms x 160cms

A cable tie

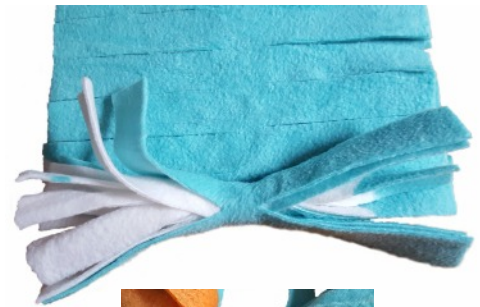
Step 1

Fold fabric in half width wise then cut fringes on either side of fabric about 2cms wide leaving an uncut line about 1.5cms at centre



Step 2

Starting at fold edge tightly roll up fleece



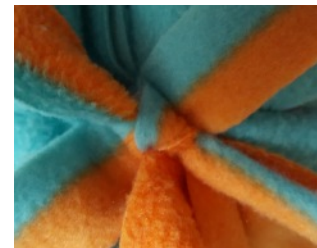
Step 3

Place cable tie around centre and pull in as tightly as possible and cut off end of tie



Step 4

Tie and knot several pieces of fringe from either side to cover cable tie



Step 5

Shake out ball and play with your dog



Salmon & Sweet Potato "Brownies"

Ideal for older dogs or if you prefer soft treats

- 1 x Can of Salmon (around 200grms)
- 1 x Medium Sweet Potato, (baked in the skin)
- 2 x Large Eggs
- $\frac{1}{3}$ x Cup of Coconut Flour
- Coconut oil to grease the pan



Preheat oven to 175°

In a medium bowl, beat the eggs until fluffy then fold in the coconut flour and mashed salmon.

Allow the mixture to rest for 10 minutes while the coconut flour absorbs the mixture.

Remove the sweet potato from it's skin and mash it until it is smooth then fold mashed sweet potato into mixture.

Grease a 23cm cake pan with coconut oil then press the mix into your pan.

Bake for 60-70 minutes until the mixture is firm, edges are golden and a tooth pick comes out clean.

Allow to cool and slice into squares store in fridge or freeze



Yummy Liver Dog Biscuits

Your dog will go wild for this !!!!

So brace yourself and get blending liver !!



450g x Lambs Liver
2 x Cups of Cornflour
3/4 x Cup of Potato Flour or Semolina
1 x Large Egg
1 x Grated Carrot or a Grated Apple
Splash of Milk if Needed

Cut liver into chunks and place in blender and blend until smooth then turn out into a mixing bowl. Add grated carrot or grated apple and mix together. Add cornflour, the semolina or potato flour and mix together until blended. Add egg, if mixture is too dry you can add a splash of milk. Roll out and place on a lined baking tray and bake for 15-20 minutes at 180°.

When cool cut into squares and store in fridge in an airtight container.

Enjoying Your Lock Down Chocolate ?



Make these safe doggy chocolate cookies that your pooch will adore.



- 1½ x Cups Oat Flour
- ¼ x Cup Peanut Butter
- ¼ x Cup Carob Powder
- ½ x Cup Mashed Banana
- 1 x Egg
- 1 x Tbsp Coconut Oil (melted)
- 1 x Ttbsp Maple Syrup

Preheat oven to 150°

Mash banana. Break egg into a bowl and whisk until frothy then add peanut butter, mashed banana, melted coconut oil and maple syrup and mix together until blended

Sift oat flour into mixture and stir well.

Sift carob powder into mixture, stir until all ingredients are combined and knead to form dough.

Turn dough out onto floured work surface and use a floured rolling pin to roll dough out.

Cut dough into desired shapes using a cookie cutter then place on a lined baking tray.

Bake for 15 minutes then remove from oven and allow to cool completely.

Store in airtight container in the refrigerator for 7 to 10 days.

a word from the President

After finding Sydney in lockdown at the end of June, we continue to be in lockdown as July moves into August. I trust that you're all keeping safe and well and making the best of things with good company from your canines. Hopefully lockdown will end before too many more weeks have passed and we can all go back to face-to-face training sessions at the club.

A few news items regarding club business...

In recognition of financial hardship caused by the Covid lockdown we will extend membership renewal requirements from end of July to the end of August.

The August general meeting will have a motion before it to move the AGM from end of September to end of October.

A second motion will be to further extend renewal of memberships from end of August until end of September. Should you wish to join via zoom for the August general meeting please send an email with your contact details to info@northernbeachesdogtraining.com.au

You will be able to join the meeting by zoom online link or audio only by telephone. Outcomes of these two motions will also be communicated to members.

One issue causing ongoing glitches with membership renewal is a failure to upload your current vaccination certificate for your dog. Should you encounter ongoing problems with this you can email your vaccination certificate to membership@northernbeachesdogtraining.com.au. Of course you can do this at any time during the year; you don't have to wait until renewal time.

If you have any articles for Dog Tracks or concerns that you would like to communicate please feel free to send them to our club email address info@northernbeachesdogtraining.com.au

On another note we have postponed the scheduled agility trial from end of July to later in the year. Stay tuned for the new date once it is confirmed, but those who have already entered and paid for this trial, your entries have rolled over to the new date. Of course, if you would like to withdraw your entries, please send us an email.

We always like to look for some good news so I am pleased to be able to inform club members that we have successfully renewed our Northern Beaches Council lease at Deep Creek for another 12 months.

Our core activities of obedience, agility, flyball and frisbee continue to enjoy strong participation (when not in Covid lockdown) but we are always looking for other activities that may engage club members.

A considerable proportion of our membership have full breed dogs and so we are looking at possibly introducing breed ring show training and maybe grooming tips. As a kennel club one of our key obligations is to support recognised breeds as part of our Dogs New South Wales (t/n Royal NSW Canine Council Ltd) affiliation.

Again if you have any suggestions or comments please let us know via email or you can contact me directly 0433123353.

Peter Coulthart

with editorial assistance from his Irish Setter "Hunter"



