

March 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

NEW WEBSITE!!

We are delighted to announce that Kate and Mike Butler will be working hard over Easter for us, to finalise the brand new NALA website which will allow entry for all our various competitions! It will be a huge improvement on the current website and we are very lucky to have them do this. THANKYOU!

There are some things we need to do to help this. Mike says,

This year after end of year the website is being replaced. The new website will allow online entry of a lot of results that are currently processed manually. Kate will give a full list of what has been achieved before go live.

To allow this to happen there have to be some tight rules for end of March.

1. All results must be entered in the website for agility and flygility or sent to the recorders no later than 7pm on Saturday 1 April. Late results will NOT be accepted.

2. Results will become final on Saturday 15th April. No further adjustments for errors will be made after that date.

3. On Tuesday 18th April the migration to the new site will begin.

there will be no access until this is completed. Going well this will be a single day.

A reminder that all competitors are expected to check there results each month and these become final at the end of the month. I will be very cross if I get told on 1 April your dog is recorded as the wrong height. You should have noticed that months ago.

AND BTW...Don't forget to PAY YOUR SUBS this month. It is important because if you don't your results wont count and that can be really disappointing!

April 2017

Junior NALA Handlers & Veteran dogs

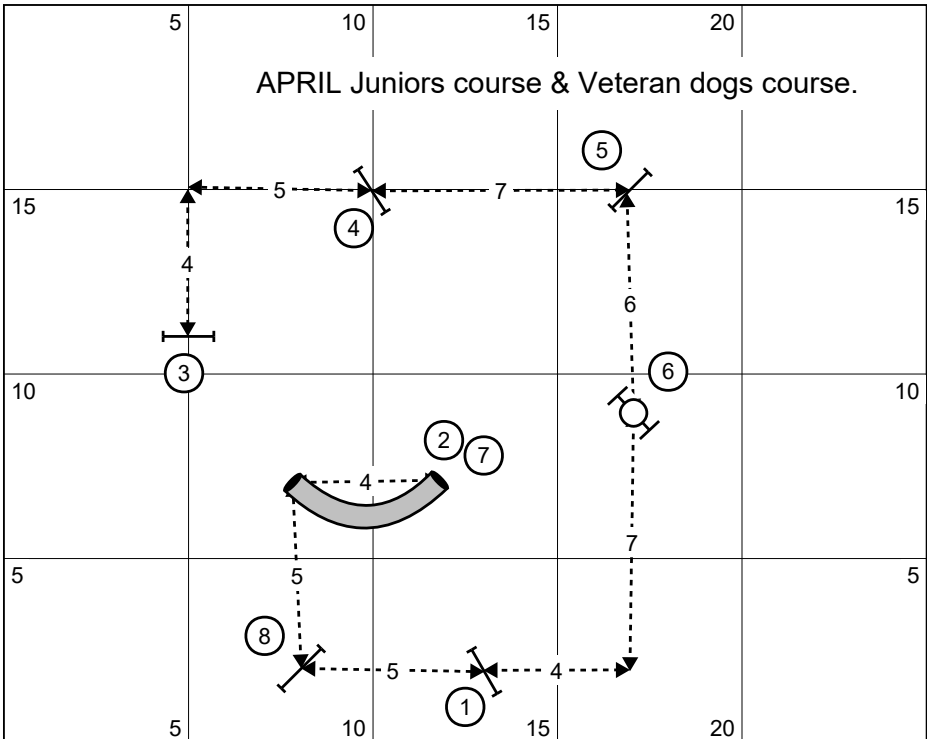
VETERANS RESULTS.

Sandra Mohekey has kindly offered to coordinate these results for the year. Sandra can be reached on

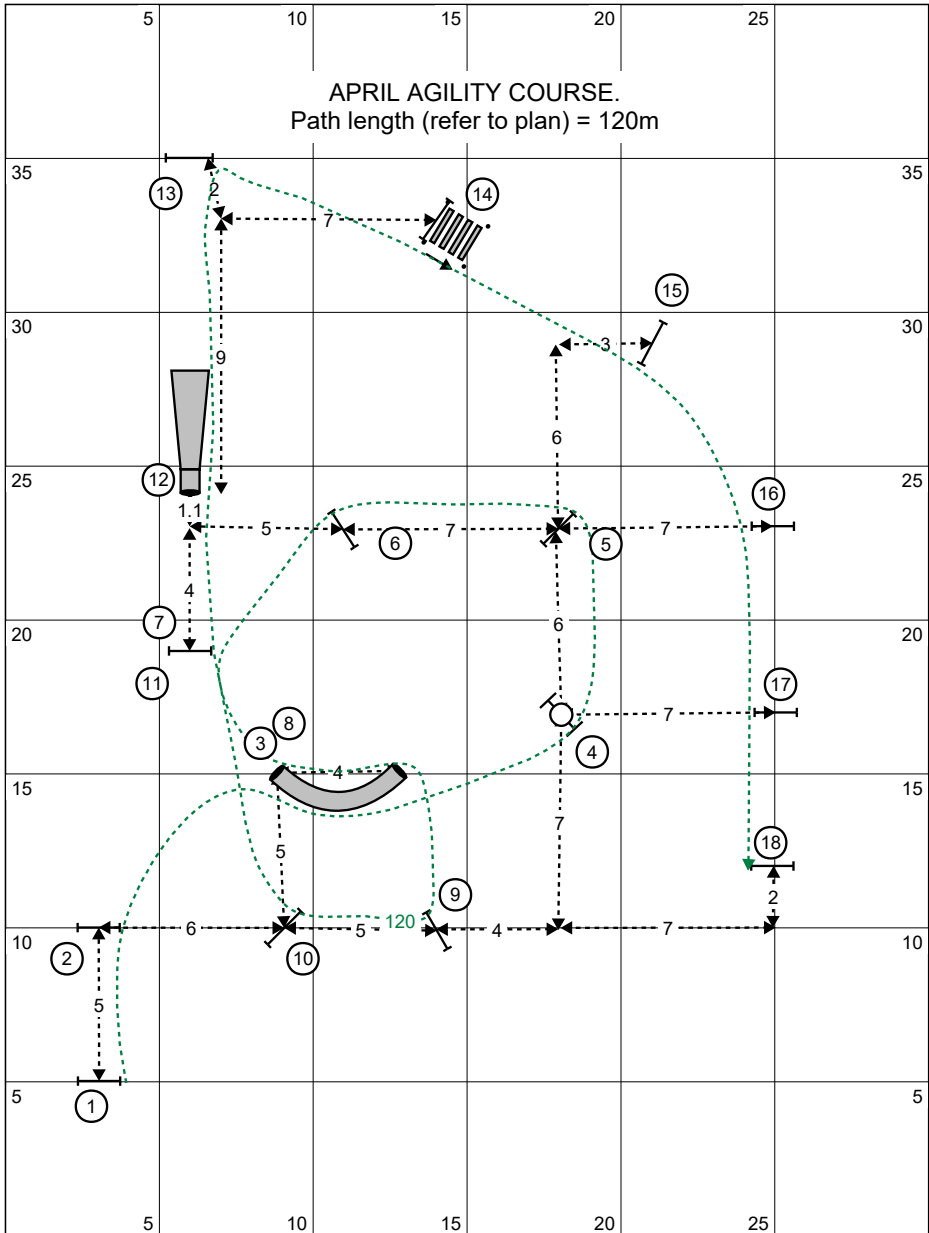
E: runaone@cheerful.com

JUNIOR LINK.

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



April Agility Course - JUMPERS



New Zealand Association of Rally-O

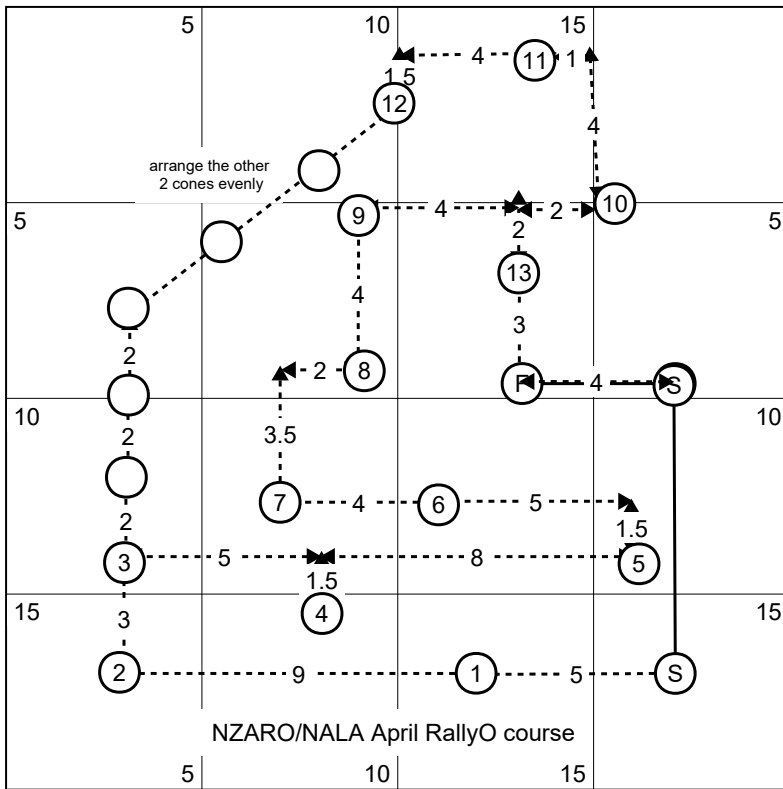
March 2017



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

SIGNS.

- | | | |
|---------------------------|------------------------------------|----------------------------|
| 1. 360 right turn | 5. Uturn | 9 right turn |
| 2. right turn | 6. halt sit walk around(pause) | 10. 270 right turn |
| 3. serpentine weave twice | 7. right turn | 11. left turn |
| 4. 360 right turn | 8. call front finish right forward | 12. serpentine weave twice |
| | | 13. moving down |



COMMENT by Raewyn Saville **RUNNING ON INJURED.**

I am probably sticking my neck out here but I am coming to the strong conclusion that there are a lot of dogs active within agility and probably Flygility who at some point have run under the influence of medication. Rimadyl seems to be a favourite. I commented on how well a particular dog was running (one of my trainees) at an agility show recently. In fact I had never seen the dog run so freely. Owner proudly told me she was on Rimadyl. Because everyone does it.

Oh really. So what injury has the dog got that is being treated with Rimadyl? It's her back. So you won't be at coaching classes until the back is better than..... I will not train injured dogs. In my classes I encourage good weight control for dogs active at Agility. I read the riot act about fitness training for dogs. I also encourage stretching and warming up of dogs before they start course work. I run classes for handling which the dogs run on micro so that we can do a bit of extra work without wearing the dogs into the ground. I am mindful that dogs only have 'so many' hurdles in their sporting lives. If you waste them on stupid practice practice practice, then you are going to run out of hurdles before you want to. Human athletes are only capable of a physical peak between late teens and late twenties. For human women maybe into their thirties if they have looked after themselves. I am sure dogs are the same.

At 18 months most dogs are still very soft and puppy like and it is easy to injure them if they are pushed too hard at Agility at that age. By two years they are toughening up at three they should be at their peak physically. Then you need to keep them there for the next two years to make the best of their skills and talents. At five years old the dog is mature, may have had some minor incidents around ligaments and muscle tears, but nothing major. With good rest and fitness work a dog should still be capable of doing good work up to 8 years old. From then on great care is needed to keep the dog enjoying Agility and Fly. It no longer needs to be entered into everything that goes. If it has become a bit off the pace in jumpers then only do one jumpers not three.

Mostly I hear 'He only needs two more wins' or some other rationalisation as to why a dog who has been rehabilitated a couple of times needs to be in everything that goes.

Over the twenty years I have been involved in training dogs around agility I have seen and heard a lot of things that would indicate to me that Agiliters don't think their dogs feel pain and stiffness. People seem unable to see that if their dog is a bit slower than usual or is avoiding a particular obstacle, or is knocking a lot of rails, it might be because the poor buggar is sore. Of course it is going to run well on pain relief. The dog actually knows how to do his work, the pain just gets in the way. The trauma or body injury does not go away because the dog is on pain relief. Poor dog just goes on to do more damage until it either needs a major operation or is completely out of competition or it is ready to be put to sleep.

Pain relief goes with crating for seven days. A gently exercise regime. Maybe Chiropractic or Bowtech or physio to reduce the stress in the joint affected or to relax the vertebrae so healing can take place. A dog that needs Chiropractic, really needs three days of rest after it, then a gentle exercise program for three days then a bit of a harder hill walk so it can go back to the Chiropractor seven days later and the adjustment can be checked for progress.

All injury to a dog needs to be 100% over before more training or competition can happen otherwise the dog just falls into the same injury and the whole thing starts again. That is of course if the owner hasn't simply gone to the vet, got Rimadyl, gone to practice class during the week and taken the dog out to competition the following weekend 'and it is great'.

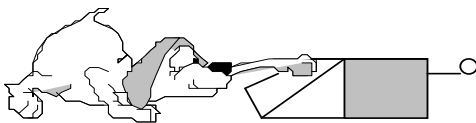
My personal experience of rehabilitation from physical injury to my dogs is that some dogs take 12 months to completely recover from a major trauma. I repaired a cruciate by rehabilitation and use of Glucosamine Sulphate and Chondroitin. Midge never limped but then she never went back to Agility either. I was fastidious in my program of rest and exercise. She spent four weeks crated and carried for toilet. It was an amazing experience. Our bond was just incredible at the end of that time.

I took Chan out of Competition for a year after he was attacked by another dog who pulped his left back leg. The Vet said the muscle tissue was pretty much destroyed. He just so loved his ball game and Fly was his favorite thing. He went on after that twelve months of care and treatment to get FDX and won a couple of Jumper's Cs and Starters before succumbing to a brain tumor.

I am not interested in taking some higher moral ground because it seems like a thing to do. I know what it is like to have huge injury problems in my dogs, and I help and encourage others to deal with their dogs' injuries in a way that is going to have best outcomes for the dog's life. Not the best Agility or Flygility outcomes. That work is something on the side, Outside of the relationship I have with my dogs.

I also currently have a dog in her thirteenth year who is capable of being placed in Agility. Got AD recently. She is a mini and I have taken great care not to push her to the limit. She is a heap of fun and full of life and has never experienced a joint or back injury in her life.

So from now on as soon as I am aware a dog within my classes is being treated for injury I will be asking for a Vet clearance for the dog to be back in class. I cannot stop people from going on and competing an injured dog but I certainly cannot train or coach that team. Feedback so far is that I am not flavor of the month.



**NATIONAL AGILITY LINK ASSOCIATION
APPLICATION FOR MEMBERSHIP 2017/18**

Please circle the amount being paid

Annual Membership Fee

Home Posting (1)	Club Posting (2)	Digital Membership (3)	Family Membership (4)
\$38.00	\$26.00	\$16.00	\$10.00

Part Year Membership Fee

Membership must be received by the end of the month to be current for that month.

Month Joining	Home Posting (1)	Club Posting (2)	Digital Membership (3)	Family Membership (4)
April - July	\$38.00	\$26.00	\$16.00	\$10.00
August - November	\$25.00	\$15.00	\$10.00	\$5.00
December - March	\$10.00	\$5.00	\$4.00	\$3.00

- (1) Home Posting - Delivery of magazine to your address.
 (2) Club Posting - Delivery of magazine to the nominated club representative for distribution.
 (3) Digital Membership - Access to magazine on-line.
 (4) Family Membership - For second and subsequent members of family (1 magazine per family).

Name (Full member)

(Family member)

Address

Ph. No: ()

(Junior member) (5)

E-mail Address

Club Name (in full)

(5) Junior Membership (under 18 years old) - No charge if another member of the family is a full member. Otherwise rate is half the applicable family rate (no magazine unless full rate paid).

Dogs Pet Name	Breed	Height (mm)

Forward to: Malcolm Ward, NALA Treasurer, 71 Arawa Street, R D 4, WHAKATANE 3194

Any enquiries or transfers required, please feel free to contact Malcolm Ward (malcolm.ward@clear.net.nz)

Direct Credit

The NALA bank account is 03-1571-0025134-25.

The Direct Credit payment must include your NALA Membership number (obtained from www.nala.org.nz or email malcolm.ward@clear.org.nz) and your name.

ENSURE the following details are included in the Payee details (the Payer is you):

- Enter your membership number in the Particulars field, and
- Enter your name in the REF field.

A separate payment will need to be made for each member.

Your membership number MUST BE included on the payment on the NALA bank statement; otherwise it will be treated as a donation

When using the direct credit option, it is your responsibility to ensure that your details and your dog's details are correct

run forward
with the beer
in your left hand



as you turn,
move the beer to your
other hand



now run in
the other direction.
You just did a front cross!

RESULTS. RALLY-O

PI	Club	Team members	Score	Time
1	Wanganui DTC	Betsy Gleeson & Flint, Betsy Gleeson & Brax, Betsy Gleeson & Suede	100.0	204.450
2	Mt Maunganui	Fiona Denton & Epic, Fiona Denton & Promise, Sue Andresen & Queen	100.0	207.020
3	Upper Hutt	Karen de Wit & Finn, Jane Aukett & Holly, Karen de Wit & Dee	100.0	209.000
4	Wairarapa	Donna Garrity & Mack, Lynne Birkett & Bolly, Nicky Detheridge Davies & Rufus	100.0	211.970
5	Sth Rangitikei	Barbara James & Shaylar, Barbara James & Finn, Barbara James & Gemma	100.0	224.190
6	Hawkes Bay	Lorraine Lennox & Jantsee, Lorraine Lennox & Phoenix, Chrissy Harris & Misty	100.0	225.657
7	Sunshine Whk	Nicki Newport & Zack, Trish Funnell & Bryn, Helen Barnes & Cookie	100.0	232.400
8	Canterbury COC	Helen Scott & Mac, Helen Scott & Harry, Gay Bouterey & Angel	99.7	256.730
9	Nelson	Dot Parsons & Tessa Mae, Jess Ross & Rob, Jen Calder & Saf-fire	97.3	312.140
10	Central ADTS	Johanna Mennell & Ruby, Jan Voss & Halley, Jan Voss & Maple	96.3	213.710

Agility Teams Results February 2017

Division1

1	Mangawhai	Speed JD RN Mist ADXB JDX RN Breeze ADXS JDX	Erin BALL Erin BALL Annette FLANNAGAN	16.336 17.207 19.136	52.679
2	Blenheim 1	Jazz ADXG JDX JA Finn ADX JDX Q ADX JD	Natasha NEAME Sandra GOODWIN Sheryl VINCENT	16.864 17.744 18.304	52.912
3	Mt Maunganui 1	Epic JDX Wish Cheeky ADXG JDX	Fiona DENTON Deb JACKSON Deb JACKSON	16.909 17.555 18.915	53.379
4	Cambridge	Millie AD JDX Vogue ADXB JD Spark ADXG JDX J	Graeme JEFFERIES Paul NEEDHAM Julie McCONKEY	17.413 19.091 19.903	56.407
5	East BOP	Edge Tayghen JDX Lucy	Sue WHITWELL Martin BUSH Trish BUSH	18.470 18.780 19.550	56.800
6	Wairarapa	Jamaica ADXG JAB Jay Maddison JD	Dianne REID Stacie CLARK Karen BEALING	17.846 19.878 20.469	58.193
7	Upper Hutt 1	Finn ADXG JDX JA Holly CGCF ADXB Ali ADXG JAB SNX	Karen de WIT Jane AUKETT Peter de WIT	17.499 22.609 26.884	66.992
8	Central HB	Fly ADXG JDX Breeze ADXB JDX Izzy JDX	Catherine HARTY Catherine HARTY Joanne LITTLE	20.344 26.956 28.244	75.544

Division2

1	Mt Maunganui 2	Queen Rojo JD Trix AD JD	Sue ANDRESEN Malcolm WARD Hayley ANDREW	18.261 18.855 19.820	56.936
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2	Nelson 2	Lia JDX	Nartarsha GORRIE	18.209	60.566
		Zig ADX JD	Michelle GRIFFITHS	19.360	
		Brandi ADX JDX	Nikki STEYN	22.997	
3	Hawkes Bay	Scenic ADX JDX	Daryl HOGG	18.490	60.660
		Echo AD JDX	Lex CLARE	20.080	
		Abby ADXG JDX SN	Lex CLARE	22.090	
4	North Shore	Hiska ADXG JDX	Matilda VAN RIJNBERK	19.164	61.506
		Tua ADXB JD FD	Jacqui WIGMORE	21.131	
		Cassidy ADXB JDX	Jacqui WIGMORE	21.211	
5	Sth Canterbury	Mia JDX	Shelley SISSON	18.421	63.646
		Jay JDB	Shelley SISSON	20.843	
		Ziggy ADXG JDG J	Jenny D'ARCY	24.382	
6	Selwyn	Swag JDX	Jessica TANSEY	16.388	65.773
		River ADX JDX RA	Sue NEALE	24.675	
		Hagrid ADX JD	Penny HALLOWES	24.710	
7	CCATS	Viper ADXG JDX J	Kathryn SNOOK	22.124	67.575
		Pipi JDX	Sandra McHUGH	22.148	
		CH Spel	Emily TIGHE	23.303	

Division3

1	Tauranga 3	Chilli ADXB JD	Bernice SHEARMAN	20.515	67.310
		Kobi ADXG JDG SN	Jocelyn JENSEN	22.941	
		Snoop AD JDX	Bernice SHEARMAN	23.854	
2	Huntly	Sam AD JD	Brenda COLEMAN	22.300	72.180
		Quilla JDX CCH	Kim ORLANDO-REEP	24.600	
		George JD	Dr John GATES	25.280	
3	Whangarei	Bilbo AD JD	Anne COZENS	23.092	72.486
		Misty	Barbara PROUT	24.447	
		Radar AD	Christine GILLESPIE	24.947	
4	Blenheim 3	Peppy	Gillie SMITH	23.557	97.526
		Elly	Karina GREENALL	35.869	

Division4

1	Hawera 4	Riley JD	Vivienne PERT	11.039	56.829
		Brandy JD	Diane HAYDON	16.970	
		Typhoon JD	Chris MOODY	28.820	
2	Dog Sport Rotorua	Jessie James JD	Christine LONGTON	19.620	63.870
		Macy	Gloria PARKINSON	22.000	
		Sophie	Debbie TRIMBACH	22.250	
3	Nelson 4	Hype	Claire Van der HOEVEN	19.355	64.834
		Cora JD AD	Lizzi GILLARD	22.111	
		Splash	Kathryn KONIECZNY	23.368	
4	CHB Orange Roughies	Scout	Jaimee ALEXANDER	22.753	73.159
		Black Lace JD	Jo-Anne STEED	23.686	
		Whio	Kay GRIFFITHS	26.720	
5	Norwest	Pippa ADXB JD RN	Colleen LAUDER	23.581	73.689
		Lass JDX RN	Colleen LAUDER	24.394	
		Toby AD JD RA	Colleen LAUDER	25.714	
6	Upper Hutt 4	Quinn	Jane AUKETT	24.265	79.729
		Bobbie ADX JDX R	Paige AUKETT	25.833	
		Cash JD	Wayne TURNER	29.631	
7	South Rangitikei	Blaze ADX JDX	Lynda CUMMINS	19.890	91.040
		Shandy ADXG JD	Liz TOLHURST	34.140	
		Finn CDX RN	Barbara JAMES	37.010	
8	APGSDL	Drama	Nicki OADE	20.640	102.340
		Prue	Iryll FINDLAY	40.300	
		Riecher CGCG UDX	Nicki OADE	41.400	
9	Tauranga 4	Fern JD	Jocelyn JENSEN	25.454	114.904
		Jet	Kim HAMMOND	40.261	
		Hugo	Sue FOSTER	49.189	

Standard Flygility Teams Results February

1	Top DAWG	35.741	Rebel Teasa JD FD Seeka ADXG JDX J	Joanne KILMISTER Rebecca SIDWELL Rebecca SIDWELL
2	Ball fighters	39.750	Fya ADXB JDX Fd CH Echo FdCh Pulse	Lynda CUMMINS Nichola COLE Sandra MOHEKEY
3	Upper Hutt Bombers	40.750	FDCh Stacey FDCh Zeba Zed	Wayne TURNER Wayne TURNER Sharon HASTINGS
4		41.250	Keara CGCB Pippa ADXB JD RN Barra	Sarah RIDLEY Colleen LAUDER Eva CADARIO
5	Wairarapa 1	43.030	Jamaica ADXG JAB PhamTim Honey	Dianne REID Ana WORKMAN Caragh BRIGGS
6	Feildabull	43.250	Blaze ADX JDX Shadow FDX Niko ADXG JDX	Lynda CUMMINS Nichola COLE Sandra MOHEKEY
7	Wairarapa 3	45.090	Fern AD JDX Sam ADXS JDX Spy	Caragh BRIGGS Stacie CLARK Sharleen DRUMMOND
8	Dog Sports Rotorua 1	50.440	Chip Boston Jessie James JD	Raewyn SAVILLE Christine HUTCHINGS Christine LONGTON
9	Wairarapa 2	58.440	Brazil ADX JDX Rusty ADXG SNX J Tasman ADXG JDX	Dianne REID Stacie CLARK Sharleen DRUMMOND
10	Taranaki Harlequins	58.928	Gympie RN Diaz CDXS JD RN Bella ADXB JDX	Laurel AUSTIN Rae MAYHEAD Lynn PILLETTE
11	Wairarapa 4	68.680	Jay Milly ADXS JDX Whizz ADX JD	Stacie CLARK Caragh BRIGGS Debbie PATERSON
12	Taranaki BeeGees	91.755	Blue JD Dazzle UD Kobe	Lynn PILLETTE Laurel AUSTIN Jill SORENSEN
13	Excitabull	115.430	Gem Finn CDX RN Tango JD FD	Julia CROUCH Barbara JAMES Liz TOLHURST

TRAINING THIS MONTH.

Coaching guidelines

Good coaches are essential to the ongoing development of any sport, as they will help newbies develop a love for the sport through creating a fun, positive and motivating club and training environment. Every year many people will get to coach agility classes because no one else wants to do it. There are many places that you can go to get information on how to become a more confident and effective coach. Here are a few guidelines to help you on the way.

Ask yourself some questions?

1. Do I need a **session plan**?
 - a. A plan will give your session structure and reduce down time
 - b. A plan will help ensure your objectives are met during the term/year
 - c. You can formulate your own plan or use other club plans
 - d. What sort of session plan do you need?

This may vary depending on the level you are coaching. For example beginners will work on specific obstacles, whereas more experienced groups will work on sequences perhaps with specific challenges in them.

Session Plans.

Planning is important to maximise the outcome of a session as most will only get 1-2 sessions per week. If you are not organised you will find that a large part of the session is spent organising what to do! So having a plan is essential as a time benefit alone.

A good Plan:

- Coach arrives first.
- Set up exercise/equipment (have a plan people can follow or lay out poles/equipment markers)
- Explanation of session aims
- Warmup
- Practice
- Warm down

What are the objectives of the plan this week?

What are the aims for the session?

How does that relate to previous plans/learning?

Are there areas of weakness that individuals might need to work on? How do you plan for these differences?

How will you know if they understand what you require?

What equipment do you need?

Reflect on the session. What needs more work? How can you reflect on a session? Perhaps a cup of coffee after a training session might be the time.

How do you know the way you are coaching is working?

Do the things you practice work in competition? Are the participants developing and improving? Are the needs of all the participants being met?

www.gacu.co.nz to find a session planning template.

2. Do **the reasons I am coaching** match the reasons the participants are in the class?
 - a. E.g. You may have ideas about how to teach contacts etc but your class members just want to run around and have some fun with their dogs so you may have to adapt your ideas to something a little simpler but still on the same track.
 - b. It's a good idea to get them hooked before adding too much complexity.
3. What **dates are important** throughout the term/year?
 - a. When does training start/finish?
 - b. When is graduation/club night?
 - c. What about leading up to a ribbon trials or champ event/
 - d. Or the national event like NZDAC?
 - e. Plan your training around these dates.
 - f. It is important to plan the term/year so that you can: organise the classes/members, organise venues, plan and lead the sessions, evaluate the sessions etc.
4. Is the **coaching cycle** relevant to me?
 - a. The coaching cycle is; - Plan \leftrightarrow Deliver $\leftarrow \rightarrow$ Review $\leftarrow \rightarrow$ Plan etc.

- b. **Planning** involves deciding the Purpose of the session. Set up the lesson so that each person gets access to required equipment for an equal time, so that they can practice the skills required. Ensure your plan gives opportunity for success (i.e. it might be challenging but gives a good possibility for success).
- c. Organise your groups. How will you divide groups up? By dog size? Ability level?
- d. Do you know what a good session looks like?
- e. **Delivery** is the actual DOING of the lesson. Implement and manage the goals for the lesson, the methods required and the progress of the participants. Activities should be challenging and enjoyable. Stay positive and give lots of positive feedback to keep participants buoyed up and motivated.
 - i. How will you keep the session safe and enjoyable? E.g. Run different classes in different areas, perhaps put up a fence in between. Keep dogs on lead if not working. Make sure dogs don't finish an exercise running towards dogs just starting.
 - ii. How and when will you use equipment? Maybe have contacts off on their own, and able to be done in ONE DIRECTION only.
 - iii. Think about different learning types when planning a new session.
 - 1. Talk, show, diagrams, demos, run through without the dog etc. etc.
 - 2. Should you give a demo/
 - iv. How will you transition groups through the training sets?
 - 1. Someone needs to keep track of time!
 - v. How will you deal with different abilities in a group? Some exercises may be harder/easier for some types of people/dogs so you need an add-on so that you can challenge them in different ways. E.g. some may be able to try a front cross at end of weave while others are still getting their weave entries.
 - vi. How/when do you give feedback? Should you ask questions to increase the participant's awareness of the skills they are learning?
 - f. Review should be done after each lesson/special date is reached to assist in evaluating your coaching effectiveness and whether your groups are achieving their goals. This information will help you plan the next session. Video can be used to assist in feedback as well as asking opinion of other coaches (who may be participating in some of the classes).

NEXT MONTH: Managing the class.

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.

AGILITY LINK does not accept responsibility for the views expressed by contributors and retains the right not to publish submissions for reasons of space or suitability.

ALL SUBS TO THE TREASURER.

Cheques should be made payable to NALA. Payment must be received by the 27th of the month to be current.

EMAIL GROUP: to join send a message to:

NZAgility-subscribe@yahoogroups.com

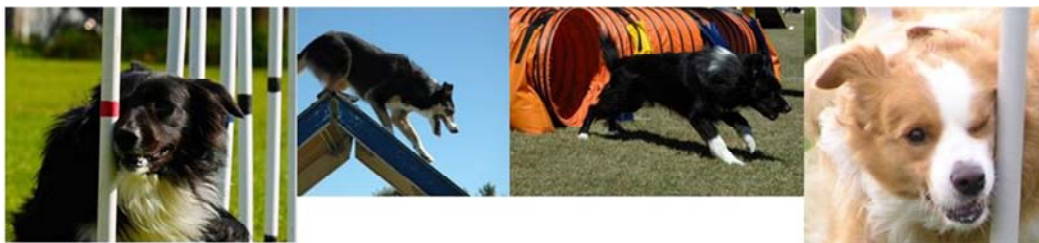
WEBSITE: located at <http://groups.yahoo.com/group/NZAgility>

RESULTS: www.nala.org.nz

ADVERTISING.

\$10 - 1/4 page ~ \$15 - 1/2 page ~\$20 - full page

For copies of courses in the files section, as well as various comment relevant to NALA and the Agility Link series, NALA also has a [Facebook page - https://www.facebook.com/groups/Agilitylink/](https://www.facebook.com/groups/Agilitylink/)



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~ Individuals or Groups ~

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