

K9 CONDITIONING FOUNDATION- MOVEMENTS & EQUIPMENT INTRODUCTION

Saturday, April 14, 9:00 am – 1:00 pm

Foundation work - behaviors that lend to improving the communication between handler and dog when working through fitness exercises. Participants will learn how to use targeted behavior to help their dog understand what is needed for fitness. Warm up/cool down, equipment inflation, and pairing equipment for optimal results will also be covered.

CONDITIONING: SHOULDER AND FORELIMB INJURY PREVENTION

Saturday April 14th 2:00 pm – 6:00 pm

Participants will focus on teaching enhanced and fine-tune coordination skills so that the dog can perform physical activities accurately and consistently. Shoulder and forelimb injury prevention techniques and exercises will be covered.

CONDITIONING: ILIOPSOAS & HIND END INJURY PREVENTION

Sunday, April 15, 9:00 am – 1:00 pm

Participants will focus on teaching enhanced and fine-tune coordination skills so that the dog can perform physical activities accurately and consistently. Psoas injury and hind end prevention techniques and exercises will be covered.

FOCUS ON AGILITY: EXERCISES SPECIFIC TO JUMPING, WEAVES, AND TURNING

Sunday, April 15, 2:00 pm – 6:00 pm

Jumping, weaves, and turns are complex behaviors that involve many stages and require strength and coordination. This workshop will break these stages down and focus on exercises to improve core strength, power to lift the front of the body, as well as power from the rear. Foundation to advanced level exercises will be shown.

PRIVATE SESSIONS

Monday, April 16, 55 mins (seven spots available)

Private session participants receive a basic evaluation of their dog and a beginner workout designed for them and the equipment they have. It includes post-session follow up and detailed review of exercises with video support where available

Why K9 Conditioning?

Improved body awareness, core strength and aerobic exercise are often overlooked when training the canine athlete and weekend warrior. Conditioned dogs perform better with fewer occurrences of injury. When the core is strong, the severity of injury is also less. Participating in a K9 Conditioning Program should only take 10-20 minutes a day, three times a week. A canine conditioning program should include strengthening and stretching designed to improve the following:

- Trunk & Core Strength
- Balance & Coordination
- Flexibility & Range of Motion
- Confidence in movement
- Body Awareness
- Human/Animal Bond

These factors need to be taken into consideration when doing any type of exercise or strength training.

- Age and weight of the dog,
- Physical condition of the dog,
- Performance activities of the dog,
- Physical conditions or limitations of both the handler and the dog.

K9 CONDITIONING WORKSHOPS

Bobbie Lyons, CERT CF



April 14, 15, and 16, 2018

**Tails-U-Win!
175 Adams Street,
Manchester, CT**

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Registration:

- Full payment is required to hold your spot.
- Checks payable to TMAC
- Open only to TMAC members until 3/1
- Registration open to public after 3/1
- TMAC MIGS (members who have a minimum of 8 hours of work in 2017) may use up to 75 service hours toward your registration fees. (1 hour = \$1)
- **LIMITED TO 12 WORKING SPOTS IN EACH SESSION, TO ASSURE OPTIMAL LEARNING OPPORTUNITY**
- If you must cancel your registration, please let us know (via email) as soon as possible so we may fill your spot! Refunds will be issued if we are able to fill your spot.

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

Email: _____

You need to have audited or worked in the beginner workshop or taken her online classes to participate in the 3 other workshops. She will be offering a 50% discount on her online targeting class to any workshops attendee so that you can brush up on skills ahead of the workshops.

DOG'S BREED: _____

DOG'S AGE: _____

DOG'S NAME: _____

BEHAVIORAL ISSUES: Please use separate sheet

WORKSHOP FEES PER SESSION:

TMAC MIGS:	Working spot	\$90
	Auditor spot	\$50
TMAC Member:	Working spot	\$105
	Auditor spot	\$60
Non-TMAC Member:	Working spot	\$130
	Auditor spot	\$75

PRIVATE SESSION FEES:

TMAC MIGS:	\$100
TMAC Member:	\$115
Non-TMAC Member:	\$125



To allow maximum participation, you may reserve 1 working spot plus 1 private session. Additional spots will be allotted on a space available basis. Please rank your choices 1- 4

K9 CONDITIONING FOUNDATION:

Movements & Equipment Intro

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Sun, April 15, 9:00 pm – 1:00 pm

FOCUS ON AGILITY: Jumps, Weaves, and Turns

Sun, April 15, 2:00 pm – 6:00 pm

PRIVATE SESSIONS*

Monday, April 16

(9am, 10am, 11am, 12pm, 2pm, 3, pm, 4pm)

TMAC Member service hours

1 hour = \$1 75 hour maximum

TOTAL PAYMENT ENCLOSED:

Mail registration form and check (payable to TMAC) to:

Laura K Bauver

43 South Lane, Granville MA 01034

Please email questions or to schedule private sessions:

Laura Bauver at

splitrocklabradors@yahoo.com