

Sept 2019



National Agility Link Association ~ 30 years old ~

National Agility Link Association (formed 1989)

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

NALA is 30 years old this year.

We are going to invite you all to a party!

Every month NALA will gift some \$\$ to a Club or two so that they can put on a celebration at the running of LINK at the club.

We would of course like to see some photos of you enjoying yourself whilst celebrating NALA's 30th!!!

October Happy Birthday NALA!

(Don't forget the pictures.)

Dog Sports Rotorua
Norwest DTC
Hawera DTA

Can these club contacts email Malcolm with their Club's Bank account details and have a fun celebration on us!!



AGILITY THIS MONTH

By Karen de wit

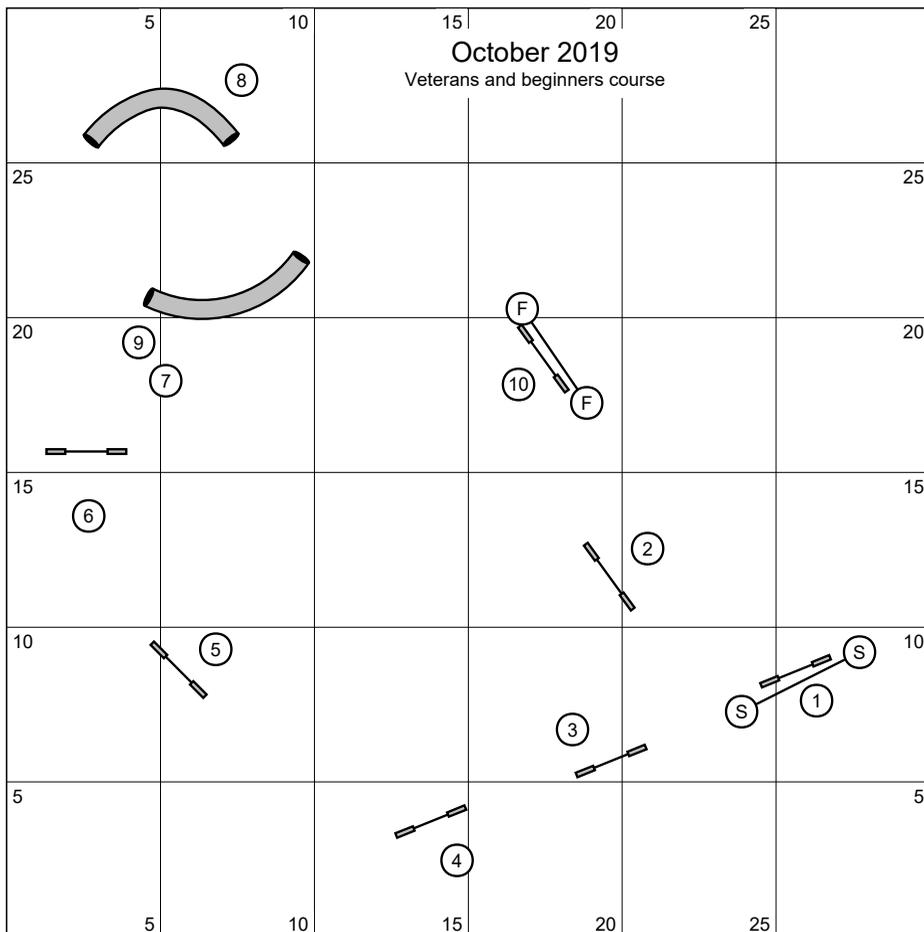
Spring has arrived and with it the opportunity for more training and more events. Thanks to those clubs and volunteers who are working hard to provide us with events over the next few months that we can take our dogs to.

Pete and I are travelling to Blenheim on the Interislander (our NZ cruise experience!) for the National dog show at which we are doing agility, RallyO Obedience and Flygility. There is nowhere else that we could do such a variety of activities and we are really looking forward to it.

Many others are looking forward to their big trip, to Cromwell for the NZDAC Zone 5 experience. It is a glorious part of the country and I am sure you will enjoy the trip, and hope the agility is good too!!



Oct Beginners/Veterans

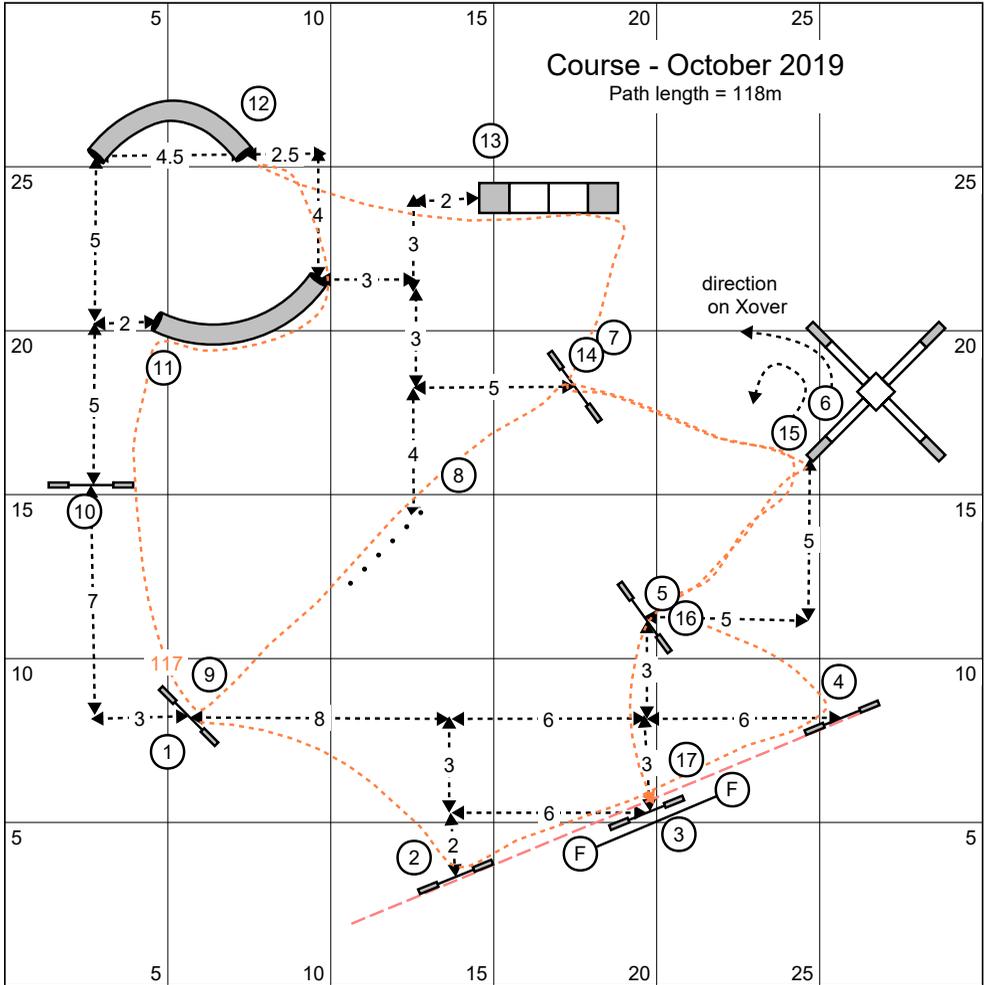


For information on Junior Link contact Bonnie E: bonnie@mobius.nz

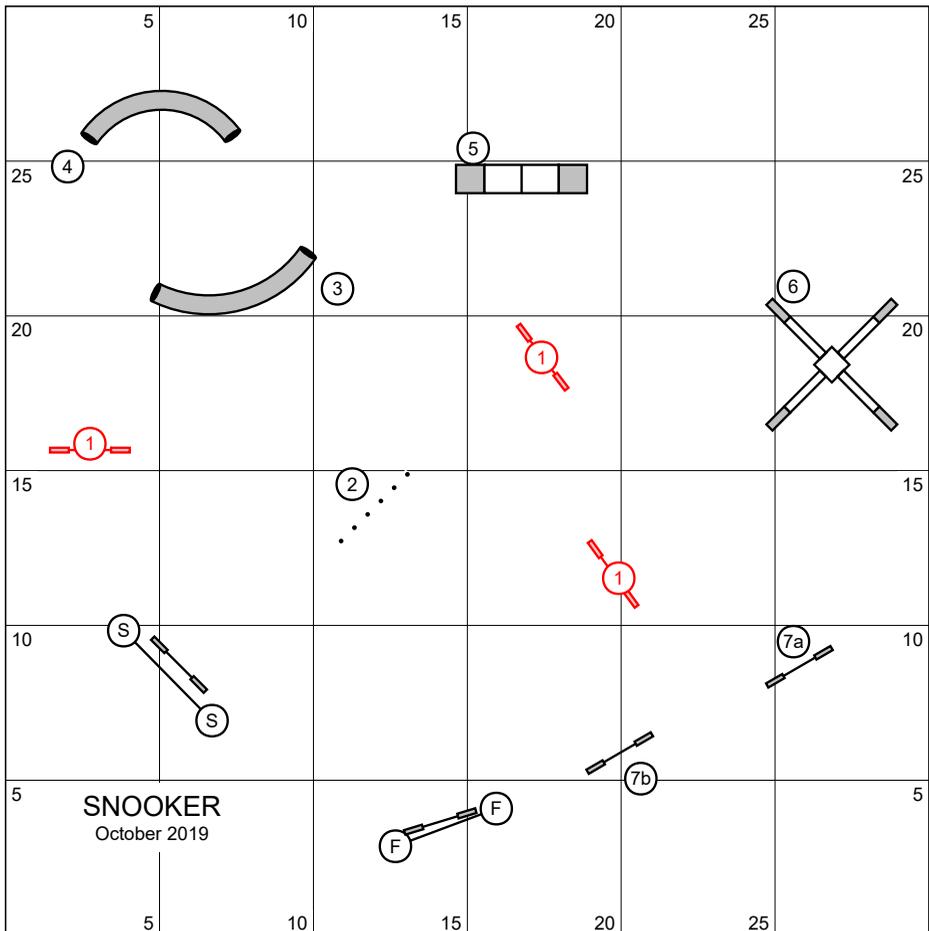
Veterans contact Liz Barlow E: yorkie_gal@hotmail.com

October 2019

Path length = 118m



Oct 2019: Snooker



Snooker is a game of two parts.

In the first part handler directs dog to start then red followed by colour (obstacles numbered 2-7).

The second part is where dog is directed to negotiate numbers 2-7- finish.

Why Do Agility Dogs Get Sore Backs?

<https://the-balanced-dog.com/2019/02/17/why-do-agility-dogs-get-sore-backs/>

Back injuries were reported as the second most common injury in agility dogs (behind shoulder injuries) and accounted for 18% of all agility injuries. But why do agility dogs get back injuries?

This article explores factors that may increase the risk of not only back injuries, but also any musculoskeletal injury. While agility dogs are the focus, the information can also be applied to any sporting or performance dog.

Starting Dog Agility Too Early

You've got a new puppy and all you want to do is start training them to become the next agility superstar. That sounds like an excellent idea but you need to understand that your puppies bones and joints are still growing. Doing too much too early can increase the risk of injuries, including a sore back.

This doesn't mean that you can't start training your puppy before they reach skeletal maturity (~12-18 months old). But you need to ensure the amount and type of exercise is appropriate for your puppies age.

Growth Plates



Growth plates are soft areas of developing cartilage found primarily at the end of long bones. As your puppy grows, their growth plates close and harden into solid bone. Before closure however, their growth plates are vulnerable to injury.

In an adult dog, if a joint experiences a stress such as bending the wrong way or rotating too much, the bones are strong enough to withstand the forces. In a puppy, however, their muscles, ligaments and tendons are stronger than the growth plates in the bones. This can lead to a growth plate injury.

An injury to a growth plate can affect bone growth, leading to misshapen or shortened bones. This can then lead to changes in joint angles, which can make your puppy more prone to injuries when they're older.

While most growth plates have closed by 12 months of age, some take longer. 18 months old is considered a safe age to ensure your puppies growth plates have closed.

Safe Puppy Exercise to Help Reduce Back Injuries

Age appropriate exercise is an important component of puppy growth. Exercises may include:

- Balance and body awareness: develops awareness of where body parts are in space e.g. rear end awareness, different surfaces

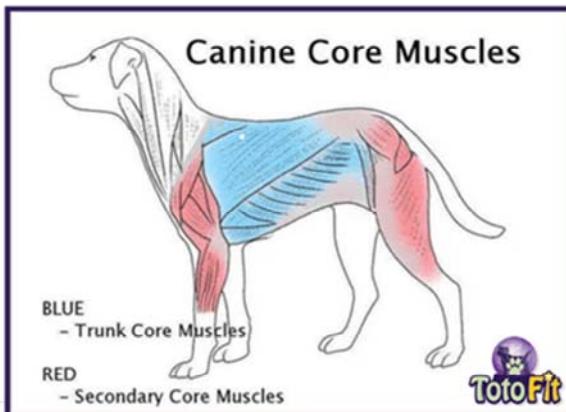
- Skill training: how to learn, safe play, basic obedience
- Strength: Build strong muscles to support the joints e.g. core strengthening
- Endurance: increase heart and lung conditioning so that intense activity can be maintained over time.

The following [guidelines](#) are an excellent resource outlining the various stages of growth, and what kind of exercise is safe.



Good Core Strength

Good core strength is of upmost importance for reducing the risk of a back injury in an agility dog. The core works as a muscular support for the spine and pelvis. When your dog twists and turns around corners and over jumps, and changes speed / direction, the core muscles are what keep the spine safe. These muscles stop the spine from rotating too much or hyper-extending.



Signs of a Weak Core include:

- Poor posture, such as sagging through the top line
- Difficulty transitioning from positions such as sitting to standing
- Inability to hold a sit or stand over time
- Poor pelvic / thoracic control on balance exercises e.g. weight shift on three leg stand
- Excessive spinal extension (sway) or rotation during rear end movement

While these signs may be more obvious in deconditioned dogs, subtle deficiencies may exist in an agility dog.

If you would like to learn more about core strengthening please check out Dave Munnings videos on core strengthening in this [article](#).

Improving Technique

When trying to keep the back safe, the most important technical factor is limiting excessive spinal range of motion, especially at the transition points (thoracolumbar spine and lumbosacral spine). Good technique along with a strong core will make sure that no one area of the spine has too much force going through it. While this may not prevent back injury in its entirety, it will go along way to minimizing risk.

Remember back injuries were the second most common injury in dog agility, with injuries most commonly occurring on the A frame ([source](#)). The primary risk on the A frame is the rapid change in direction and speed as the dog goes over the top of the A frame before decelerating for the contacts.

In this video you'll see an example of an agility dog at risk of a back injury if they were allowed to continue performing the A frame without both technical correction and core strengthening. Dave Munnings of [Q-Me Agility](#) has done an excellent job of improving the technique, with further improvements an ongoing process. While this is an obvious example, even subtle issues performed over and over again can lead to a back injury and pain.

This same example can be applied to turns and jumps. If your dog is at the end of their available spinal range of motion (in one or several segments) when turning or jumping, and they slip or miscalculate, there is no safety net. They're already at the end of their available range of motion. This miscalculation takes them into a position past their safe range of motion, and may lead to excessive strain through one of the spinal joints, most commonly the transitional areas. Now while this may not cause an acute injury right there, have this happen enough times and it will likely lead to a back injury.

In contrast, if a dog has good technique and core strength, the forces through their spine are evenly spread with no one spinal joint at the end of its available range of motion. If this dog slips or miscalculates as they round a corner or land from a jump, they still have range of motion (and strength) available to keep them safe.

An experienced agility trainer with a good eye for technique and lines can be invaluable in identifying technical issues. A program can then be designed to make changes where required to ensure safe performance.

General Conditioning

A lot of back injuries occur in dog agility when fatigue has set in. The dogs muscles are getting tired and they aren't supporting the joints like they should be. Combine this with a mentally fatigued dog (or handler) and there may be at increased risk of injury.

When designing your training program, not only do you need to look at core strengthening and specific agility skills, but you also need to consider general conditioning.

What are you trying to achieve with your dog? Is agility just for fun or do you want to compete? If you want to compete, how many runs over how many days will your dog need to be able to perform at their best for?



If events are several runs a day, over the course of several days, then you need to factor this into your training program. You can't expect to train one or two nights a week for an hour then expect your dog to be able to perform all weekend. They'll probably do it as agility dogs are usually high drive dogs, but are they safe?

Over-training can Increase the Risk of Back Injuries in Dogs

Not only do you need to consider general conditioning, specific conditioning (e.g. core strengthening), and the skill of agility, but you also need to make sure your overall program includes adequate rest.

Muscular growth and recovery occurs while resting in the 48-72hrs after an intense bout of exercise. If you continue to deplete your dogs recovery reserves by not allowing adequate time for the muscles to adapt and get stronger, it may lead to increased risk of injury.

An example of a program with adequate rest may include one day off a week, combined with a week off every three-four months. During these off days / weeks you may participate in active recovery with your dog (enrichment, walking, hydro, stretching, massage, or other holistic treatments).

Conclusion

Safe puppy exercise, good core strength and general conditioning, as well as optimal technique are all factors that decrease the risk of back injuries in agility dogs.

If you're not sure how to formulate a program then you may consider getting in touch with both an experienced agility trainer and /or a certified canine fitness trainer (CCFT). The certified canine fitness

trainer can help guide you with programming that not only considers the skill of agility, but also general and specific conditioning.

If you would like more information on low back injuries in agility dogs please click [here](#). This [article](#) also discusses treatment options.

HAPPY BIRTHDAY NALA

From Central Hawkes bay

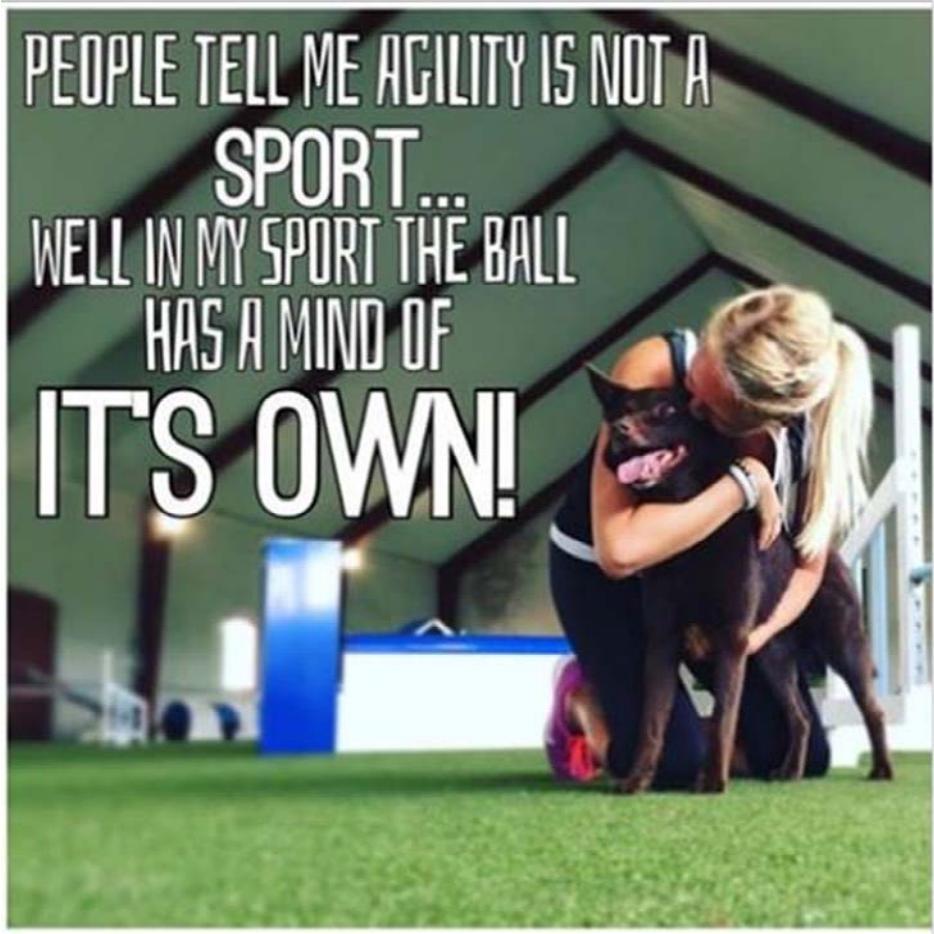


August Agility Team Results

Division 1					
1	Nelson 1	Mayhem JDX	Diana Martin	25.306	86.354
		Zsizsi JD	Lizzi Gillard	28.427	
		Brandi ADXA G JAB	Nikki Steyn	32.621	
2	Central HB	Spy ADXB JDX	Sharleen Drummond	26.062	87.458
		Jinx	Lynette Sayers	30.387	
		Dot AD	Jill Payne	31.009	
3	Upper Hutt 1	Smudge	Erin Mulholland	25.05	88.195
		Thane	Jorja Mulholland	27.705	
		Ag & J Ch Finn ADXG JDX JAB GD	Karen de Wit	35.44	
4	East BOP	Dusty	Melanie McClumpha	26.25	88.78
		Jelo ADXG JDS	Una Forrester	30.19	
		Milly ADX JD	Alison Derbyshire	32.34	
5	Manga whai	Belle ADX FD	Carol Taylor	30.047	102.106
		Miley	Lauren Meyers	34.656	
		Faze	Lauren Meyers	37.403	
6	Hawkes Bay	Ruby	Denise Ockey	26.254	103.713
		Lucy	Denise Ockey	30.396	
		Nitro AD CGCG	Gillian Petterson	47.063	
Division 2					
1	Cambri dge	Maple	Sophie Tarry	24.02	79.992
		Take	Lara Tompsett	26.596	
		Minx	Christine Lansdaal	29.376	

2	Tokoro a	Vogue ADXG JDX	Paul Needham	26.719	86.025
		Shelby AD JDX	Linda Martin	29.08	
		Memphis JD	Jessicca Loye	30.226	
3	Mt Maunga nui 2	Glen ADXS JAX	Justine Dale	30.708	98.647
		Gypsy	Alison Swinyard	31.72	
		Finch JD RN	Lis Proctor	36.219	
4	Huntly	Pandaris AD JD	Kim Orlando- Reep	32.346	108.919
		George JD	Dr John Gates	33.2	
		Tigger	Helen West	43.373	
5	CCATS	AG CH Viper ADXG JDX JAB SNX RA	Kathryn Snook	39.838	136.145
		Maverick	Kathryn Snook	46.156	
		Pino JDX JADE CGC	Rieko Ogawa	50.151	
Division 3					
1	Whang arei	Fleet	Christine Gillespie	22.425	91.651
		Misty	Barbara Prout	28.956	
		Basil ADXG JDB	Anne Cozens	40.27	
2	Tauran ga 3	Oliver	Kate Audas	36.995	130.571
		Molly	Nicky Crane	40.497	
		Shila	Helen Moorhead	53.079	
Division 4					
1	Dog Sport Rotoru a	Benni	Debbie Trimbach	32.81	128.82
		Chip	Raewyn Saville	46.57	
		Jade	Pam Sharp	49.44	
2	Hawera 4	Evea	Kirsten Pierson	35.612	130.908
		Eddie	Kirsten Pierson	44.854	

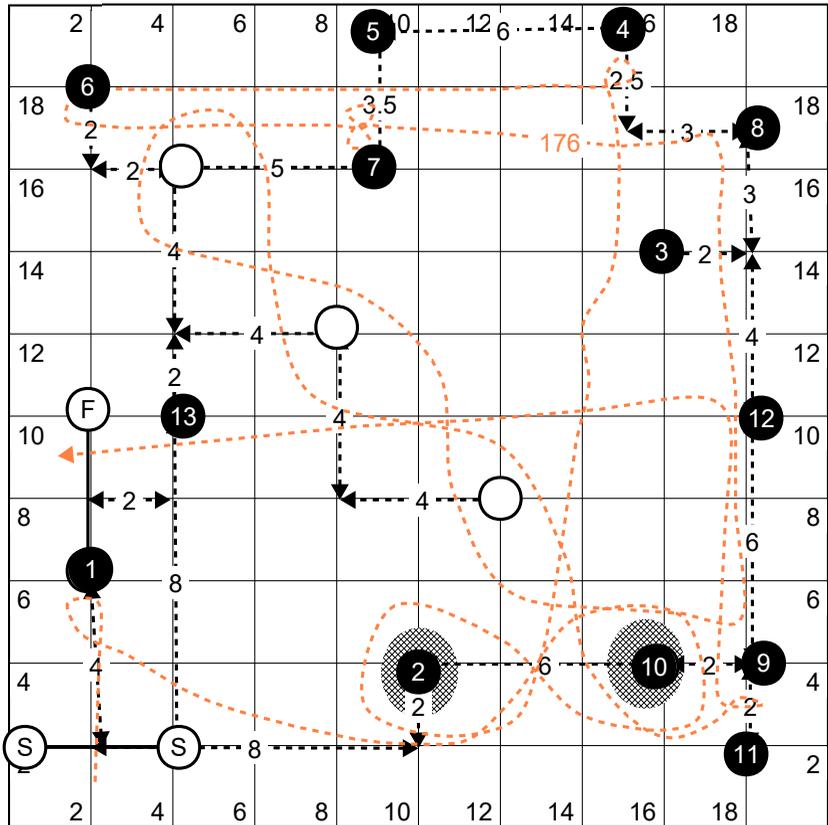
		Typhoon JD	Chris Moody	50.442	
3	CHB Orange Roughies	Hunta	Jo-Anne Steed	43.073	154.827
		Lola	Christine Harber	54.911	
		Lucy	Susan Lorenz	56.843	



New Zealand Association of Rally-O

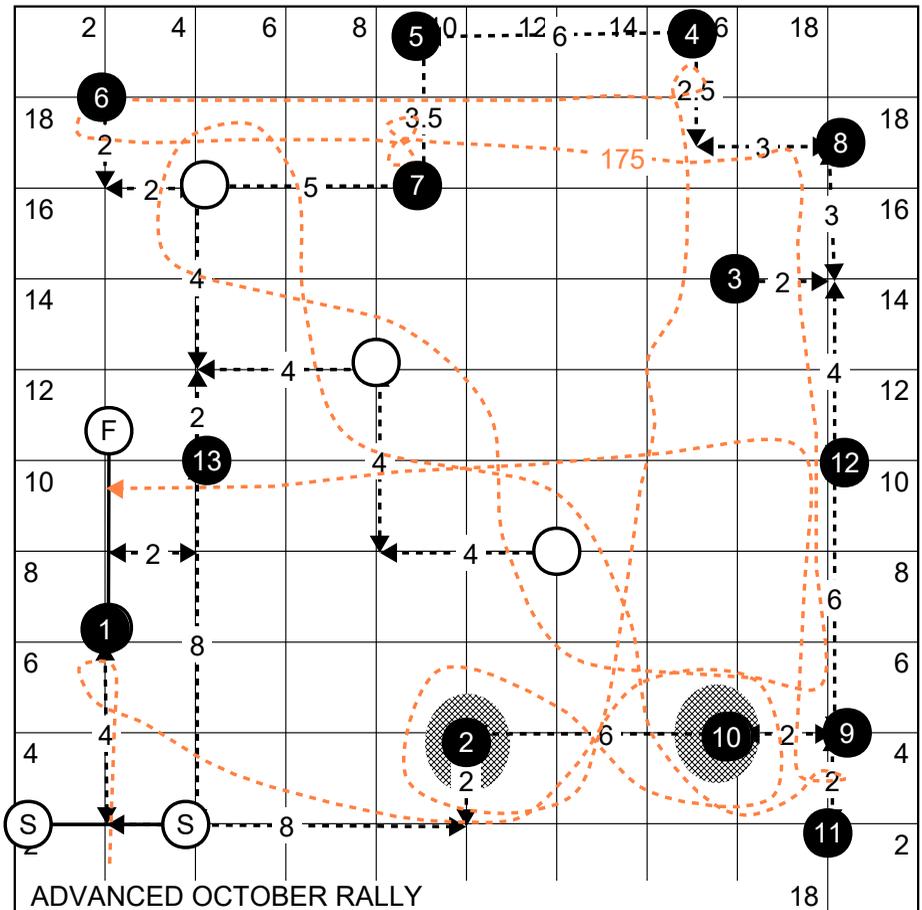


Sept 2019



Standard Rally October.

1. 270 left turn (10)
2. Figure of eight (N1)
3. 360 left (12)
4. 270 right (9)
5. Halt down (4)
6. Left about turn (29)
7. 360 right (11)
8. right turn (5)
9. right turn (5)
10. Serpentine weave twice (23)
11. 270 right (9)
12. 270 right (9)
13. call front finish right forward (13)



ADVANCED OCTOBER RALLY

1. 270 left turn
2. Figure of eight
3. **Spin left**
4. 270 right
5. **Halt down walk around**
6. Left about turn
7. **360 left 360 right**
8. right turn (5)
9. right turn
10. Serpentine weave twice
11. 270 right
12. 270 right
13. **Single go round/Call front finish right forward (N21/13)**

August Standard Team Results

Plc	Club	Team	Score	Time
1	Wanganui DTC	Christine Warren & Poppy, Glenn Armitage & Buddy, C Warren & Charlie	100.0	219.480
2	Wairarapa	Nicky Detheridge-Davies & Rufus, Donna Garrity & Mack, Elaine Herve & Anzac	100.0	227.57
3	Upper Hutt	Peter de Wit & Quick, Karen de Wit & Dee, Peter de Wit & Sequel	100.0	233.790
4	Hawkes Bay	Jackie Olley & Che, Chrissy Harris & Betty, Jackie Olley & Scallywag	100.0	238.140
5	Canterbury COC	Helen Scott & Mac, Helen Scott & Harry, Kathryn Sutton & Daisy	100.0	275.370
6	DAWG	Marian Holman & Zephyr, Marian Holman & Chai, Kim Paice & Beau	100.0	285.090
7	Norwest	Rosalind Walkington & Fletcher, Karen Smith & Lottie, Jan Walter & Ness	99.7	304.760
8	Central ADTS	Sonia Calvert & Sputnik, Sonia Calvert & Toto, Mike Butler & Toby	99.0	307.850
9	CHB	Christine Harber & Jazz, Christine Harber & Storm, Bev Thomson & Te	98.0	378.850
10	Sunshine Whk	Helen Barnes & Cookie, Maria van Beek & Buddy, Maria van Beek & Edison	98.0	289.410

11	Dog Sports Rotorua	Debbie Trimbach & Sophie, Debbie Trimbach & Benni, Megan Hill & Bobby	91.3	383.810
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August RallyO team results

August Challenge Results, Teams

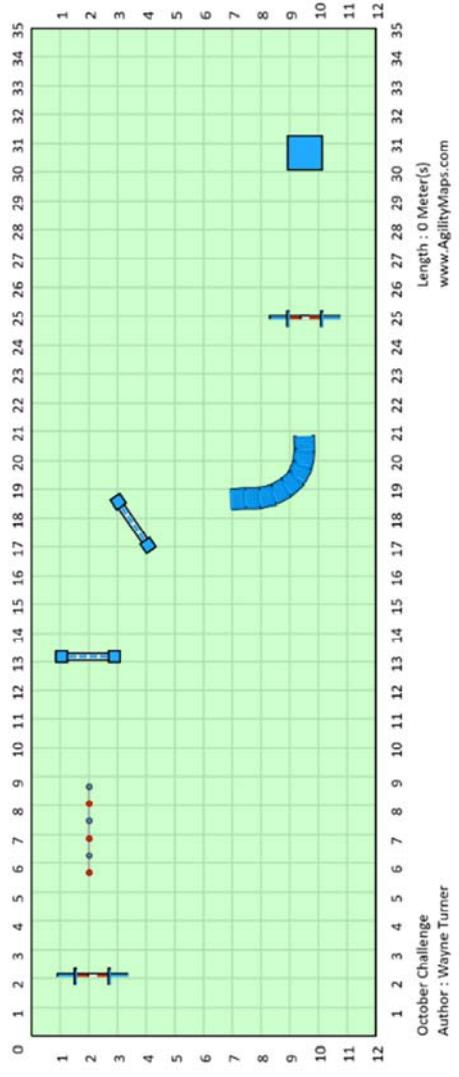
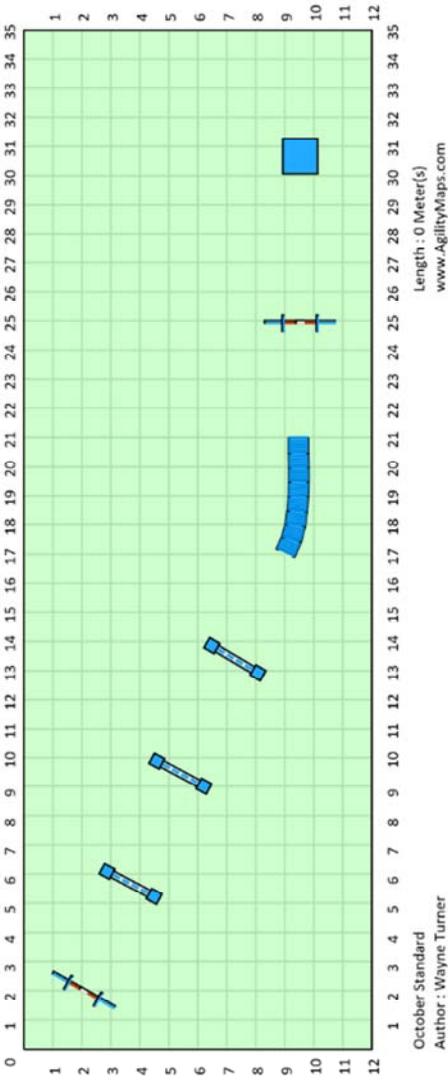
Place	Club	Team	Score	Time
1	Wairarapa	Elaine Herve & Tio, Elaine Herve & Anzac, Nicky DD & Rufus	100.0	226.210
2	Wanganui DTC	Barbara James & Finn, Christine Warren & Charlie, Rhonda Campbell & Asti	100.0	239.250
3	Upper Hutt	Jane Aukett & Holly, Karen de Wit & Finn, Karen de Wit & Zinc	99.7	253.380
4	Canterbury COC	Kathryn Sutton & Kira, Kathryn Sutton & Jinx, Kathryn Sutton & Daisy	98.7	261.520
5	Hawkes Bay	Chrissy Harris & Lace, Ann Baxter & Tosca, Gillian Petterson & Nitro	98.3	266.547
6	DAWG	Liz Barlow & Polly, Wendy Osmond & Pip, Cherie Picking & Tank	98.0	365.970
7	Norwest	Rosalind Walkington & Fletcher, Karen Smith & Lottie, Jan Walter & Ness	95.3	386.790

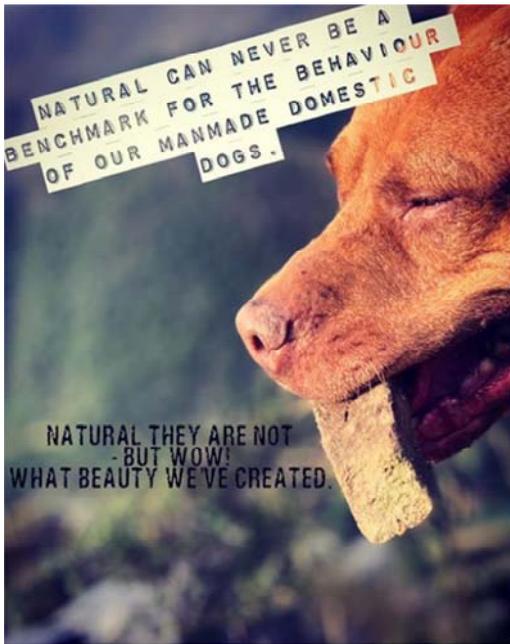
Flygility Results August

#	Team	Dog	Handler	Total Score
1	Counties Real Dogs	Cougar AD JDX	Marilyn Lambert	28.61
		Swift	Allan Rohde	
		Strike	Di Stephens	
2	Counties Young Guns	Daisy	Nicole Beaumont	29.564
		Kruze JDX	Allan Rohde	
		Star	Marilyn Lambert	
3	Taranaki Bee Gees	FDCH Dazzle CDX WDX JD RN	Laurel Austin	30.126
		FD GrCh Willow ADXB JDX GD	Sandra Banks	
		Kez	Ella Sands-Fore	
4	FDTC Meadowlarks	FDGRCH Pulse	Sandra Mohekey	31.68
		FDGRCH Meggie	Nichola Cole	
		Holly FD	Wendy Cole	
5	Upper Hutt Bombers	Cash JD	Wayne Turner	34.14
		FDCh Zeba	Wayne Turner	
		Shelby	Wayne Turner	
6	FDTC Friendly Fields	Arrow FDX	Sandra Mohekey	35.25
		Shadow FDX	Nichola Cole	
		FDGRCH Echo	Nichola Cole	
7	Hurricanines	Teasa ADXS JDX FD	Rebecca Sidwell	35.448
		Chai	Marian Holman	
		Tank	Cherie Picking	

8	Counties Big and Small	Piper AD JDX	Nicole Beaumont	37.278
		Rogue JD	Di Stephens	
		Scooter ADX JDX	Sylvia Lord	
9	Upper Hutt Flying Spaniels	Cameo ADX-B JD RA	Gillian Cruickshank	40.22
		FDCh Stacey	Wayne Turner	
		Sky ADX-G JD RA	Gillian Cruickshank	
10		Dash	Ceri Tarry	47.99
		Lace	Sophie Tarry	
		Minx	Christine Lansdaal	
11	Dog Sports Rotorua 2	FdCh Bess ADXG JAX	Dave Swinyard	49.57
		Bootz	Christine Hutchings	
		Molly	Sue Warrender	
12	Dog Sports Rotorua 1	Gypsy	Dave Swinyard	60
		Jade	Pam Sharp	
		Milly	Julie Sefton	
13	Dog Sports Rotorua 3	Grace	Sharon Brosnahan	76.1
		Bobby	Megan Hill	
		Floyd	Sue Warrender	

Flygility courses – October





Interesting article.

I see lots of posts talking about unnatural and natural behaviour. A natural food source; it's not natural for this head position; it's more natural to let dog's socialise in this way or that.

We have to be careful when we talk about 'natural' behaviours. Dog's have been domesticated for over 14,000 years. We've had dog shows since 1859. People are thought to have been selectively breeding dogs for work for about 9,000 years.

We don't know what's 'natural' for domestic dogs. Their behaviour has been selected for and this is what makes

them who they are. Natural means to be existing in or derived from nature; not made or caused by humankind. Domestic dogs are therefore not natural at all. I guess we would be looking at sandy and black and white medium sized, medium coats dogs with variations of behaviour depending on climate should they have been left to develop naturally. But they have not. Those dog's do still exist in villages and in the campos of various countries but even they have often been bred with our own creation to make something a kin to a highbred except for they are infact the same species.

To chase, is natural for a wolf or perhaps for a hungry undomesticated dog. It is part of the predatory action sequence when they are hunting to kill and eat. Can we even call a domestic dog predatory if it's hunting to kill, when it's not hungry? But these same predatory-like behaviours are often emphasised in the manmade dog.

Many types, for example driving breeds, have been selected to perform the same chase behaviour, elicited by the same movements or stimulus, but not to kill. And some, for example mastiffs, have been selected to perform predation based behaviour that does lead to kill but not to eat, for example.

It is a manmade behaviour, as per all the behaviour of this, a modern manmade species. And for many the genetic predisposition to perform these behaviours is derived from a natural ability as well as selection; a propensity to seek out opportunity's to preform these behaviours is likely based around specific dopamine releases for these dogs.

It is as natural for a border collie to seek opportunities to run many miles a day ceasing the movement of something and collecting it up, as it is for a spaniel to lift a live rabbit into his mouth and parade it to his owner. Or for a Malinois to bite the suit of a man or have a problem when beasts leave or enter a group and cross their imaginary line.

To suggest that these behaviours don't need to be performed is naive at best; detrimental and dangerous at worse. There are dogs that need a substitute activity to replace that which they have been selectively bred. Many dogs have been selected for these behaviours for generations and generation and as such, are wildly emphasised. As our creations evolves - we will likely come to see how stripping an animal bred for his usefulness, of his uses effects him. Our little frankensdogs.

Physically I predicted smaller, fluffier, wider eyes and snub noses. As well as more ill health. Mentally, an emphasised dependency based on a need for physical affection and less intraspecific behaviour for our pet dogs: with the gap between working and pet dog's becoming larger and larger.

I wonder what the future will bring for this completely unnatural species I love so much. But be wary when you hear someone talking about natural behaviour or natural nutrition. These are not benchmarks we should be meeting. Let's do our best for our individual dog's based on how we made them.

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