

NOMAD NEWS

Northern Magic Agility Dogs

AUGUST

2008

SEND LETTERS AND ARTICLES FOR THE NEWS BY THE 25TH OF THE MONTH TO THE ADDRESS ON THE BACK, OR E-MAIL: MAYAMCK@PSHIFT.COM

FRAN BARTHOLOMEW

A Great Spirit Gone

A Loss

Fran Bartholomew, NOMAD member and one of the finest spirits on and off the agility field, died Friday, July 25 after a 4-year battle with ovarian cancer. She leaves her husband, Lee, who attended agility trials with Fran and could always be counted on for astute observations and kind words, and their dogs: Bushy (mix, NATCH/ADCH) who Fran and Lee rescued from the side of the road, Archie (Irish Setter) who, at 5-6 y.o. was just coming into himself as an awesome agility dog, and Poppy, another "found dog" who has promise in agility or as an otherwise great dog. Fran worked hard to understand her dogs and to be the best teammate she could be with them. Her kindness toward them was a seamless reflection of her as a person. Toward the end, Fran took great care to be sure they would have wonderful homes after she was gone.

Lee is currently at Dartmouth Medical Center with infections that are challenging his already-weakened immune system. We can only hope the best for him.

If you'd like to send a note to Lee or to Fran's family, their address is:

Bartholomews
64 Wallace Farm Rd.
Norwich, VT 05055

Over the past few weeks, whenever any of us asked Fran what we could do for her, she unfailingly said, "Just be sure to have fun with your dogs."

Lynn & Yola & Mia



To Fran's dear friends,

Fran passed away in her home in Norwich on Friday in the care of a hospice professional and me, her sister, Margaret (A.K.A. Putly).

We had a chance to talk a lot during the past few weeks as she knew she would be starting a new journey soon, and her appreciation for all her friends in the "dog world" was very evident. To those of you who knew of her condition and had a chance to send cards and e-mails, please know they brought big smiles to her face. To those of you who didn't know, you still brought great comfort to her in her fond memories of past classes, trials and gatherings together.

My daughter sent a card to her Aunt Franny with two rather scruffy, mixed breed dogs holding suitcases in their mouths on the front. The inside said "It's not the places you travel, but the people you travel with." I know all of you meant the world to Fran. She asked that if you have any tears, to make them tears of joy for the love you all have for your dear pets and caring friends.

I am truly grateful for the friendship you showed towards my sister.

I know we will all miss her, but smile at how blessed we were to have known her.

Margaret Anderson

Nomad Camp Aug 23-25

Trapp Family Lodge, Stowe, VT

from Billie Marsh

The camp is nearly upon us. We will be soliciting help in order to have a successful camp and experience. Your seminar committee can not possibly do all that needs to be done. We will need help in setting up (Friday), wrangling during the seminar (making sure things are running smoothly), and breaking down. For those who are camp registrants, lunch is included in the camp fee. If you are planning on auditing, please contact Billie Marsh (marshb@westelcom.com) and we can reserve a lunch (anticipated cost is \$8). If you have any questions, please contact myself or Lynne Von Trapp.

NOMAD NADAC TRIAL AUGUST 16-17

So far we have 349 runs on Saturday and 315 runs on Sunday. We can have more runs. So if you know anyone who is on the fence about entering, please encourage them to join us.

NOMADs third trial of the season is coming right up and we have most jobs filled.

Our NADAC trial workers:

Ring managers:

Sat: Billie Marsh and Judy Frey

Sun: Judy Kessler and Marian Mumford

Course Builders: Cory Wajda and Kit Erskine

Volunteer Hospitality: Linda Ladd with assistance from Mitzi Sinclair

Worker's Raffle: Michelle Force with assistance from Cynthia Gilliland

Workers Schedule: Kim Rubin

Awards: Maxine Holmes with assistance from Mitzi Sinclair

Judges Hospitality: Bev Lancaster with assistance from Mitzi Sinclair

Recycling: Kate Carter

Trash: Randi Barrett and Patty McMahon

And Don Denette has volunteered to pick up our judge, Gary Visintainer, at the airport

WE STILL NEED a Few more VOLUNTEERS for START UP CREW-

Saturday: Caroline, Cynthia, Lynne von Trapp

Sunday: Caroline, Cynthia, Lynne von Trapp

We have a new working member:

Linda Reynolds

She has two dogs, both Mudi's, named Kooza and Savvy. She would like to have an agility buddy, and has not yet chosen which committee she would like to be on..

We will also need help on Friday to set up the rings, time to be determined. When Erin and Corey arrive with the equipment, all the tunnel holders need to be filled with water so we can add that to the job chart.

And please pray (or what ever you do) for no rain

Agility Nerd to the Rescue

Ever search for agility terms, handling, courses, equipment and been frustrated with the results returned by conventional search engines?

I've taken the web sites, blogs, forums, and individual web pages to which I've referred over the years and entered them into a Google Custom Search. This customized search engine limits its searches to pages only on those sites, giving much more useful results for every search I've tried.

As new content is added to these sites Google automatically updates the search engine, so it is always up to date.

I'll also add new sites and individual pages to the search engine when I learn of them. If you know of a useful site or even a single page that doesn't show up in the search please send me an email with the link.

I've created a new web site just for this search: <http://googility.com> or <http://search.agilitynerd.com>

Please feel free to cross post this info to other agility folk. Happy agility searching!

Best Regards, Steve <http://agilitynerd.com> <http://googility.com>

NOMAD's Steering Committee

Contact them if you have questions or suggestions.

President

Lynne von Trapp _____ 253-7673

Vice-President

Cynthia Gilliland _____ 295-2659

Treasurer

Linda Ladd _____ 879-3461

Secretary

Kim Rubin _____ 899-3382

e-mail: som13@aol.com

Members at Large

Don Denette _____ 872-8767

Kim Ingraham _____ 223-1429

Patty McMahon _____ 434-3423

<http://nomadagility.com/>

A Tribute to Boomer

by Fiona Robertson

On Saturday morning, July 12th, Boomer went out with the rest of the dogs. Fifteen minutes later, breakfast was waiting and all the dogs came back in to eat - except Boomer. This was not alarming in itself, as Boomer so often tottered about the yard for an extra bit of time, or got himself behind the sheep fence and needed the gate opened for him, or got stuck in some tall grass and needed help getting out...But, after another 15 minutes, when there was no sign of him, the search began...

...And continued for 5 days. We scoured the property, woods, creeks, and hacked our way through overgrown roadside ditches for far longer stretches than his old frail legs could have ever have carried him. There is no sign of a car accident, indeed there were no signs of cars that early Saturday morning and the road was the first place we looked. We even had a volunteer fireman drag our pond and several townspeople drive around in case he was picked up and dumped. The SPA and all vet clinics have been called. Boomer cannot be found. It seems that he decided it was his time to go and took himself off to hide and go to sleep. The other dogs seem to have an understanding that they are not to follow him.

Rest in peace, dear Boomer. Your spirit will roam the farm always.

ATChC Rivendell Boomer PDIII - 1993 - 2008

2001 AAC Regional Champion

5th place 2001 AAC Nationals

6th place 2002 AAC Nationals

3rd place 2004 AAC Nationals

Adventurer, lamb babysitter, puppy mentor and best friend



COMING EVENTS CALENDAR

Compiled by Cheryl French as of 7/24/08

AUGUST 2008

Aug. 1-4; **USDA**; Open to all dogs; Over Rover Training Center; Over Rover Training Center, Cato, NY; Closes: 7/18/08; Classes: All Classes/All Levels; Contact: Dee Bramble, PO Box 15, Cato, NY; Website: www.usdaa.com .

Aug. 2-3; **USDA**; Open to all dogs; LEAP Agility; Westfield Fairgrounds, Westfield, MA; Limit: Unlimited; Closes: 7/14/08; Classes: All Classes/All Levels; Website: www.leapagility.com .

Aug. 2; **NADAC**; Open to all dogs; CATS; Monadnock Humane Society; Swanzey, NH; Limit: 450; Opens: 6/9/08; Closes: 7/21/08; Classes: Touch N Go, Tunnelers, Weavers/All Levels; Email: lava@webryders.net ; Website: www.canineagility.org ; Contact: Erin Wajda; Email: trialec@northeastagility.com ; Website: www.northeastagility.com .

Aug. 9-10; **NADAC**; Open to all dogs; Northeast Agility Enthusiasts; Hidden Acres Campground, Dummerston, VT; Limit: Unlimited; Contact: Erin Wajda; Email: trialec@northeastagility.com ; Website: www.northeastagility.com .

Aug. 9-10; **CPE**; Open to all dogs; Agile Dogs Agility Training; Stephentown, NY; Closes: 7/28/08; Classes: All Classes/All Levels; Limit: 375 per day; Contact: Beverly Larabee, 518-794-0168; Email: bev@agiledogs.net ; Website: www.agiledogs.net .

Aug. 9-10; **CPE**; Open to all dogs; All Dogs Gym; Manchester, NH; Closes: 7/18/08; Classes: All Classes/All Levels; Limit: 400 runs Sat./350 runs Sun.; Contact: Sue Fountaine, 603-627-7322; Email: mini aussies5@comcast.net ; Website: www.alldogsgym.com .

Aug. 9-10; **AKC**; Open to all pure breeds; Tartan Gordon Setter Club; Amherst, NH; Classes: Std, JWW, FAST; Limit: 330 runs; Open: 6/11/08; Closes: 7/19/08; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Aug. 16-17; **CPE**; Open to all dogs; Y Agility; Shatford Park, New Lebanon, NY; Opens: 6/16/08; Closes: 8/4/08; Limit: 375 per day; Classes: All Classes/All Levels; Contact: Donna Young, 4 Haber Way, Castleton, NY 12033, 518-732-2180; Email: yagility@nycap.rr.com ; Website: www.k9cpe.com .

Aug. 16-17; **NADAC**; Open to all dogs; NOMAD; Stowe, VT; Contact: Erin Wajda; Email: trialec@northeastagility.com ; Website: www.nomadagility.com ; Opens: 6/16/08; Closes: 8/4/08; Limit: 450.

Aug. 23; **USDA**; Open to all dogs; Bo-Gee Agility; Caledonia Fairgrounds, Lyndonville, VT; Closes: 8/2/08; Trial Secretary: Trial Secretary Services; Email: tss@trialsecretary.com ; Website: www.trialsecretary.com .

Aug. 24; **USDA**; Open to all dogs; ACE Agility Club; Westfield Fairground, Westfield, MA; Limit:

Unlimited; Level Restrictions: Starters/PI and Jr Handlers only; Contact: Nancy Obara; Email: ray.wheeler@the-spa.com .

Aug. 23/24; **CPE**; Open to all dogs; Gemini Dogs, Inc.; Littleton, MA; Limit: 375 per day; Classes: All Classes/All Levels; Contact: Michelle Borelli, 978-387-3663; Email: michelle@gemindogs.com ; Web Site: www.gemindogs.com .

Aug. 30-31; **USDA**; Open to all dogs; ARFF Agility Club; Middlesex County 4-H Fairgrounds, Westford, MA; Limit: Unlimited; Classes: All Classes/All Levels, Steeplechase Qualifier, Performance Speed Jumping; Trial Secretary: Trial Secretary Services; Email: tss@trialsecretary.com ; Website: www.trialsecretary.com .

Aug. 30-31; **CPE**; Open to all dogs; Paws 4 Fun; Vincent Flats Rd., East Montpelier, VT; Classes: All Classes/All Levels; Limit: 325 runs per day; Opens: 7/1/08; Closes: 8/18/08; Contact: Cheryl French; Email: Cheryl.P.French@comcast.net ; Website: <http://agilpaws.tripod.com> .

Aug. 30-Sept. 1; **NADAC**; Northeast Agility Enthusiasts; Hidden Acres Campground, Dummerston, VT; Limit: Unlimited; Contact: Erin Wajda; Email: trialec@northeastagility.com ; Website: www.northeastagility.com .

Aug. 30-Sept. 1; **AKC**; Open to all pure breeds; Eastern English Springer Spaniel Club; Dufresne Park, Granby, MA; Limit: 750 runs; Classes: All Classes/All Levels; Open: 7/2/08; Closes: 8/9/08; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

SEPTEMBER 2008

Sept. 5-7; **USDA**; Open to all dogs; Y Agility; The Blackthorne Resort, East Durham, NY; Closes: 8/18/08; Limit: Unlimited; Classes: All Classes/All Levels; Contact: Donna Young, 4 Haber Way, Castleton, NY 12033, 518-732-2180; Email: yagility@nycap.rr.com .

Sept. 6-7; **NADAC**; Open to all dogs; New England Agility Team, Wakeda Campground, Hampton Falls, NH; Limit: Unlimited; Contact: Erin Wajda, 479 Taborton Rd., Sand Lake, NY 12192; Email: trialec@northeastagility.com ; Website: www.northeastagility.com . or www.neatclub.com .

Sept. 6-7; **CPE**; Open to all dogs; Agility Dogs of Schenectady; High Goal Farms, Greenwich, NY; Opens: 6/25/08; Closes: 8/18/08; Limit: 350 runs per day; Classes: All Classes/All Levels; Contact: Trisha Stall; Email: trisha@agiledogs.net .

Sept. 6-7; **AKC**; Open to all pure breeds; Old Colony Agility Club; Topsfield Fairgrounds, Topsfield, MA; Opens: 7/9/08; Closes: 8/16/08; Classes: All Classes/All Levels with Fast; Limit: 660; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Sept. 13-14; **AKC**; Open to all pure breeds; Pioneer Valley Kennel Club, Inc., Dufresnes Park, Granby, MA; Opens: 7/23/08; Closes: 8/23/08; Classes: All Classes/All Levels; Limit: 660; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Sept. 13-14; **CPE**; Open to all dogs; CATS; Wheelock Park, Keene, NH; Limit: 700 per day; Classes: All Classes/All Levels; Contact: nancy Obara, 413-783-8882; Email: ray.wheeler@the-spa.com ; Website: www.canineagility.org .

Sept. 13-14; **USDA**; Open to all dogs; Riverside Canine Center, Wakeda Campground, Hampton Falls, NH; Closes: 8/23/08; Contact: Valori Duff, 252 Boynton St., Manchester, NH 03102, 603-289-5169 ; Email: valwaussies@comcast.net; Web Site: www.riversidek9.com .

Sept. 20-21; **NADAC**; Open to all dogs; Addicted to Agility; Wrentham Dev. Center, Wrentham, MA; Limit: 500 per day; Classes: All Classes/All Levels; Contact: Michelle Whall, 144 Lyman St., North Attleboro, MA 02760, 508-699-9276; Email: mickeycw@aol.com ; Website: www.Addictedtoagility.com .

Sept. 20-21; **AKC**; Open to all pure breeds; Wachusett Kennel Club, Devens Recreation Fields, Devens, MA; Opens: 7/16/08; Closes: 8/30/08; Classes: All Classes/All Levels; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Sept. 20-21; **USDA**; Open to all dogs; K9 Logix, LLC; Franklin Co. Fairgrounds, Greenfield, MA; Closes: 9/1/08; Secretary: Sharon Wirant, 59 Aldrich Rd., Westmoreland, NH 03467.

Sept. 27-28; **NADAC**; Open to all dogs; Maplewood Assistance Partners, Inc., Wrentham Dev. Center, Wrentham, MA; Limit: 500; Classes: All Classes/All Levels; Contact: Katrin Andberg, 12 Maple Ave., Foxboro, MA 02035; Website: www.maplewooddog.com .

Sept. 27-28; **ASCA**; Open to all dogs; WASCUNY; Washington County Fairgrounds, Greenwich, NY; Opens: 8/4/08; Closes: 9/9/08; Limit: 350 per day; Classes: Regular, Jumpers, Gamblers; Contact: Shona Michaud, 66 Star Drive, Minot, ME 04258, 207-346-3378; Email: sgmichaud@earthlink.net ; Website: www.wascuny.com .

Sept. 27-28; **USDA**; Open to all dogs; Contact Agility Club, Putnam Co. Veterans Memorial Park, Carmel, NY; Closes: 9/19/08; Contact: George Bennett, 132 Longfellow Drive, Carmel, NY; Website: www.usdaa.com .

Continued on page 5

CALENDAR continued

Sept. 27-28; **CPE**; Open to all dogs; Ruff Agility; Elks Camp, Keene, NH; Closes: 9/3/08; Limit: 750 per day; Classes: All Classes/All Levels; Contact: Judy Davis, Email: tss@trialservices.com ; Web-site: www.trialsecretary.com .

OCTOBER 2008

Oct. 4-5; **NADAC**; Open to all dogs; Northeast Agility Enthusiasts; Hidden Acres Campground, Dummerston, VT; Limit: Unlimited; Contact: Erin Wajda; Email: trialsec@northeastagility.com ; Website: www.northeastagility.com .

Oct. 4-5; **USDAA**; Open to all dogs; All Dogs Gym Agility; All Dogs Gym & Inn; Manchester, NH; Closes: 9/12/08; Limit: Unlimited; Level Restrictions: Starters/PI and Advanced/PII only; Contact: Judy Davis, Email: tss@trialservices.com ; Website: www.trialsecretary.com .

Oct. 4-5; **AKC**; Open to all pure breeds; Western MA Shetland Sheepdog Club, Westfield Fairgrounds, Westfield, MA; Opens: 7/30/08; Closes: 9/13/08; Classes: All Classes/All Levels; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belcher-town, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com; Website: www.pawprinttrials.com .

Oct. 11-12; **ASCA**; Open to all dogs; ASCNE; Westfield Fairgrounds, Westfield, MA; Opens: 8/20/08; Closes: 9/27/08; Contact: Jean Janotta, 24

Country View Drive, Raymond, NH, 03077-2479, 603-895-5436; Email: jjanotta@verizon.net; Web Site: www.ascne.org .

Oct. 18-19; **NADAC**; Open to all dogs; ACT-Up Agility Club; Wrentham, MA; Trial Sec. Mike Whall, email: mickeycw@aol.com; Website: www.actupagility.com .

Oct. 18-19; **CPE**; Open to all dogs; Bo-Gee Agility; Deerfield, NH; Contact: Judy Davis, Email: tss@trialservices.com ; Website: www.trialsecretary.com .

Oct. 25-26; **CPE**; Open to all dogs; Muddy Paws Agility Club; Westminster, VT; Classes: All Classes/All Levels; Limit: 350 runs per day; Closes: 10/14/08; Contact: Kim Stumph; Email: goodturn@conknet.com ; Web Site: www.muddy-pawscaninecenter.com

The above listed events are in the following states within a reasonable driving distance for most of us: MA, ME, NH, NY and VT. Please note for some events full information is not yet available. Please contact Cheryl French (Cheryl.P.French@comcast.net) with any corrections of the events. Sources include www.cleanrun.com, www.akc.org, www.trialsecretary.com, www.pawprinttrials.com and various other sources.

5/24/08, NEMASC, CPE

Diane Boss and Tag

L4 - fullhouse _____ 1st and Q

L4 - snooker _____ 2nd and Q

6/28/08 Muddie Paws CPE

Diane Boss and Tag

L4 - fullhouse _____ 1st and Q

L4 - jumpers _____ 1st and Q

July 12, Riverside Canine Center
USDAA, Westford, MA

Judy Frey & Willie

Starters Gamblers, 16 in _____ 4th & Q

July 19-20, Breeze Thru Agility CPE
Trial, Newfane, VT

Diane Boss and Tag

L4 - standard _____ 2nd and Q

Cynthia Gilliland and Heather

Level 5 Snooker, 16 in.- _____ 2nd and Q

Level 5 Colors, 16 in. _____ 4th and Q

Cynthia Gilliland and Rosie

Level 3 Snooker, 16 in. _____ 4th and Q

Even though the human half of the team fell on her face during the closing

Level 3 Jackpot, 16 in.- _____ 2nd and Q

Cynthia Gilliland and Ivy

Level 2 Jackpot, 16 in.- _____ 2nd and Q, new title CL2-S

Level 2 Standard, 16 in.- _____ 3rd and Q

Level 3 Snooker, 16 in. _____ 1st and Q

Judy Frey & Willie

Lev 2, 12 in. R. Standard _____ 1st & NQ

Lev 2, 12 in. R. Standard _____ 1st & NQ

Lev 2, 12 in. R. Standard _____ 1st & Q

Lev 2, 12 in. R. Standard _____ 1st & Q

Lev 2, 12 in. R. Snooker _____ 1st & Q

Lev 2, 12 in. R. Jackpot _____ 1st & Q

Lev 2, 12 in. R. Jumpers _____ 1st & Q

Lev 2, 12 in. R. Wildcard _____ 1st & Q

Lev 2, 12 in. R. Colors _____ 1st & Q

Lev 2, 12 in R. FullHouse _____ 1st & Q

Mitzi Sinclair and Jayme

Level 2, Colors, 12 inch _____ 2nd place, Q

Level 2, Snooker, 12 inch _____ 2nd place, Q

Level 2 Jackpot, 12 inch _____ 3rd place, Q

Amy Haskell & Chelsea

Standard Level 1 16" _____ 1st & Q

Standard Level 1 16" _____ 1st & Q and New Title

Standard Level 1 16" _____ 2nd & Q

Jumpers Level 1 16" _____ 1st & Q

July 25, Green Mountain Golden
Retriever Club AKC Trial, Williston, VT

Cynthia Gilliland and Rosie

Open Standard, 16 in.- 1st & Q

SUMMER PRACTICE

Thursday Nights from 6:30 til dark at
Roberta Dumas' Field

\$5.00 per session or \$30 for the summer

Bring bug spray. Dogs need to be crated or tied up while waiting to run.

Directions

From Burlington

Take I-89 to Richmond exit. Take a left at the end of the exit ramp and follow Rt. 2 under the I-89 overpass. Take the next right onto Rt. 117. Take another immediate right onto Governor Peck Hgwy. Go 2.2 miles to Brown's Trace Rd. and turn left. Go .9 mile and take a right onto Nashville Rd. Follow Nashville Rd. for 2.6 miles and turn right onto Leary Rd. My driveway is about a half mile up Leary Rd. on the right (#54). You can't see the house from the driveway.

From Underhill

Turn left off Rt. 15 onto Brown's Trace Rd. (at Clarks Truck Center). Follow Brown's Trace Rd. through Jericho Center and keep heading toward Richmond. It's 2.6 miles from Clarks Truck Center to Nashville Rd.

Look for the West Bolton Golf Course sign. Turn left onto Nashville Rd. Follow Burlington directions from there.

From Essex Jct.

Take Rt. 117 (River Rd) toward Richmond. Turn left onto Barber Farm Rd. and follow until you come to Brown's Trace Rd. in Jericho. Turn right and go about a mile. Turn left onto Nashville Rd. Follow Burlington directions from there.

From Waterbury

Take I-89 to Richmond. Turn right at the end of the exit ramp and take an immediate right onto Rt. 117, and then another immediate right onto Governor Peck Hgwy. Go 2.2 miles to Brown's Trace Rd. and turn left. Follow Burlington directions from there.

Goal Setting

By permission from Heather Sumlin at mentalmanagement.com

Goal set ONLY for what you can control! You cannot control the outcome of a competition. You cannot control who the judges (calls). But you CAN control your attitude about your performance. You CAN control your actions during...your performance incompetition. Most importantly you CAN control your training.

Competitors in most sports seem to train easy and compete hard or they train hard and compete hard causing them to over-try. They have it backwards. You need to train HARD, put in the hours, the effort, the sweat to know that you did all you could before the competition to be the best you can be. When the competition arrives - RELAX, HAVE FUN and just enjoy the ride. Trust that all of your hard work in training was enough to carry you to your goal.

If you compete in a subjective sport or you are in a competitive business environment that is subjective remember that what matters most is did you give a performance that lives up to your potential? If so you cannot ask for more, if not, why not? Did you truly train hard enough to excel—did you out train your competition? Did you really relax and trust your training? Did you have a mental program in advance and did you follow it? Did you write in your Performance Analysis daily? Were your circles in balance?

(Visit mentalmanagement.com to find out more about Performance Analysis and balancing circles.)

Send letters and articles
by the 22nd of the month.
mayamck@pshtft.com

