

April 2017



National Agility Link Association

National Agility Link Association (formed 1989)

CENTRAL COUNCIL comprises Secretary, Treasurer, and NALA Reps.

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EDITORIAL

By Karen de wit

GREAT WEBSITE!!

<https://agilityflow.net/>

This is a great website - it has lots of courses for you to set up and practice as well as video to accompany and it's FREE!!

It is run by Mari Mäkelä who is from Finland.

I love her video on what to do with your dog on rainy days!! She says that it rains a lot in Finland and of course I live in the Upper Hutt RainForest so I know how she feels!

Some of her ideas for a rainy day include:-

- activation toys (she admits to being a shopaholic!),
- Tricks, help teach the dog how to learn
- Balance training – which she says helps prevent injuries. If you cannot afford a balance pod you can use a normal cushion!
- Coordination training – I love the example she sets up, except that it wouldn't help me lose any extra kilograms!!
- Treasure-hunting – you can use treats or toys for this great game!

Some of her other blog entries include:-

- Agilityflow Courses #3: Which line is faster?
- Agilityflow Courses #4: Movement direction
- Urban agility #4: Full speed right from the start line
- Agilityflow Courses #5: Everything happens so fast
- Agilityflow Courses #6: Timing is the key
- Agilityflow Courses #7: Send, Leave, Run and Enjoy
- Agilityflow Courses #8: Spring Serpentes

Plus older posts back to July 2015 – plenty to keep you or your club members busy!!

This is a great website too, with some really cool Cartoon designs, including "Chasing tails". You can buy tablemats, coasters etc <http://www.cardtoons.co.uk/tablemats>



Chasing tails!

Reply to Raewyn, Running on injured.

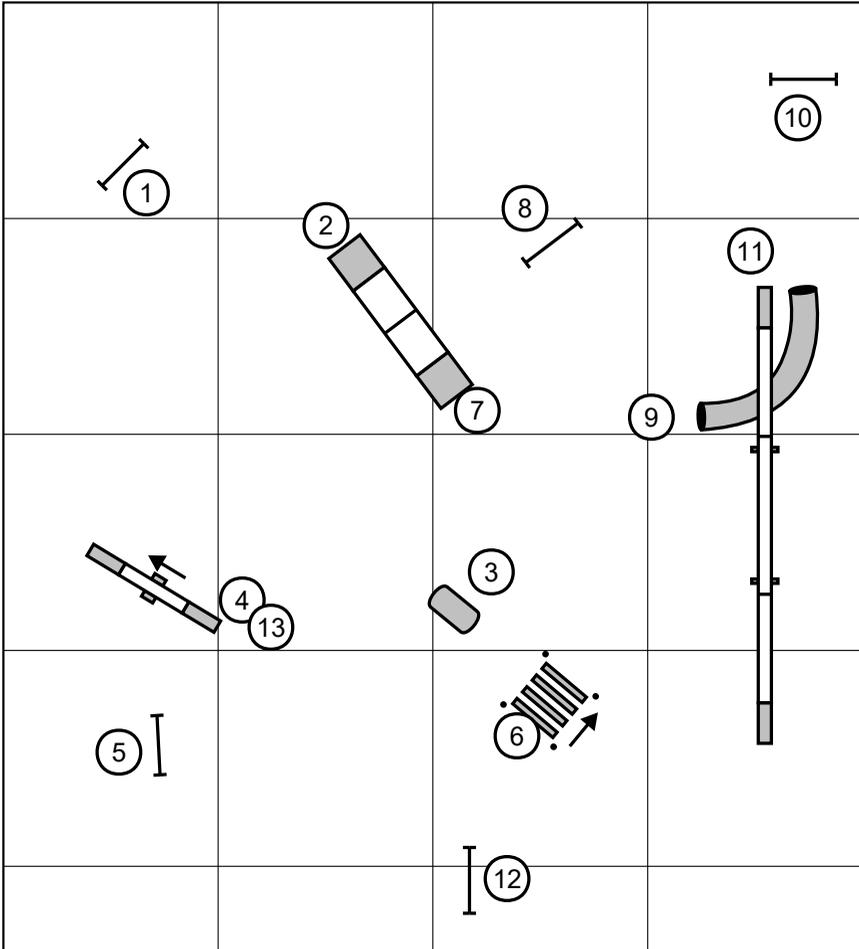
Lynda Cummins Awesome article in the magazine "RUNNING ON INJURED" Raewyn Saville. Totally agree with your comments.

Karen de Wit - For our last event we had nearly \$300 worth of refunds to process over 10 dogs, the most I have ever had to deal with. Interesting to know if this is a trend or just a one-off with our club on this occasion. The ease with which we can now get our dogs checked/treated by canine physios must be helping to recognise minor and major injuries so much better and earlier than we ever would have in the past.

This month's exercise

Things to practice:-

1. AFR- leave dog and run ahead of contact #2
2. AFR- stay behind on contact and send dog to the end, #7
3. Dof walk W – discrimination with the tunnel #11
4. send to end of seesaw #4
5. run past seesaw #13



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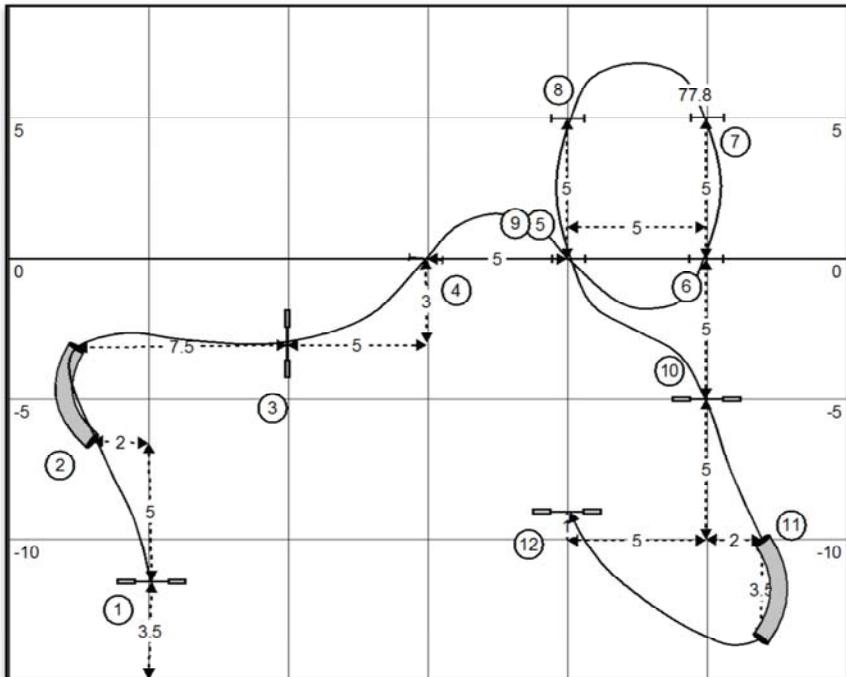
Junior LINK handlers & Veteran dogs

VETERANS RESULTS.

Coordinator: Sandra Mohekey E: runaone@cheerful.com

JUNIOR LINK.

Results to Jane Aukett E: markjane.aukett@xtra.co.nz



YKC Results March 2016

Beginners Under 12 years

		Mt		
Riley Andrew	Rojo	Maunganui	0/16.521	1
Niamh Lappin	Baz	CCATS	0/20.930	2
Niamh Lappin	Topsy	CCATS	0/27.810	3
Danielle Cook	Toby	CCATS	0/30.806	4
Kate Koller	Magic	CCATS	0/30.911	5
Zack Lappin	Jake	CCATS	D	
Holly Findlay	Ella	CCATS	D	
Kate Koller	Coco	CCATS	D	

Experienced Under 12 years

Brooke Little	Cricket	CHB	0/33.903	1
Katelin Drummond	Dude	Wairarapa	10/52.298	2

Beginners 12-20 years

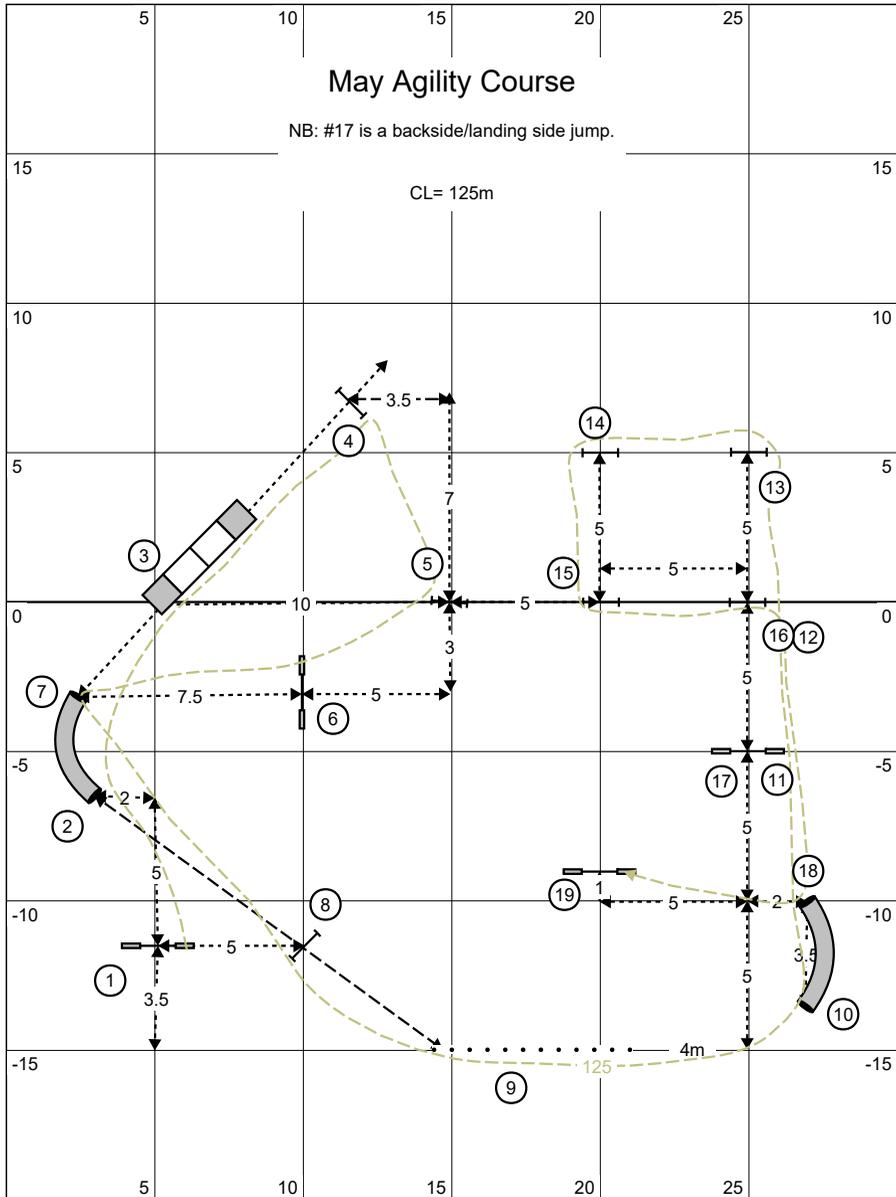
Megan Tansey	Swag	CCATS	0/17.067	1
Emily Koller	Halo	CCATS	0/21.281	2
Naomi Beechy	Candy	CCATS	0/22.186	3
Mason Clark	Nitro	Hawkes Bay	0/28.850	4
Mason Clark	Hemi	Hawkes Bay	5/25.274	5
Emily Koller	Max	CCATS	D	

Experienced 12-15 years

Paige Aukett	Bobby	UHDTs	0/41.81	1
Erin Ball	Mist	Mangawhai	5/27.554	2
Erin Ball	Speed	Mangawhai	D	
Lauren Meyers	Miley	Mangawhai	D	
Lauren Meyers	Poppy	Mangawhai	D	

May Agility Course

Path = 125m



New Zealand Association of Rally-O

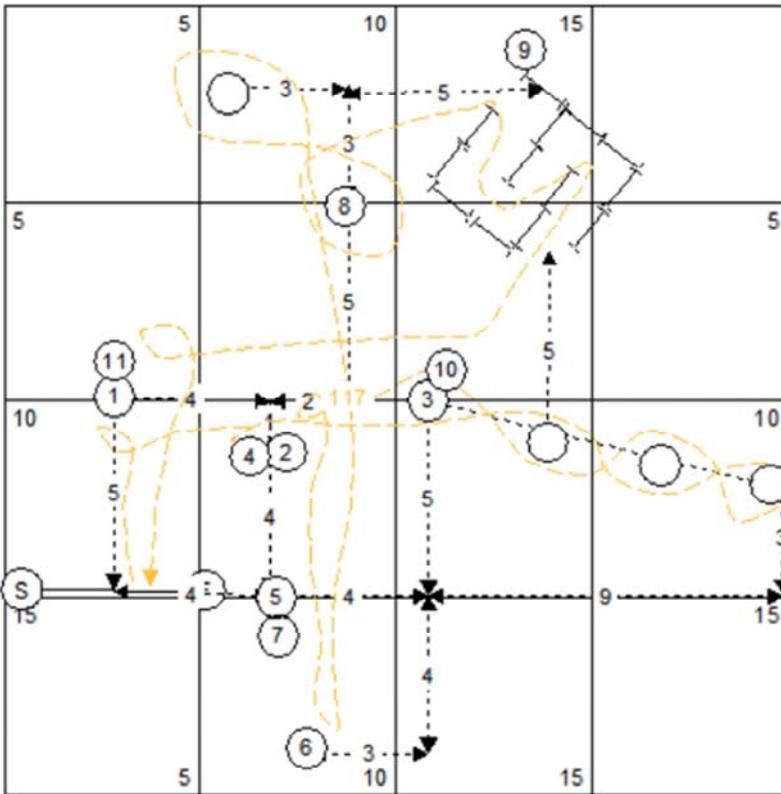
April 2017



If you have any interesting tips or articles about RallyO please feel free to share on this page E; kpde Wit@xtra.co.nz

SIGNS – Change of sides this month as promised!! ENJOY!!.

- | | |
|------------------------------------|--|
| 1. 270 left turn | 7. Halt cross behind change sides (N9) |
| 2. 360 right turn | 8. NZARO Figure of eight (N1) |
| 3. Serpentine weave twice | 9. Labyrinth (N6) |
| 4. 270 right turn | 10. right turn |
| 5. Call front finish right forward | 11. 270 right |
| 6. Turn in change sides (N10) | |



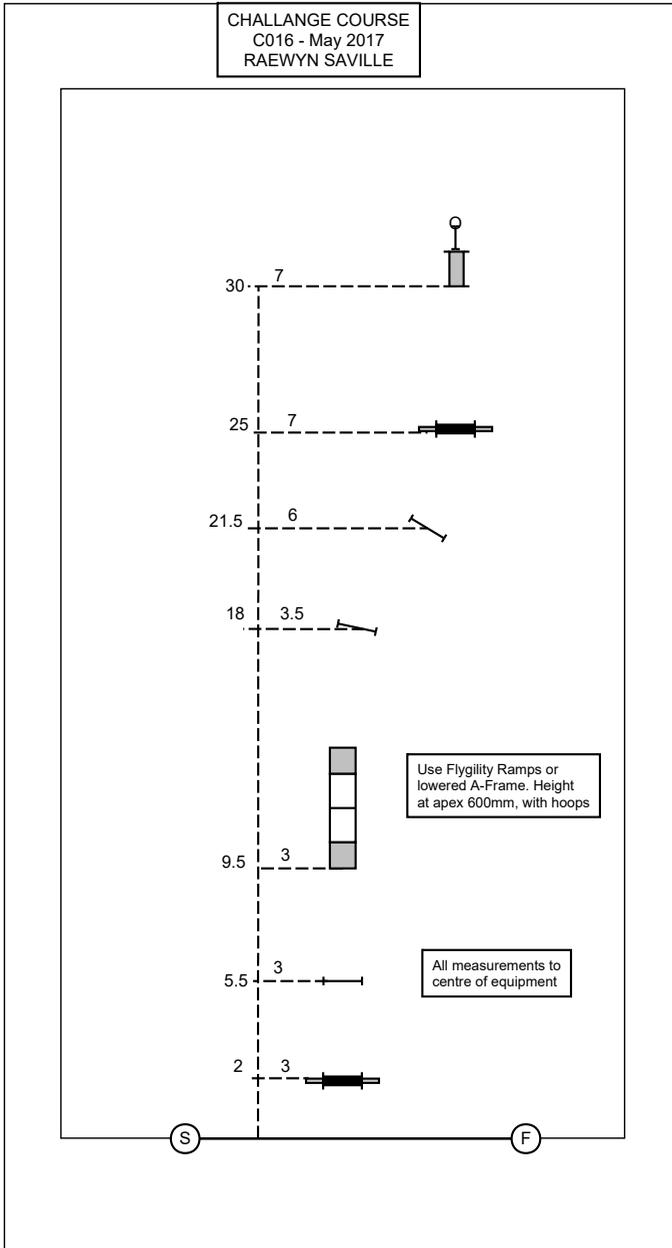
March Rally Results.

Club	Team members	Score	Time
Mt Maunganui	Fiona Denton & Epic, Anne Proctor & Khia, Fiona Denton & Promise	100.0	187.830
Central ADTS	Sonia Calvert & Toto, Sonia Calvert & Sputnik, Jan Voss & Maple	100.0	204.772
Wairarapa	Donna Garrity & Mack, Robin Gemmill & Col, Melanie Wyse & Toby	100.0	227.630
Wanganui DTC	Betsy Gleeson & Suede, Betsy Gleeson & Flint, Betsy Gleeson & Brax	100.0	237.840
Hawkes Bay	Lorraine Lennox & Jantsee, Chrissy Harris & Misty, Chrissy Harris & Lace	100.0	250.006
Sth Rangitikei	Barbara James & Finn, Barbara James & Gemma, Barbara James & Shaylar	100.0	263.360
Upper Hutt	Karen de Wit & Dee, Karen de Wit & Finn, Karen de Wit & Quick	99.7	219.850
Canterbury COC	Kelly Walker & Kep, Kelly Walker & Gael, Gay Bouterey & Angel	99.3	276.270

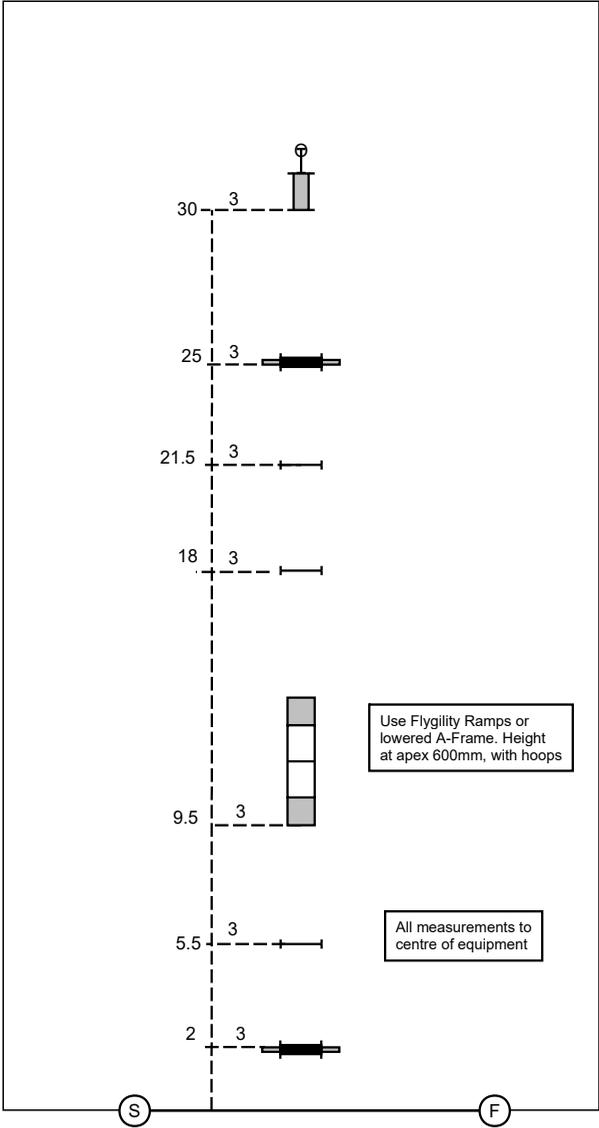
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- Relieve stress
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- Reduces depression
- Helps you fall asleep faster
- shakepaws.com
- Helps you live longer
- Free hugs available!

FLYGILITY courses.



STANDARD FLYGILITY COURSE
S034 - May 2017
RAEWYN SAVILLE



Winter training by Raewyn Saville

The long summer evenings are over and now it is a 'what to do' with all those keen new folk who have trained two and three nights a week through the light evenings. I had a good intake of new people over summer and have about ten handlers with dogs who are capable of coming when called, able to do basic equipment, hurdles, tunnels and have done quite a lot of obedience. Most of them want to continue doing something.

I have decided to run a kind of Fly class as well I have 7 club members who want to do more Flygility. Probably on a regular basis it will come down to twelve stalwart keen people. Our club has a Fly Tournament coming up in June so having ten or twelve new keen Flygiliters wouldn't be silly as they will be happy to load boxes and help out in the kitchen and be part of the organisation.

The only time I can do this training is Saturday afternoon. It is generally impossible for me to have two days at Agility Shows as there is usually a need to keep up the Saturday training program. Occasionally when our club is taking new people to their first Agility Ribbon we do close down Saturdays, but through winter it is difficult because night training is just so cold. We can do Fly under the lights, but the cold gets to everyone after a month or so. Most Clubs south of Rotorua probably suffer from the same thing. The tunnels are iced over by 7.15p.m., the ground becomes a skating rink for both handlers and dogs. We used to do a free sausage sizzle on Fly night to encourage everyone, but then we ran out of people willing to cook sausage sizzles because it was so cold.

So most Saturday afternoons at the club will be given over to Flygility this winter. I have designed a program to keep everyone working for an hour and a half. I trialed some of it last Saturday and it seems to work pretty well. I have decided to split the Fly into its components. The boxes will be one component, lane work will be the second component and course

work and equipment lanes will make up the other two sets. So I will have four work stations that can all work at the same time with eleven people and dogs active at once.

As each team completes an exercise they move on to the next work station. I have made up a check list which will be given to each team. It has achievements listed for each work station and a tick box to note that level has been achieved. The handlers will work in pairs with a dog each.

What I am trying to help trainers achieve are dogs that have fun, learn to work with another dog close by and learn to be attentive and obedient around a lot of distraction.

When you have been doing fly and other dog sports for a few years and your dog tracks along with you and does what you want instead of what he wants, and he isn't interested in other dogs, it always comes as an unpleasant surprise when you train new people whose dogs want to run and play with other dogs and as well don't like some dogs and feel a need to bowl them over and growl and grizzle.

Getting new handlers and dogs working together well enough to actually learn Flygility, takes up three nights a week for me. I am determined that my new handlers will train their dogs to 'show no interest' in other dogs and people. Toys and play feature within this area of training. We all know that when our dogs are manically ball or toy driven they will do just about anything to get to 'the game' and other distractions are simply wallpaper.

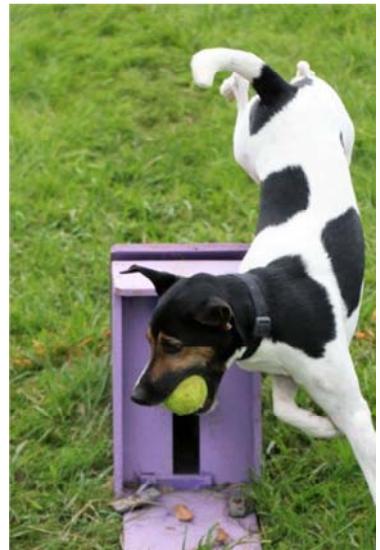
As I have spent quite a bit of time getting people to the stage where, even if their dogs do wander off, they can call their dogs back and they come and the work can continue, it is nice to do a training program that proofs that work and gives the dogs and handlers some new skills as well. The easiest exercise on the checklist is a fifteen meter thrown ball

retrieve in under 10 seconds. This is a flat run, no equipment. However there is another dog working in the next lane on whatever level of lane work it and its handler are up to. The centre cloth is in place, the course is 30 meters long but there is no equipment.

The hardest exercise is a weaves course with bends. I have never had too much trouble training my dogs to weave or to retrieve a ball through the weaves, until I put a dog in the other lane. Then the distraction factor hits home. So our senior players will have all this lovely distraction stuff to work around and bullet proof their dogs on bent and weave courses.

Over summer we did a sprints season which is a timed run. To keep the seniors interested I did some weaves courses without boxes but with retrieve of ball. Two of our seniors have not been able to nail weaves in courses previously, but last weekend's Nala with weaves in the challenge saw two very delighted Flygiliters with their very first Challenge weave courses completed perfectly.

I think sometimes it pays to simplify and break the equipment down into simple components to make the challenge to the dogs a little easier. If the dogs and handlers perceive that they can 'do' this exercise then when we put it all together at the end of the term, we will hopefully have ten more fast, efficient, happy dogs doing Flygility and our more established players should be able to move themselves to the next level. Well that's the theory, I will keep you posted on progress.



**Picture by Claire Smit: Clint Perkins Fokie
"Caesar"**

TRAINING THIS MONTH. Cont

Managing the classes.

You may also need to manage classes.

This might include:- organising all the classes and their participants and time slots etc., deciding what equipment/where training will be, dealing with class members and their off-siders, communication re training times, other events etc., chasing up absent class participants, understanding rules of the sport, dealing with problems behaviour, submitting results e.g. For Link.

Encourage everyone to treat everyone else in a positive manner.

This includes;-

- Turn up to training (early)
- Helping put out the equipment
- Listen to coaches
- Working hard at training
- Be a good sport
- Thank people who help you
- Help other participants in the class etc.
- Avoid put-downs, bullying

As a coach you are a role model, so should conduct yourself in a good manner at all times. Reflect on things that don't go as you planned later, without showing a poor attitude in front of others or they will think it's OK to act that way.

How will you know if your participants are learning?

- a. Ask them what they want to achieve. Measure their progress against many variables such as their motivation, available time, fitness etc.
- b. Make sessions safe, fun, challenging, use praise and reinforcement. This will help them want to keep trying and to try new things.
- c. Ask questions so you get feedback from your participants
- d. Give them the opportunity to observe others doing the new skills.
- e. Include them in activities the club does.
- f. Visit www.vark-learn.com for information on learning preferences.

What are the best ways to coach people?

Consider the various ways that you can use to best coach your class.

Use of games in training. (teaching Games for understanding) This teaches the why as well as the how of skills used in a sport. Games need to be code-specific. Examples are:- relays, clockwatcher, barrel racing, beep running etc.

Safety.

Things to consider are dog safety and participant safety. This may relate to the training area (e.g. Size of it, access into and out of it, any physical issues with it such as trees, holes etc), the equipment (eg. Lowered ramps for beginners), the exercises (e.g. Start in a different obstacle than the finish and don't have dogs running towards each other), what to do when dogs are not doing the exercise (eg. In crates, on lead, tied up, stays?)

Other resources.

Coach Connect on Facebook.

SportNZ www.sportnz.org.nz

Volunteer

Volunteers are the backbone of New Zealand sport and recreation. They keep it running.



Become a coach

Stay involved in your sport while supporting your community.



Help run a sport

Keep involved, contributing and active. Use your expertise – sport knowledge, organisational skills, people skills – to help make sport happen.

COPY

All copy - correspondence, articles, etc should be sent to the Editor. All copy must have the name and address of the contributor. Limit number of words to 500 or one A4 page. Copy may be abridged or edited.

COURSE PLANS

Any member may submit course plans. Supply as Course designer or in scale in black pen on an A4 sheet Portrait size, or Course Design computer format. Publication is not guaranteed.

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