

NEWS

from Fit-N-Trim Dog Sport Training

VOLUME 2, ISSUE 2

MARCH, 2010

SPECIAL POINTS OF INTEREST:

- Agility Camp 2010
- Lawrence Baker and Bam
- Tip from Karen
- Tasty Treats

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Agility Camp is Coming in June!

Finally the snow is gone and spring is upon us....and with spring our thoughts return to Summer Camp.

As you know, Fit-N-Trim's past two camps were a huge success. This year we have scheduled our advanced/intermediate camp for Thursday and Friday, June 10th and 11th with the hope of avoiding the late June heat.

We are delighted to let you know that Cindy Ratner is looking forward to joining us again.

Hmmm, now that she knows us, she has probably been observing at trials to see if we paid attention to those front and rear cross lessons last year.

Cindy will be joined by Jean MacKenzie, who has been judging CPE trials and teaching agility for many years. Most of you have encountered Jean, hopefully not as she has blown you off the course.

As usual camp offers the opportunity to get a fresh perspective on course skills and strategy in a fun environ-

ment. It is becoming a favorite Fit-N-Trim tradition...good friends, good fun, good food...and a great opportunity to learn more about working effectively as a handler/dog team.

Enrollment is limited so let Karen know right away if you are interested by emailing kunabug@comcast.net or calling her at 978-948-2745.

Plans are also underway for a one-day Beginner Camp to be held later in the season.

Lawrence Baker and Bam

BAM has been full of surprises. Ever since this twelve week old Flat-Coated Retriever arrived at Logan Airport, sight unseen from Buffalo NY, life has been one big surprise. I had to do a sell job on our breeder to convince her that I was indeed worthy of one of her pups.

BAM is my first dog as an adult. I was surprised how other dog owners in my neighborhood were as excited as I was about BAM's arrival. These new friends encouraged and participated in BAM's socialization with people and other dogs.

Training has provided several great surprises. We started by bringing BAM to puppy kinder-

garten and completed the Canine Good Citizen program. In the process we discovered that we enjoyed our training time very much. On a whim we took an Introduction to Agility class. We followed that up with a class at Karen's and we have become Fit-N-Trim agility regulars.

A postcard from the Yankee Golden Retriever Club inviting us to participate in their field train-



ing fundamentals class sounded interesting and so we did. Field training showed BAM's retriever breeding and at the urging of our instructors we have continued field training at Swift River Retrievers.

(cont'd on Page 3)

Tip from Karen: Teetering on the Edge

“Insanity: doing the same thing over and over again and expecting different results”
Albert Einstein



This shows both confidence and good balance .



I always ask my students, “Can your dog do the big seesaw?” The answers I get vary, “I think so.,” “He/she should be fine.”

My feeling is that it is better to be safe than sorry! If you are not very sure that your dog is ready for the big seesaw, why not warm up on the small one and then ask for help before trying the big one? Have a helper hold the board so you are introducing only the height at first. When your dog is comfortable with the height, start to increase the bang noise, by having the helper lower the board faster.

Make sure when teaching the seesaw that you separate all the different pieces. Work on all aspects separately: jumping on a training board, staying on when it moves, the noise, the movement of a board, the tip height, your dog’s

A Good Seesaw Setup for Beginners

confidence and attitude, the contact position. This should all take place before even walking the whole plank; you know your dog can already walk the full length of a plank.

Remember to use clear and different commands for the see saw and the dog walk. They look the same to your dog when they are at full height.

When bringing your novice dog to a new place with different equipment, help it the first few times on the seesaw to make sure it knows that the seesaw is the one that moves.

Different seesaw bases affect dogs differently, if your dog normally trains on a aluminum based seesaw then a PVC base is going to sound and feel different. I have seen dogs jump off a PVC base because they hear

creaking like it may break and they do not feel safe. Also I have noticed a lot of older dogs flying off the seesaw unknowingly , I think as dogs age they cannot tell the difference as well.

How fast is the tip? They all can tip a bit differently so when walking your course, tip



the seesaw and see if it seems light, heavy, slow, quick to tip.



Perfect! Now pay up, lady!

“Practice does not make perfect. Only perfect practice makes perfect”
Vince Lombardi

Distance Workshop and Mock Trial

Distance Workshop.

Jean MacKenzie, who recently offered a workshop to introduce new competitors to agility trials will offer a Distance Workshop at Fit-N-Trim on April 11th. The four-hour workshop is intended for folks who are beginning to compete or competing at trials but who have not worked a lot with

distance handling.

The response to the workshop has been terrific and folks have asked that we run it again.

We have also scheduled a distance workshop for more advanced handler/dog teams on Sunday, May 23rd. Check www.fit-n-trimdogagility.com for further details.

Mock Trial. Fit-N-Trim will hold a mock agility trial on March 27th so you can familiarize yourself with the trial setting and routine before attending your first agility trial. There will be two judged events: full house and standard. Although entries are closed, all are welcome to come and see what is happening.

Got Extra Time: Cook Up These Tasty Dog Treats

Karen makes this treat recipe when her dogs needs something special to motivate them.

Ingredients

- 1 lb ground turkey
- 2 ½ cups flour
- 1 T honey
- 2 eggs
- 1-2 T Garlic (Karen uses “Bug Off Garlic” from Spring Time for Dogs)
- ½ cup vegetable oil
- ½ cup golden flax seed meal

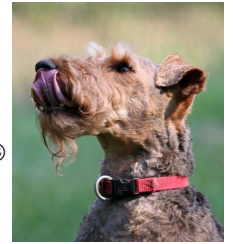
Directions

Preheat oven to 350 degrees.
 Mix eggs, oil, honey, flax seed meal, garlic, in a large bowl.
 Add ground turkey, then add flour.
 Mix the best you can by hand. It will make a big sticky lumpy ball.
 Line a cookie sheet with wax paper and spread the mix on it as evenly as you can. Using a knife or a pizza cutter coated in oil, pre-score the mix in very small (treat-sized)

squares. When you are done it should look like grid paper; the pieces will not be separated but will break apart easily into small training sized treats once they are cooked. ☺

Cook at 350 degrees, for about 25-45 min. They should be cooked through but still moist and soft.

Cool and separate them and store them in refrigerator or freezer. Remember that because they contain no preservatives, they must be used within a few days if not frozen.



Yummy!!!

Ribbons and Titles Galore

Fit-N-Trim students and their dogs continue to burn up the trial scene. Some recent accomplishments we've learned about include:

- MACH 2 Carol Kelly and Lily, her Corgi
- C-ATCH Judy Belyea and Grady, an Australian Shepherd
- ADCH Karen Gorman and Ticket, a Border Collie
- CS-ATE Sally Baliunas and Krypto, her Kelpie, and CS-ATCH with Ava, her Teddy Roosevelt Terrier
- NAP, NJP and CDX...all at Springfield... Rolanda Dane and Jack, her smooth coated Collie
- AKC Invitational in Long Beach, California Chris LaVoie and Becca, an American Eskimo
- AXF Judy Belyea and Calvin, an Australian Shepherd
- OAF and OA Judy LeBlanc and Charlie, her Welsh Terrier; OA and OAJ Rosemary Decie

and Jake, a Jack Russell; NF, OA, and OAJ Bunny Watson and Strider, her Belgian Sheepdog.

- CPE Level I Bunny Watson and Wednesday, her Cocker Spaniel; Brittney Coleman and her pug, Ernie, (with Otto not far behind)
- CPE Top Ten Specialists 2009. Sally Baliunas and Krypto came in 1st and Ava came in third...what an accomplishment for them!

Congratulations to all of the handlers and their wonderful dogs.

Fit-N-Trim

Teams Win at CPE, AKC, and USDAA in agility, obedience and conformation

Lawrence Baker and Bam (cont'd)

The best surprise has been discovering BAM's potential. We have found great instructors to help. They teach well, care a lot, and are insightful and supportive.

I never had agility, hunt tests and breed competition in mind when I got my pup. I barely knew what they were. I simply wanted to have fun with my dog. Each discipline has

unique connection requirements for BAM and me. I have learned that Flat-Coats are prized for their versatility. I hope that BAM and I can prove worthy of this wonderful heritage.

BAM looking alert





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Owner: Karen Gorman (kunabug@comcast.net)

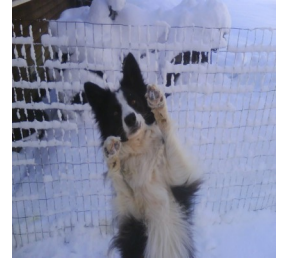


“Helping you and your dog reach your goals with confidence”

Upcoming Classes/Events

Fit-N-Trim has number of classes starting soon:

- Puppy Kindergarten: Thursday, April 15th at 6PM, Saturday, April 17th at 9:00AM, and Tuesday, May 4th at 7PM
- Basic Manners: Saturday, April 17th at 11:30AM
- Intermediate Manners: Saturday, April 17th at 11:30AM
- Beginner Agility: Wednesday, April 14th at 6PM
- Novice Conformation: Handling (4 weeks) starting on Tuesday, March 30th at 10:00AM and Monday, April 5th at 5:00PM. \$100

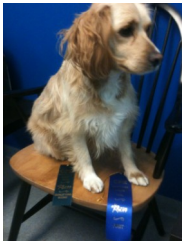


Ticket looks forward to Spring

Introduction to K9 Noseworks—Coming Soon!

Fit-N-Trim is planning a 5 week Introduction to K9 Noseworks course with Scott Williams, the only certified Noseworks instructor on the East Coast. Dogs have any amazing sense of smell and desire to hunt. The course teaches you how to encourage and develop you dog’s natural scent capabilities using its desire to hunt and its love for toys, food, and exercise. It is wonderful fun for both you and your dog. Both day and evening classes will be offered. The start date will be posted on the website soon. Let Karen know if you are interested.

First Trial, First Q’s



Several Fit-N-Trim teams just starting their competitive careers were successful at their very first competitive events.

Max

Cheryl and Max had got there very first CPE Q.

In their first USDAA trial, Sylvia and Star got not one but two Starters Gamblers Q’s.

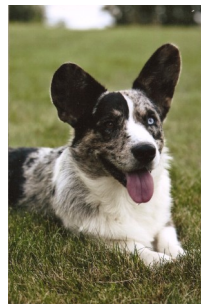
Star



On the conformation circuit, Ed Mad-den’s Finn got his championship and is now Champion Happy Talk Huck Finn of Newbury.

Finn

Karen Thomas and Kenny entered their 1st 2-day Conformation competition weekend in Fitchburg on the 20th & 21st. Kenny took 1st Place on both days for Sweepstakes 6-9 month Dog as well as 1st place both days in his Class (6-9 month Dog).



AKC Good Citizen

Fit-N-Trim will offer the AKC’s Good Citizen test at its indoor facility at 108 Newbury Turnpike on Tuesday, April 27th from 6 to 8 PM. The test will be administered by Madelyn Cirinna. To get more information about the requirements, go to <http://www.akc.org/events/cgc>.

To sign up for the test, email Madelyn at scottfree_madelyn@msn.com.

Games

Games are back and scheduled for several Saturdays and Sundays throughout the year. Games are usually held at 10:30AM. If you are new to games, plan to arrive 15 minutes early to get an overview of the game or to walk the course with an experienced handler. Upcoming games are scheduled April 18th.

Fit-N-Trim Students: \$15 (one dog) \$10 each (more than one dog)