

Welcome to our Keegan's Magic student newsletter! Each month, we will share training tips, training philosophies, student achievements, general announcements, and other great information. We hope you enjoy!

### ***Relaxation and Downtime at Trials***

As agility competitors, we know that trialing is stressful and tiring. After a 2- or 3-day trial, I know that I'm exhausted so I can only imagine how my dog feels. Don't get me wrong. Agility is really fun and I'm sure that my dogs agree! We all enjoy practicing and going to trials, but we go through far more mental energy at trials too.

Having "downtime" is important, not just for ourselves but also for our dogs. For some of us, being at a trial is exciting. People new to the sport or trialing in a new place or venue might also be a little overwhelmed at first. Be aware that our dogs feed off our emotional state plus as well as their environment. When we are under stress or overly tired, mistakes can easily happen. For example, some handlers suddenly forget how to execute a simple front cross or forget half the course even though they just walked it.

We can make sure that we have our own downtime during trials, but we need to take an active role in ensuring that our dogs get plenty of relaxation time as well. Because each dog is unique, the amount and type of relaxation they need varies. Some dogs may enjoy resting comfortably in their crate at home but might be more anxious in their crate at a trial because of all the nearby dogs and chaos. Try covering their crate or keeping their crate in a quieter place at a trial, such as the outskirts of the arena or near your car. Practice this behavior in your weekly agility classes as well. Other people might be able to help by treating your dog while they are in their crate.

If your dog is still too anxious after being left any amount of time in their crate (such as when you are walking the course), then do your best to allow for relaxation before they enter the ring. Spend time taking your dog on a quiet walk outside the arena, playing with a favorite toy, doing tricks they enjoy, or just sitting quietly with you. Again, every dog is different, and it's fun to experiment and learn what works best for your dog.

Hart is excellent at sleeping in his crate, no matter where he is. However, before he runs, we spend lots of time walking around and enjoying each other's company. I find that this helps him get into a good state of mind and allows him to focus his energy on our run. Clever, however, gets too excited by the activity around her when she spends too much time outside of her car crate. Instead, I get her ready and warmed up with a fun play session about 10 minutes before she runs.



Be aware that mental energy and physical energy are very different. Don't be fooled when your dog gets the zoomies or wants to sprint in the yard when you get home. They might need to release that extra physical energy to match their mental exhaustion.

Relax and have fun. Remember, it's only agility!

## **Class Schedule**

The next 4-week session starts the week of February 18. Class dates may be adjusted due to unforeseen circumstances. Unless otherwise stated, classes are \$75 for each 4-week session or \$25 for each drop-in.

- **Advanced Agility:** Tuesdays 8:00-9:30 a.m. and Wednesdays 7:45-9:15 p.m.
- **Intermediate Agility:** Tuesdays 6:00-7:30 p.m., Wednesdays 6:00-7:30 p.m., Thursdays 9:45-11:15 a.m., 6:00-7:30 p.m., and 7:45-9:15 p.m.
- **OneMind Dogs Inspired Handling:** Thursdays 8:00-9:30 a.m.
- **OneMind Dogs Foundation:** Tuesdays 7:45-9:00 p.m. (\$136/8-week session, no drop-ins)

Private lessons available on Monday and Wednesday mornings. Ring rentals are also available for students. Please contact Maren directly for scheduling and availability.

## **Accomplishments & Brags**

This is YOUR section of the newsletter – where our students can share accomplishments with their dogs, including titles, placements, training breakthroughs, etc. Please [contact us directly](#) if you have a brag to include in the newsletter. We love celebrating achievements with all our students!

Congratulations to the following:

- **New Champion!** Lisa Chavez's Ebony (pictured at right) earned her C-ATCH2 at the Paws & Ques CPE trial. She also had a couple of personal bests: her second perfect day in a row and 49 points in Snooker.
- Jan Casey's BT ran FastCAT in Brooksville and made his fastest time yet at 26.52 mph.
- Maren Baldwin's Clever completed her first half marathon at the Anti Hero Series E. Natchios trail races. Together, she and Maren earned 2nd place Female Finisher. Clever also finished her AKC Novice Standard agility title.
- Maren Baldwin's Hart earned his first QQ in AKC Masters classes.
- Helen Yettaw's Angel earned her TIAD (Intermediate Agility) title in TDAA. On the second day of the trial, she went Reserve High in Trial.



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- Helen Yettaw's Buddy earned his TBAD (Beginner Agility) title in TDAA.
- Helen Yettaw's Ty earned another two legs toward his championship in TDAA.
- Lisa Schmeling's Kili earned his first agility title in TDAA Games Level 1. He also earned his first obedience title in ASCA Beginner Novice.
- Barbara Layton's Josi is currently 5th in the nation in ASCA Novice obedience.

### **Training Tip**

Remember that dogs are dogs. They behave like unique, loveable, smart, and eager-to-please animals. They are doing their best with the training you've provided them. When training isn't going well, take some time off and plan what you can do to make the next session go better. When training is going well, celebrate that you are being a good trainer for your dog.

*Do you have an article suggestion for our newsletter? Please [send us your suggestion](#) and we might include it in a future newsletter.*