

# Warming Up, Cooling Down and Stretching



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## Why warm up your dog?

Warm-up is essential if your goal is to prevent injury. Its main purpose is to prepare the body and mind for more strenuous activity. One of the ways it achieves this is by helping to increase the body’s core temperature, while also increasing the body’s muscle temperature. By increasing muscle temperature you’re helping to make the muscles loose, supple and pliable.

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# Columbia Agility Team

## Board of Directors

### President

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Janice Tsuchida  
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Lisa Klein  
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## Management

### Mailing & Membership List

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Carol Hibbard  
hibba@aol.com

### Events and Brags

Sarah Kerridge  
kridge@pacifier.com

### Wilsonville

#### Larsen Barn Manager

Reneé Wilson  
renno.pup@verizon.net

Friday • 7-9  
Open practice - all levels  
Sunday • 3-4:30pm  
Open practice - *novice*  
Sunday • 4:30-6pm  
Open practice - *advanced*  
*Practice Barn Info*

### Gresham

#### Bebop Barn Manager

Tara Choate  
agilityteam@juno.com

### Forest Grove

#### Van Dyke Farm Manager

Sue Woodson (503-640-0584)  
will be the barn manager

# 2003 Calendar of Events\*\*

## MAY

May 17-18 seminar  
Susan Perry by Every-Buddy's  
Agility Fun! Clearview, WA

May 17-18 AKC  
Luckiamute DTC Trial  
Corvallis, OR

May 23-24 AKC  
McKenzie Cascade Dog  
Fanciers Trial Eugene, OR

May 24-25 AKC  
American Belgian Terv Club  
Trial Graham, WA

May 24-26 NADAC  
Mega-Dogs Trial  
Woodinville, WA

May 25-26 AKC  
Eugene Kennel Club Trial  
Eugene, OR

May 31 fun run  
RAT Fun Match Open to all  
Kent, WA

May 31 seminar  
Britney Holtorf by CAT  
Forest Grove, OR

May 31-June 1 USDAA  
Spokane DTC Trial  
Otis Orchards, WA

## JUNE

June 6 AKC  
ESSSC Sheltie Only Agility  
Trial Enumclaw, WA

June 7-8 AKC  
Puyallup Valley Dog Fanciers  
Puyallup, WA

June 14-15 AKC  
EGRC Trial Shoreline, WA

June 20-22 NADAC RAT  
Trial & Fido Follies  
Lacey, WA

June 27-29 AKC  
Mt Bachelor Kennel Club Trial  
Redmond, OR

June 28-29 USDAA  
Sno-King Trial & Vers-Agility  
Monroe, WA

## JULY

July 4-6 AKC  
Evergreen Afghan Hound Club  
Auburn, WA

July 12-13 NADAC  
WAG Trial  
Adair Village, OR

July 12-13 AKC  
WSOTC Trial  
Shoreline, WA

July 19-20 USDAA  
CAT Trial & Local GP Qualifier  
Estacada, OR

July 19-20 AKC  
CDTA Trial Ferndale, WA

July 26-27 AKC  
NW Bearded Collie Club of PS  
Trial Enumclaw, WA

\*\* I have done my best to find all the events in the area, however, there are some trials, AKC mostly, that don't get put on the calendar until the last moment! I suggest that you check with each organization's web-site for up-to-the-minute changes or additions. You might also check with the links to the various clubs, on CAT's web-site for more information on each meet.

# Bragg

WAG - USDAA Corvallis Trial Titles!

MAD	Dash	Terrier X	Paige Pierce
GM	Rusty	Austr. Shep	Evelyn Robertson
P3Jump	Heidi	Malinois	Barb Benner
MAD	Max	Border Collie	Bonnie Johnson
AAD	Twig	Border Collie	Emily Johnson
AAD	Arthur	Toy Fox Terr	Kathy Stump
AAD	Sarah	Papillon	Nancy Ballerstedt
AAD	Wiley	Aussie/BC	Murray MacNeill
AAD	Kestrel	Doberman	Craig French
PD2	K.C	Austr. Shep	Julie Life
PD1	Kirby	All American	Linda Bleeker
SrJrHan	Raleigh	Jack Russell	Meagan Johnson
PD1	Jenny	Shiba Inu	Nancy Goodwin
PD1	Frisko	AustCattleDog	Trish Greenstreet
AD	Mozart	Papillon	Shannon Boyd

Adv Snooker	Jordan	Sheltie	Camila Murphy
Adv Jumpers	Logan	Gordon Setter	Carole Shlaes
Adv Snooker	Wiley	Aussie/BC	Murray MacNeill

From Berklee Robins:

Sasha (Aussie) completed her Elite Superior Performance in Standard, and Elite Outstanding Performance in Jumpers at the Elma RAT NADAC trial in February and her Veterans Elite Standard Title in Canby with 3 firsts and a second in her first weekend running as a vet.

From Barbara Stone:

Last NADAC trial, Colton (beardie) finished his O-OAC-V and O-OJC-V titles on Saturday as well as earning his first Open-V gamble leg!

From Connie Reed:

At the February CAT NADAC/ASCA trial in Canby my 3-year-old Aussie, Cody, completed his Elite Standard and his Open Gamblers.

From Kitty Ware:

Quincy has finally finished his NADAC novice agility title at Medford (Mar. 29-30). It was a family affair with Steve and Kitty both running him.

From Jamie Winthrop:

I have never thought that Sydney and I have had anything to brag about before, but I wanted everyone to know how proud I am that we were able to complete both our NADAC Elite Jumpers and our Elite Regular titles, each over the course of two weekends. We had some great runs including several first place runs. My April Fool's dog finally has made some contacts, just in time for her seventh birthday.

From Trish Greenstreet:

Frisko got his NADAC Novice agility title at the CAT NADAC trial at Clark County Fairgrounds. He was a joy to run in his standard classes - I think he was showing off for my mom who was in town for the week.

Congratulations everyone!



# July USDAA Grand Prix

The July USDAA Grand Prix Estacada trial premiums will **not** be mailed out to all members **unless they were in the January's USDAA trial**, if you WANT a premium to mail to you, to let the show secretary know via e-mail or phone 503-656-3955. The premium will be on the CAT website for anyone to download and print if you do not wish to receive a printed copy.

The premium link is:

[http://www.columbiaagility.org/premiums/Estacada\\_2003.pdf](http://www.columbiaagility.org/premiums/Estacada_2003.pdf)

*Becky (trial secretary)*

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## CAT Membership Lists

The CAT membership list is now available for download on the web site. Look on the "Members" page. If you **absolutely cannot** use the list from the web site, send a note to Dick Watson, 1212 SW Upland Dr, Portland, OR 97221, and one will be mailed to you.



## Keeping Current . . .

Elaine Resner is now in charge of keeping the CAT data-base up to date —no small feat!

Therefore, if you MOVE, CHANGE PHONE NUMBERS, NEW E-MAIL ADDRESS, GET A NEW NAME(!) etc., PLEASE let her know. Not only is it important with this big a club to know how to get hold of people, but the *CATalyst* and *CATapult* depend on current and correct addresses from the database for mailing.

If for some reason, you don't get a premium, or a newsletter and all your friends have, perhaps you need to check with Elaine and see what address she has for you :-)

ELAINE RESNER ([Egr.hijinks@verizon.net](mailto:Egr.hijinks@verizon.net) or 503-643-9001) .  
**Elaine** is the one that keeps it all up to date and correct.

# Hurray!!! The CATalyst Online...

Hello fellow CAT members,

The CATalyst will be available from this month forward on the Columbia Agility Team website <http://www.columbiaagility.org/> in PDF format for anyone NOT interested in receiving a printed copy.

This will hopefully save some trees and some of the costs of printing and mailing the CATalyst.

If you wish to be taken off of the mailing list (CATalyst only) and read the CATalyst online please e-mail me at [trishgreenstreet@hotmail.com](mailto:trishgreenstreet@hotmail.com). Put "Online CATalyst" in the subject line to help me sort my e-mail. Or write me at : 0615 SW Nevada, Portland, OR 97219, please include your name and e-mail address for notification when the CATalyst is ready to view.

I will e-mail a notice to everyone not receiving a print copy.

*Trish Greenstreet  
Editor CATalyst*

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## *Library News*

Training your dog is only half the battle. Getting yourself mentally in shape to handle competitively can be the real war. These CAT library books help you overcome your mental barriers and handle to win.

Agility Success by Angelica Steiner

Clear Mind, Clean Run: Self-Hypnosis for Agility Handlers (audio tape) by Katerene Johnson

Fear No More: Competing with Confidence by Barbara Cecil & Gerianne Darnell

That Winning Feeling by Jane Savoie

With Winning in Mind by Lanny Bassham

Your Secret Coach by Christine Smith



*If you have any items you would like to check out, please contact Tara Choate at [agilityteam@juno.com](mailto:agilityteam@juno.com) (home: 503-655-5573, work: 503-232-5037). Tara tried to make it to general meetings and most CAT events. You may also browse through the library at it's home in Pawsitively Clean (on the corner of 40<sup>th</sup> and Hawthorne, open 6 days a week). If you have any items you would like the library to buy, please contact Sarah Kerridge at [kridge@pacifier.com](mailto:kridge@pacifier.com).*

P.S. We have the Greg Derrett video in.

# Dog First Aid Kit

## First-Aid Kit Essentials

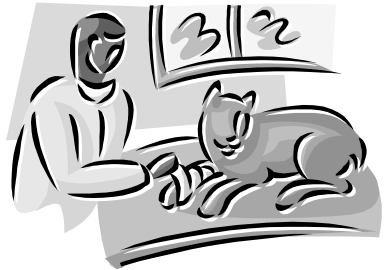
It's always a good idea to be prepared for those accidents that can happen at competitions or around the house, while on walks or other outings. Having a Pet First Aid Kit at home or on the road could be the key to survival for your pet. It doesn't have to be fancy, just some key items stored in a large Ziploc bag or fanny pack will do, or you can pack all of the items listed in a duffle bag and just throw it in the back of your vehicle.

**Here is a list of items you may want to have in your Pet First Aid kit.**

Adhesive Tape (1 inch roll)  
Gauze Pads (3or 4 inch sq)  
Gauze Rolls (2 inch for sm. pets, 3 inch for lrg. pets)  
Triangular Bandages  
Digital Thermometers (flexible tip)  
Scissors (blunt end)  
Tweezers  
Eye Dropper  
Syringe (10cc -needle removed)  
Antibiotic ointment  
Hydrogen Peroxide 3%  
Mercurochrome  
Vinegar or Baking Soda  
Activated Charcoal  
Petroleum Jelly  
Kaopectate  
Chemical Ice Pack

**For a really complete kit you can add:**

Small Flashlight  
Razor Blades  
Needle Nose Pliers  
Q-tips  
Betadine Solution  
Extra Leash and Collar  
Muzzle  
Plastic Bags (for cleanup or samples)  
Photo of you and your pet  
Towel/Blanket  
Gloves



# “Reining-in” Mowgli

If you have been doing agility for any length of time, you have probably wished for a VERY FAST dog at some time or other . . .

Just like Angela Moore told you in her article about “so you want a Border Collie,” (*CATalyst*, November 02) there are pros and cons to owning a BC, and so it is with trying to train and run a VERY fast dog!

Any time you are training/running a dog that is much faster than you, there are situations that are, to say the least, *challenging!*

As trainers, we are always telling our students to “work that jump” (DW, tunnel, etc.) This means, get to the jump, indicate it, and keep your eye on the jump and the dog. This is very good advice if you are *somewhere near* the jump your dog is going over at the time! With a fast dog, you may be 40+ feet behind, especially on the wide open S/N courses! So you have to figure out how to get your dog to focus on a particular jump and figure out what it is they should do next as you are trying to get in position to work the next section of the course.

With *Mowgli*, our young Kelpie, being not only a very fast dog, but having a very long stride, this is quite a challenge! If I make one step too far forward, he’s over the next jump –or into a tunnel! If I attempt to step to the side to change positions, he’s run *by* the jump and is on his way to where he *thinks* I’m going! For those of you who have watched me struggle with him, this not only seems as though it may be impossible to get control, but it gets hilarious, as things happen SO fast!

Since he knows all the obstacles, the real work now, is getting us both to understand each other, and for me to figure out where he seems to *feel* I’m trying to get him to go. In other words, we need to become a “long distance” team! This is going to take awhile, I can see that!

Several things I have learned—the hard way! Most important, NEVER say “OUT-jump” (or OUT *anything!*) This just gives him permission to run to the next *county!* Next, don’t *assume* that he will make a weave-pole entry coming out of a tunnel (at 90 mph, he’d hurt himself!) Don’t count on calling him off a tunnel if it is right in front of him, in fact, don’t count on calling him off of *anything* if it is right in front of him!!!! If he is at “top speed”, don’t count on him bending a bit sharper to get the jump you are TOTALLY indicating . . . too much work to change direction at top speed!!

## “Reining-in” *Mowgli* - continued

So what is the answer with a dog like *Mowgli*? Well, first of all, I think age will help. He’s only 19 mos. old and is still a very enthusiastic *puppy*. He has to learn that he needs to slow down for things like weave-pole entries, and things that are not in a straight line. He needs to focus on the jumps I *indicate* and not try to decide where *he* thinks the course should go. It would be *nice* if he would slow down enough to “come to hand” so that we could do a front cross . . . !

At this point, I would say that he is a bit “lazy” . . . what I mean is, if it takes some *effort* on his part, he’s not willing to do it. Or, perhaps I am so late on my commands that he *can’t* do what I’m asking. I’m sure it’s a combination of the two, and I’m sure with time we’ll learn to understand each other.

Would I trade this dog?? Not on your life! He has desire, a fantastic work ethic, unbridled enthusiasm, and speed. He is smart, obedient and sweet. He is everything you could want in a dog.

As for me, I wish I were *younger*, more *patient*, and had more *energy*. Having said that, I consider myself lucky to be able to work with a dog like *Mowgli*. He is making me a better handler and teacher, and hopefully keeping me young!

I hope that those of you —who want one— will have to opportunity to have a dog like *Mowgli*, someday. It will be a challenge, a wonderful experience and more *fun* than you can possibly imagine.

Carol Hibbard



# Warming Up

*Continued from page 1*

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An effective warm up also has the effect of increasing both the heart rate and respiratory rate. This increases blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles. All this helps to prepare the muscles, tendons and joints for more strenuous activity.

A good warm-up: produces faster, more forceful muscle contractions, increases the metabolic rate so oxygen is delivered to the working muscles more quickly, gives better muscle control by speeding up the neural message pathways to the muscles, and allows your dog to work out comfortably longer because all her energy systems are able to adjust to exercise, reducing the buildup of lactic acid in the muscles.

By the way, it does no good to warm your dog up, and then spend 10 minutes standing in line. Keep your dog moving!

## Why cool down your dog?

The main goal of the cool down is to promote recovery and return the body to a pre-exercise, or pre-work out level. During a strenuous work out your dog's body goes through a number of stressful processes. Muscle fibers, tendons and ligaments get damaged, and waste products build up within the body.

The cool down, performed properly, will assist your dog's body in its repair process. One area the cool down will help with is "post exercise muscle soreness." This is the soreness that is usually experienced the day after a tough work out. Most people experience this after having a lay-off from exercise, or at the beginning of their sports season.

This soreness is caused by a number of things. During exercise, tiny tears called micro tears develop within the muscle fibers. These micro tears cause swelling of the muscle tissues which in turn puts pressure on the nerve endings and results in pain. Lactic acid accumulation is a big factor in muscle soreness as well. The cool down helps to remove the lactic acid from the muscles and reduces soreness.

When exercising, the heart is pumping large amounts of blood to the working muscles. This blood is carrying both oxygen and nutrients that the working muscles need. When the blood reaches the muscles the oxygen and nutrients are used up. Then the force of the contracting (exercising) muscles helps push the blood back to the heart where it is re-oxygenated.

However, when the exercise stops, so does the muscle force that pushes the blood back to the heart. This blood, as well as waste products like lactic acid, stays in the muscles longer, which in turn causes swelling and pain. This process is often referred to as “blood pooling.”

So, the cool down helps all this by aiding the blood circulation from the muscles, which in turn helps to prevent blood pooling and also removes waste products. This circulating blood also brings with it the oxygen and nutrients needed by the muscles, tendons and ligaments for repair.

The cool down should utilize the same muscles that were used during the sports or training activity. For most dog sports, a slow trot to a walk is a good place to start and should continue until the dog’s breathing rate returns to normal.

## **When should I stretch my dog?**

Recent research suggests that stretching immediately before exercise has little effect on the incidence of injury. A better predictor of injury is overall conditioning. The best time for stretching is probably immediately following exercise as part of the cool down routine. At that time, the muscles, tendons and ligaments are maximally warmed and, therefore, the most flexible and amenable to a good stretch. The bottom line is that stretches should NEVER be done without some warm-up or prior activity. Injury is much more likely when trying to stretch cold muscles.

When looking at the effect of stretching alone (in humans) on range of motion, a review of MEDLINE finds that for both the immediate (an hour) and long-term (several weeks) improvement in range of motion, one 15 to 30 second stretch per muscle group is sufficient for most people. Some people require longer duration or more repetitions. Research also suggests the idea that the optimal duration and frequency for stretching may vary by muscle group.

The long-term effects of stretching on range of motion show that after six weeks, those who stretch for 30 seconds per muscle each day increased their range of motion much more than those who stretched 15 seconds per muscle each day. No additional increase was seen in the group that stretched for 60 seconds. Another 6-week study conducted found that one hamstring stretch of 30 seconds each day produced the same results as three stretches of 30 seconds.

## Warming Up - Continued

These studies support the use of 30-second stretches as part of general conditioning to improve range of motion. 30 seconds is a long time when holding a stretch on a dog, but aim for at least 15 seconds. Stretches should never be painful, but should produce a noticeable tension in the muscle being stretched.

Injuries can be reduced or prevented by appropriate use of the warm up, cool down and stretching. It is up to you to provide the care that will give your companion the best chance at a long athletic career.

*Carol J. Helfer, D.V.M.*



## Dog First Aid Kit

*Continued from page 7*

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You can clip this article out and put it right into your First-Aid Kit to keep track of all the necessary items.

If you would like to know more information about how to use these items in an emergency, you may be interested in our **Pet First Aid** class. This full day class covers everything from CPR and Rescue Breathing (Mouth to Snout) to recovering from choking, bandaging your pet, muzzling, treating shock, poisoning and other injuries. This class does not replace going to your veterinarian. It **will** give you the knowledge you need to take the right steps when you are the first one on the scene of an injured pet.

Call **360.574.6855** or email [Colleen@sitstaypets.com](mailto:Colleen@sitstaypets.com) to get class schedule and sign up for a class. Classes are held in my training room in Hazel Dell. More information can be found on our website [www.sitstaypets.com](http://www.sitstaypets.com) Hope to see you there!

**Colleen Waters - Owner**  
**Sit and Stay! Pet & House Sitting Services**  
**Pet First Aid and Wellness Training**  
**Vancouver, WA USA**  
**TEL- 360.574.6855**

# **Columbia Agility Team**

## **Approved Board Meeting Minutes**

March 2003

Subject: Meeting Minutes Columbia Agility Team Board March, 2003

Meeting called to order 7:40 pm

### **Attending:**

Matt Sachs, Wendy ware, Kitty Ware, Dick Watson, Tammy Moody, Susan Goble, JaniceTsuchida, Dan Butcher, Lisa Klein

### **Guests:**

Karla Forte

Absent: no one

Review of minutes of last meeting: moved and approved with revisions.

### **Report of the President:**

Review of Meeting Agenda

### **Report of the Vice President:**

Calendar

Upcoming Board and General Meeting dates and locations

General meeting March 16<sup>th</sup> (Busters, Tigard)

Board Meeting April 2<sup>nd</sup> (Shari's, West Linn)

General Meeting May 11<sup>th</sup> (Denny's, Delta Park)

Board Meeting May 7<sup>th</sup> (Shari's, West Linn)

Discussion of Picnic for summer General Meeting

### **Report of the Treasurer:**

Review of account Balances. Rent has been collected for new Forest Grove Training Location, Gresham BeBop Training Location is currently in the red, will currently continue to support BeBop. CAT Winter League brought a loss of revenue.

### **Review of Training Director:**

Spring Classes will start in the New Forest Grove Location beginning week of March 11<sup>th</sup>. Bonnie Johnson is teaching a Jr. Handlers class on Monday evenings, Venita Barraque is teaching a Beg. II class on Tuesdays, Kitty Ware to introduce a foundation class on Fridays. 19-20 renters as of date have signed

*Continued on next page*

# Approved Board Meeting Minutes

up to use the New Forest grove Facility. Speculation of Beg. I class to begin during Summer session. Looking for additional instructors for BeBop Training Location. Spring Classes will start tentatively April 20<sup>th</sup>. **Motion was made and passed unopposed** to give 15% discount to additional dogs in the same family.

## **Report of the Secretary: New Members**

Three new member applications were approved by the Board, one with the understanding that she needs to attend a general meeting in the near future: Dee Linde (attendance requirement not yet met), Mike and Jennifer Childs, Rose.

## **Unfinished Business:**

NADAC February 22<sup>nd</sup> and 23<sup>rd</sup> NADAC Trial had a total of 327 entries. 35 entries were turned away. The new software worked well. Discussion included lack of volunteers for afternoon classes, and to limit number of participants in Friday night game classes for 2004 event.

NADAC May 2, 3, & 4<sup>th</sup> 2003 Trial Update: All judges have been secured, and tickets purchased and travel, hotel arranged etc. Friday night game night will rotate through classes in designated height groups. This trial will be an ASCA co-sanctioned event. Trial budget submitted, budget approved.

USDAA July 19-20 Trial Update: Herb Gerke reports that trial is “rolling along”. Judges secured. Will need to load Publisher onto Herb’s personal computer.

NADAC Columbia Cup September 6,7 2003 trial Update: Trial Couch to run the trial includes, Charlotte Wenger, Cindy Pruitt, and Carolyn Daniels. Kathy Stump is acting Secretary, and Lisa Klein is the Chief Ring Steward for the event.

USDAA Northwest Cup Trial Update: Barb White is Trial Chair for the event.

USDAA January 2004 Trial Update: Denise Lukins is Trial Chair for the event.

Financial Committee Composition Update: Financial Committee consists of four club members, Susan Goble, Dwight Cash, Janice Tsuchida, and tentatively Daisy Peel.

# Approved Board Meeting Minutes

## New Business:

**Motion was made and approved unopposed** to purchase two new laptops for the club. Each computer should run no more than \$1000, Daisy Peel and Karla Forte will find specifics and e-mail Matt Sachs the details.

Volunteer appreciation was discussed. Worker's Raffle was a success, will continue to hold raffles at future events as long as the raffles are presented in the Trial Budget. Do we give free entries to major job holder? If so where do we draw the line on importance of jobs?

**Motion was made and approved unopposed** to allow Dwight Cash to spend up to \$395 to either repair or purchase a new electronic timer.

Will transfer membership list to pdf file, will have available to members via website. Dick Watson will be in charge of this.

Lisa Klien volunteered to be the Membership Coordinator.

**Motion was moved and approved unopposed** to give \$75 or mileage, whichever is higher, to persons hauling equipment trailers.

It was agreed by the board that 50% of all revenue from Fun Matches held at the Forest Grove Training Location can be donated to charity. No decisions made on other Fun Match Locations.

Meeting Adjourned: 9:50pm

Respectfully Submitted: Tammy Moody



# **Pet and Companion Fair 2003**

First, I would like to thank all of the people that stepped in to help with both the fun match and the confidence course. We put 97 dogs through the course in 2 days! Also a very big thank you to the members of our club that are also members of the Muttkateers, they stepped in on Sunday and ran their dogs when we did not have enough dogs to make a show. The audience enjoyed the differences in dog sizes and levels of training.

Now, for my personal thoughts on the show, it was very loud and stressful even for our dogs that are used to competing. It didn't help with my personal stress level, and with the sheep just 4 doors (maybe 50 feet) away from the agility course. Steve Ware set up the course so that the dogs did not have time to stop and think about the sheep. We lost only one dog on the course and that was to a bird that flew into the building and swooped down into the agility area.

I had several discussions with people as to whether this is a good thing to do confidence course in this type of atmosphere. I personally saw only 3 dogs that were at the agility area that were over stressed. In the walkways in between venders, it was too close and very busy. The two animal communicators that I spoke with said that was a very stressful area for the dogs and cats. Also the Fly ball exhibit was very noisy and put several dogs over the edge. But now, I am wandering from my point.

I have recently been reading an article on stress. We are programmed in our lives to think stress is always bad. That is not always true. It is stressful to be born for the mom and the baby. It is stressful to learn to walk, talk and leave mom and dad to go to school. It is also stressful to become a teenage and later to become an adult.

All this stress is part of our learning process. This process is the same for animals. We spend a great amount of time as good pet owners and trainers taking our dogs to unusual places, for them to learn strange new sounds and smells otherwise known as "socializing them."

Do you remember how you started with agility? In my case, it was at one of the stressful confidence courses. Later it was another stress to my dog to take classes. The message that I am trying to convey is that stress is sometimes necessary to learn. Each time I teach a beginning class with new dogs, the first night is very stressful to the dogs. It is a new place, with new sounds and smells, strange people with an even stranger instructor with this funny happy voice trying to teach their people and the dog to do something they have never done before.

## ***Pet and Companion Fair 2003 - continued***

The people that put their dogs through the confidence course wanted to know if their dogs could “do it” before shelling out the money for something the dog may not enjoy. I personally felt that most of the dogs we met had been well socialized and enjoyed their visit. With the help of Italian meatballs for positive encouragement, they all left our area with ears and tails high and a smile on their muzzle!

The two animal communicators that I spoke with about this both agreed that the agility was a rewarding side of the dogs visit and had positive feedback from the dogs who had visited with us before talking with the communicators.

*Kitty Ware -training director*

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### **It's official...**



He is... MAD Max  
Maximum Overdrive MAD, EAC, EGC, OJC

Thank you Kay Geata and Tasha Wood for rescuing this wonderful dog.

For information on Border Collie Rescue  
<http://www.green-bean.com/bcrescue/>

To contact Working Dog Rescue  
[workdog@proaxis.com](mailto:workdog@proaxis.com)

Rescue your next agility star!

## On the Internet

Here are some really great agility links from Seattle Agility Center's website  
<http://www.agilityfun.com/index.html>

Clean Run Agility Event Calendar [www.cleanrun.com/agilityinfo/events](http://www.cleanrun.com/agilityinfo/events)  
Photography of your dogs done in your home. [www.dogphotography.com](http://www.dogphotography.com)  
Dog Stuff for Dog Lovers [www.pawgear.com](http://www.pawgear.com)  
FABULOUS training treats - homemade and allergy free! [Simon and Huey](#)  
The official Pet Partners website [www.deltasociety.org](http://www.deltasociety.org)  
International Agility Web Magazine [www.agilitynet.com](http://www.agilitynet.com)  
WellSprings, Canine Therapeutic Swimming and Massage by Sheila Wells [www.wellspringsk9.com](http://www.wellspringsk9.com)  
Great Dog Art by McCartney - He also designed the 2000 EAT T-shirts!  
[www.mccartneysdogs.com](http://www.mccartneysdogs.com)

## AGILITY ORGANIZATIONS

[USDA - United States Dog Agility Association](http://www.usdaa.com/) <http://www.usdaa.com/>  
[AKC - American Kennel Club](http://www.akc.org/) <http://www.akc.org/>  
[NADAC - North American Dog Agility Council](http://www.nadac.com/) <http://www.nadac.com/>  
[UKC - United Kennel Club](http://www.ukcdogs.com/) <http://www.ukcdogs.com/>

## SITES FOR PLANS TO MAKE AGILITY EQUIPMENT

<http://www.dog-play.com/agilitye.html>  
<http://futuremach.baka.com/equip.html>  
<http://www.peak.org/~helix/Agility/>

## SITES TO PURCHASE PLANS TO MAKE AGILITY EQUIPMENT

[http://www.dogwoodagility.com/store/moreinfo.cfm?Product\\_ID+48](http://www.dogwoodagility.com/store/moreinfo.cfm?Product_ID+48)  
<http://www.cleanrun.com/category.cfm?Category=66>

## SITES TO PURCHASE EQUIPMENT - ALL PRICE RANGES

<http://www.actionk9.com/index.htm#top>  
<http://www.trainagility.com/index.html>  
<http://members.aol.com/psbdcoll/>  
<http://www.tinkertots.com/dogagtraintu.html>  
<http://www.overover.com/>  
<http://www.max200.com/>  
<http://Nwagility.com/>  
<http://www.starsandstripesagility.com/Products2.htm>  
<http://www.A1AgilityDog.com/>  
<http://www.agility-equipment.com/>  
<http://www.affordableagility.com/home.htm>  
<http://www.agilityworks.com/>  
<http://www.agilitudebyhealth.com/>  
<http://www.thetunnelman.com/>  
<http://www.rockettunnels.com/tunnels.html> <http://www.peak.org/~helix/Agility/weave.html>  
<http://ebbtide.8m.com/equipment/weaves.html>

## From the Editor

Making the CATalyst a publication we can all use as a resource for agility, and dog related information is not an easy task. Over the past couple of months since I took the job several people have stepped up to plate to contribute. What I want from the readers are answers to these:

1. What do you want to see in the CATalyst in the way of information?
2. What do you use the CATalyst mostly for? Do you use it at all?
3. Is there anyone who doesn't wish to receive the CATalyst?

What I would like to feature and keep information flowing in regarding training tips, major event stories, inspirational, health, food/ recipes, rare breeds in agility (not to promote - just to discuss possible pros and cons to specific breeds). Stories on how people got into agility, junior member stories, pictures, poems, anything... really.

Thank you to everyone who contributed the last two months making my job as editor not as bad as I thought it would be.

Please feel free to contact me through e-mail if you have any questions, comments, contributions or just want to say hi.

Trish Greenstreet  
**trishgreenstreet@hotmail.com**  
Editor