

NOMAD

Northern Magic Agility Dogs

SEPTEMBER

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

Renewal time is almost upon us. It begins October 1st and runs through December 1st. The 2009 Membership Renewal Form is on page 8 in this newsletter and will be on the website very soon. If you have any questions, please email me at agilityzone@yahoo.com.
Nancy Dashnaw, Membership Committee

NOMAD NADAC Trial THANK YOU

Your trial chair has just barely recovered from the trial then camp then competition. But I do want to get this thank you in.

If I try to thank each person who contributed to making this trial a success, I am bound to miss someone, so I will just say that **NOMADERS ARE THE BEST**. Those who had major jobs did them beautifully and efficiently. Those who worked helping to set up and on the day of the trial did a fantastic job. We had a relaxed and efficient trial and we made some money to help finance next year's events. Our "old" members did their usual exceptional work in all phases of this event and our newer members were beyond expectations in their willingness to pitch in at all levels and jobs.

I do want to thank Cynthia Gilliland individually since she, as co-chair, was a big part of making this whole thing happen. Her experience and expertise and ability to think ahead were invaluable.

A heartfelt THANK YOU to all.

Caroline

Gary V. (our judge) wanted to let you all know that he loved us, loved our dogs (I mean of course, everyone loves NOMAD dogs!) and really loved VT. *Louise Johnson*

If you want to see and buy photos from our trial, go to:
<http://www.gracesmith.photorelect.com/>



Maxine and Spirit's European Adventure

by Maxine Holmes

Spirit and I attended the European Open Agility Championships in Gelsenkirchen Germany 7/19-20, 2008. This was the most exciting agility adventure I have experienced! We were the first to run each of the 5 runs. The first day, there were 2 individual runs: a standard and a jumpers, then a final run. We ran all three runs fairly fast for us, unfortunately, we incurred 1 off course on each of the first 2 runs and an incomplete in the final. However, an off course and an incomplete result in a score of 0. The second day we ran 2 team courses. Once again we had an off course in the standard course and the jumpers course run in the pouring rain with deep mud seemed to be a clean run but looking at the results I saw we had e'd once again and I can only guess that we were over time? There is no access to the results except for those posted and we didn't video the run as it was raining too hard. Most of the Canadian team e'd every course except for the large dog team jumpers course and our 3 team members placed 4th!! Of course, we yelled and screamed and went nuts during their runs. Teams were present from all over the world. The level of enthusiasm, nationalism, and just having a blast with dogs was staggering! We hung out with the USA team and some of them insisted on trading tee shirts with us. The tee shirt exchange was almost as intense as running the dogs.

We visited Paris after, with my friend Lucie. It was so wonderful to be able to take Spirit into Bistros, shops, and everywhere except museums and on grass in parks.

NEW MEMBERS

NOMAD has two new supporting members.

The first is **Allison Nagel** from Milton who has a 5 year old Keeshond named **Neela**. The team is already doing very well in AKC agility.

The second person will actually be familiar to many older members of NOMAD, because she is rejoining. **Louise Hoelscher** and her passel of whippets (**Poet, Panther, Trumpet and Teepee**) are NOMADers again.

Please be very welcoming to these new folks, if you run into them on the agility scene.

TRAINING

Training Contacts

by: "Helen King" on agility poodle list
Here is one person's method.

We try to make training contacts fun fun for man and beast! It is a long process that starts when the puppies are about 6 - 9 months old. We begin with having them touch our palm with their nose. This is all Susan Garrett's stuff we train.

After they are pressing their noses hard against our palms, we place a SMALL CLEAR Plexiglas target in our palm and have them touch that. We deliver the treat with the other hand over the target or our palm. We say "YES!" when they do the behavior correctly and nothing when they don't. You can use a clicker but we find it is awkward so sometimes I do and sometimes I don't. It depends on the behavior. The clicker is like a laser tool and is for precise behaviors, not general ones.

We reward with awesome treats and never correct the dog other than to withhold rewards for incorrect behaviors. We put tons of enthusiasm into our training and praise along with treats and tugging breaks.

We keep the sessions short (30 seconds to 2 minutes max!) and can do several a day.

We slowly lower the target to the ground and away from our palm until they are tapping it on the ground vigorously.

Then we put them on the end of a plank and release them to the target. When they are great at that we take it to stairs and start at the bottom stair and work up to them eventually running down three stairs to the target no matter

where we are (front, side, back). Then we throw balls and toys while they are performing the behaviors to proof it. The more we proof, the better the behavior. We make a big game out of the whole thing and the puppies LOVE IT!

We are animated and play play play with them.

By the time the pup is about 14 or 15 months old, we progress it to the end of the real contacts. Up until then, they have never been on a real contact. We faded the target at the bottom stair so now they touch their noses (multiple times) to the ground with no target and NO lure. We NEVER EVER put food ON the target! EVER!!! That will teach the dog absolutely nothing except to take treats from a target.

So we bring them around our hip at the bottom of the contact (it is lowered) and into position. Once they have it, we back chain the behavior to the entire contact and slowly raise it.

The teeter we train with a method Mel developed and we have a video coming out in the fall or winter. It is already shot but he is busy editing Susan Garrett's 2x2 weave video so he won't get to ours until he is done with that one.

It is all about the rewards and never about corrections other than withholding a reward. Oh, and acting like a goofball so the dog really gets into the fun of the training.

YOU MUST FIND THE FUN IN TRAINING!!! That took me a LONG time to figure out :-).

visit

http://www.awesomepaws.us/news_future.htm

for info about
a safer tire jump

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.

For directions, see previous
newsletters.

NOMAD's Steering Committee

Contact them if you have questions or suggestions.

President (11/07 - 11/09)

Lynne von Trapp _____ 253-7673

Vice-President (11/07 - 11/09)

Cynthia Gilliland _____ 295-2659

Treasurer (11/06 - 11/08)

Linda Ladd _____ 879-3461

Secretary (11/07 - 11/09)

Kim Rubin _____ 899-3382

e-mail: som13@aol.com

Members at Large

Don Denette (11/07 - 11/09) ___ 872-8767

Kim Ingraham (11/07 - 11/08) ___ 223-1429

Patty McMahan (11/06 - 11/08) _ 434-3423

<http://nomadagility.com/>

BRAGS

Aug. 16–17, 2008, NOMAD NADAC trial

Ginger & Karen Clark

Novice Touch N Go, 20" _____ 3rd & Q

Michelle and Cholla

16" Novice Jumpers _____ 2nd and Q

16" Novice Jumpers _____ 1st and Q

16" Regular _____ 1st and Q

16" Regular _____ 1st and Q

16" Touch N Go _____ 1st and Q

Spiritdancer & Maxine Holmes

4" Vet/P Elite Chances _____ 1 Q

Elite Chances 2 _____ Q & ECC title

Open Jumpers 1 _____ Q & 1st

Open Jumpers 2 _____ Q & 1st

Elite Regular 1 _____ Q & 1st

Elite Regular 2 _____ Q & 1st

Elite Regular 3 _____ Q & 1st & EAC Title

Sundancer & Maxine Holmes:

8" Vet/P Novice Chances 1 _____ Q x

Novice Chances 2 _____ Q

Novice Jumpers 1 _____ Q & 1st

Novice Jumpers 2 _____ Q & 1st

Novice Regular 3 _____ Q & 1st

Novice Regular 4 _____ Q & 1st

Bev Lancaster and Bella

Jumpers Std/Novice S _____ Q-10/6

Regular Std/Novice S _____ Q-10/2

Jumpers Std/Novice S _____ Q-10/3

Regular Std/Novice S _____ Q-10/2

Cynthia Gilliland and Heather

Open Chances, 16 in. S. _____ Q

Open Weavers, 16 in. S _____ 1st and Q

Cynthia Gilliland and Rosie

Novice Jumpers, 16 in. S _____ 3rd and Q and NJC title

Novice Hoopers, 16 in. S _____ 1st and Q and HP-N title

Novice Touch and Go, 16 in. S _____ 3rd and Q

Novice Chances, 16 in. S _____ Q

Open Regular, 16 in. S _____ 1st and Q

Cynthia Gilliland and Ivy

Novice Tunnelers, 16 in. S _____ 3rd and Q

Grace Smith and Click

20" Novice Chances _____ Q

20" Novice Weavers _____ Q/1st

20" Novice Tunnelers _____ Q/1st

20" Novice Jumpers _____ Q/1st

20" Novice TouchNGo _____ 2 Q's/1st

20" Novice Regular 3 Q's/1st and NAC title

Kim Rubin and Aspen

Novice TnGo, 16" skilled _____ 1st and Q

Novice Jumpers, 16" skilled _____ 2nd and Q

Novice TnGo, 16" skilled _____ 2nd and Q

Novice Tunnelers, 16" skilled _____ 2nd and Q

Hannah & Linda

12" Open P Regular #1 _____ 1st and Q

12" Open P Regular #2 _____ 1st and Q

12" Novice P Touch N Go _____ 1st and Q

12" Open P Jumpers _____ 1st and Q

12" Open P Regular #1 1st and Q and Title

12" Open P Regular #2 _____ 1st and NQ

12" Open P Jumpers _____ 1st and Q and Title

12" Open Proficient Tunnelers _____ 1st and NQ

Kira & Linda

16" Novice P Regular #1 _____ 4th and NQ

16" Novice P Regular #2 _____ 4th and NQ

16" Novice Jumpers _____ 5th and NQ

16" Novice Pr Regular #1 _____ 1st and Q

16" Novice P Regular #2 _____ 2nd and Q

16" Novice P Jumpers _____ 2nd and Q

16" Novice Pr Tunnelers _____ 2nd and Q

Lynne von Trapp and Swix

Novice P Reg _____ 2nd & Q

Novice P Reg _____ 2nd & Q and Title

Novice Chances _____ Q

Novice Chances _____ Q

Novice P Jumpers _____ 1st & Q

Novice P Jumpers _____ 1st & Q and Title

Novice P Tunnelers _____ 1st & Q

Novice P T & Go _____ 1st & Q

Novice Hoopers _____ 1st & Q

Lynne von Trapp and Chance

Elite P Jumpers Vet _____ 1st & Q

Novice P Hoopers _____ 1st & Q

Elite P Tunnelers _____ 3rd & Q

Mitzi Sinclair and Jayme

Tunnelers, _____ 1st place, Q

Touch and Go _____ 1st place, Q

Dice and Louise Johnson

16" Elite Jumpers Vet _____ 2nd and Q

16" Open Tunnelers _____ 2nd and Q

16" Novice Chances Vet _____ Q

Tux and Caroline McKinney

Novice Chances 20+ _____ Q

Open Tunnelers 20+ _____ 1st and Q

Novice Hoopers _____ 2nd and Q

Open Jumpers 20+ _____ 4th and NQ



Finn

Aug 30-31, CPE, Paws-4-Fun, E. Montpelier, Vt

Diane Boss and Tag

L4 Colors _____ 1st and Q

L4 Snooker _____ 1st and Q

L4 Fullhouse _____ 1st and Q

L4 Jumpers _____ 1st and Q

Kim Rubin and Aspen

L2 Colors, 20" _____ 1st and Q

L2 Snooker, 20" _____ 1st and Q

L1 Fullhouse, 20" _____ 2nd and Q

(and Level 1 title)

L2, Wildcard, 20" _____ 1st and Q

(and CL2-H title)

Marty Abair and Katie

L1 Jackpot, 16" _____ 2nd (No Q)

L1 Colors, 16" _____ 1st and Q

L1 Fullhouse, 16", _____ 1st and Q

L1 Standard, 16" _____ 1st and Q

L1 Wildcard, 16" _____ 3rd (No Q)

L2, Wildcard, 20" _____ 1st and Q

(and CL2-H title)

Sarah Albert and Toby

L1 Standard, 16" _____ 1st and Q

L1 Jumpers, 16" _____ 1st and Q

L1 Colors, 16" _____ 2nd and Q

L1 Full House, 16" _____ 1st, NQ

L1 Standard (2nd day) 16" _____ 1st, NQ

Michelle Force & Cholla

L2 Jumpers, 16" _____ 1st & Q

L2 Wildcard, 16" _____ 1st & Q

L2 Standard, 16" _____ 1st & Q

L2 Colors, 16" _____ 1st & Q

L2 Jackpot, 16" _____ 1st & Q

L2 Standard, 16" _____ 2nd

Caroline McKinney and Tux

L2 Full House 20" _____ 2nd and Q

L3 Wildcard 20" _____ 4th and NQ

L3 Jumpers 20" _____ 2nd and Q

He held his startlines and let me put his

leash on at the end of each run and did

pretty well in Full House, even tho I fell.

Aug 30-31, Eastern ESS Club AKC Trial, Granby, Mass.

Cynthia Gilliland and Rosie

Open Standard, 20 in. _____ 1st and Q, and

"Best Springer" award

Novice B JWW, 20 in. _____ 4th and Q

and NAJ title

Cynthia Gilliland and Ivy

Novice B Standard, 20 in _____ 4th and Q

Novice B Jumpers with Weaves, 20" _____ Q

COMING EVENTS CALENDAR

Compiled by Cheryl French as of 8/14/08

SEPTEMBER 2008

Sept. 5-7; **USDAA**; 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: trialsec@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; **USDAA**; 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; **USDAA**; 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: sgmiclaud@earthlink.net ; Website: www.wascuny.com .

Sept. 27-28; **USDAA**; 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 .

Sept. 27-28; **CPE**; Open to all dogs; Ruff Agility; Elks Camp, Keene, NH; Opens: 8/6/08; Closes: 9/3/08; Limit: 750 per day; Classes: All Classes/All Levels; Contact: Judy Davis, Email: tss@trialservices.com ; Website: 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., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com; Website: www.pawprinttrials.com .

Oct. 8; **AKC**; Open to all pure breeds; American Chesapeake Club, Inc.; Fitchburg, MA; Opens: 8/16/08; Closes: 9/20/08; Limit: 330 per day; 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 .

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; Limit: 500 per day; Classes: All Classes/All Levels; 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. 18-19; **USDAA**; Open to all dogs; Agile-Dogs Agility Training; New Lebanon, NY; Closes: 10/6/08; Limit: Unlimited; Classes: All Classes/All Levels, Grand Prix Qualifier, Steeplechase Qualifier, Other - Strategic Pairs; Email: trisha@agiledogs.net ; Website: www.agiledogs.net/trials.htm .

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.mymuddypaws.com .

NOVEMBER 2008

Nov. 1-2; **AKC**; Open to all pure breeds; Schenectady Dog Training Club Inc., Greenwich, NY; Opens: 9/3/08; Closes: 10/11/08; Limit: 440 per day; 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 .

Nov. 1-2; **NADAC**; Open to all dogs; ACE Agility Club; Mt. Holyoke College Equestrian Center; South Hadley, MA; Open: 9/18/08; Closes: 10/15/08; Limit: 700 per day; Contact: Nancy Obara; Email: ray.wheeler@the-spa.com .

Nov. 8-9; **AKC**; Open to all pure breeds; American Bullmastiff Assoc., Amherst, NH; Opens: 9/17/08; Closes: 10/18/08; Classes: All Classes/All Levels; Limit: 330 per day; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com; Website: www.pawprinttrials.com .

Nov. 8-9; **CPE**; Open to all dogs; JAZZ Agility Club; High Goal Farm; Greenwich, NY; Opens: 9/22/08; Closes: 10/27/08; Limit: 375 per day; Classes: All Classes/ All Levels; Website: www.jazzagilityclub.com/trials.html .

Continued on page 5

Nov. 8-9; **CPE**; Open to all dogs; All Dogs Gym; Manchester, NH; Closes: 10/17/08; All Classes/All Levels; Limit: Sat 400, Sun 350; Contact: Sue Fontaine, 603-627-7322; Email: miniaussies5@comcast.net ; Website: www.alldogsgy.com .

Nov. 21-24; **AKC**; Open to all pure breeds; Thanksgiving Cluster; West Springfield, MA; Opens: 10/1/08; Closes: 11/1/08; Limit: 1960 per day; 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 .

Nov. 29-30; **USDA**; Open to all dogs; Y Agility; ASCO Farms; Chatham Center, NY; Closes: 11/3/08; Limit: Unlimited; Classes: All Classes/All Levels, Standard, Jumpers, Gambler, Snooker, Pairs Relay, Grand Prix Qualifier; Contact: Donna Young, 4 Haber Way, Castleton, NY 12033; Email: yagility@nycap.rr.com .

DECEMBER 2008

Dec. 4-7; **AKC**; Open to all pure breeds; Yankee Golden Retriever Club; Boston, MA; Opens: TBD; Closes: TBD; Limit: 330 runs per day; 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 .

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.



Cholla and Willie make a yin yang symbol

A letter to Mental Management.com

Reprinted with permission

Dear Mental Management Team,

It was during the afternoon of the second day of a July weekend dog agility trial, when I turned to my friend and told her that I had no mental energy left. My Border Collie Ben had been running extremely fast but errors were being made in spots where there usually are none and my positioning was off causing "wrong courses". I also knew my timing was way off. But these are all training issues. I felt tired. I had eaten too much sugar and was feeling the let down. I was hot. I started to drink water. I walked the last course of the day, "Open Jumpers with weaves". I was glad to be first on the line. My expectations were not high but I always enjoy Agility, qualify or not, so off we went. Sometime during the course Ben and I connected. He flew and jumped, not attacking the bars but gliding over them. He smoothly checked into me to see the open path to the finish.

This all sounds great. But my question is, "Do I try too hard on a normal day?" When I can perform flawlessly when hot and seemingly out of steam, am I overworking it when I am all fresh and gung ho? Do you agree that I am a textbook case of overworking? Any relaxation pointers for this Agility Addict?

- Rebecca

Hi Rebecca,

Every week our phone rings with this kind of frustrated person on the other end of the phone line. He did not want to make this call. He has tried everything he knows to fix this problem but to no avail. This person is a serious competitor that has made a big investment of time and money in his sport and wants to do well. He has good equipment and has taken training from some of the best coaches on the planet. So, why is he so frustrated? He could be a victim of what I believe is the Number One Mental Problem in Sport - Over-Trying.

When I began shooting I believed that to do your best at a sport you should give it 110%. That's what I'd always heard and I had done that in PE class. I ran as fast as I could in the 100-yard dash. I was not fast but I gave it all I had. I accepted the fact that to try hard was to do well and if I gave an activity less than my all, I deserved to lose. Now trying your hardest may be the best thing to do if you are trying to play linebacker in football or win a 100-yard dash but there are many activities that do not work well when you give them your all and golf, shooting and dog sports seems to be among them.

It seems to me that all things in life require a certain amount of mental effort to do them well. If we give them 1% less effort than is required or 1% more than is needed the performance tends to drop. The key is to find the proper level of mental effort for the task. Some sports tend to require a lot of power. The greater the power expended the greater the chance of winning. These high-power sports require certain muscle groups to be tensed to the maximum. Others require more subtle and crafted motions and pushing it just makes it worse.

Rebecca, you have discovered that when you are really worn out you are trying less than when you are fresh and good performance is the result. We have had clients who do well when sick and cannot give it 100%. Pay attention to these indications. Yes, you are over-trying but the good news is you realize it and now know what it feels like to try just hard enough.

My suggestion is to try to dial it back a bit. Pay attention to how that feels in your next trial. Soon you should find your best level and then you will be on the road to letting it happen instead of making it happen.

-Lanny Bassham

THE NOMAD FALL MEMBERSHIP MEETING DATE IS NOV. 9 AT 2 P.M. AT THE DOG SCHOOL, IN WILLISTON.

Committee Chairs: Please have your reports and 2009 budgets to Linda Ladd by Friday, October 3, 2008.
Thanks!

STEERING COMMITTEE MEETING MINUTES

Steering Committee Meeting

September 2, 2008 6:30 pm

In attendance: Lynne von Trapp, Kim Rubin, Linda Ladd, Cynthia Gilliland, Patty McMahon.

Treasurer's report

As of September 2, 2008, our operating account has a balance of \$7,749.43, and our money market account has a balance of \$10,721.35. The CATS/NOMAD trial generated \$3,801.95 in proceeds (we had budgeted \$2,500). Our USDAA trial generated \$269.10 in proceeds (we had estimated a profit of \$1,105 in our budget). Our NADAC trial generated \$1,239.89 in proceeds (we had budgeted for \$1,690 in profit). Camp NOMAD cost the club \$3,810.84 (we had budgeted a cost of \$3,900).

Summer events

CATS/USDAA trial: After discussions among the membership on the newsgroup, the club decided not to hold a joint trial with CATS this year. To do so, would require that we give up our USDAA trial because the CATS date is the same weekend as the CPE Nationals (being held in Massachusetts) this year. We can revisit the issue again next year, if we would like.

Stowe USDAA trial: NOMAD has already reserved the Trapp Family Lodge. The Steering Committee would like to encourage everyone to think about ways to help this trial generate more income and ways we can further reduce costs. There has been discussion about offering grand prix to bring in more income and it has been suggested that we offer more classes each day (such as a gamblers, snooker and pairs each day).

NADAC trial: There were many NOMADers there. Erin makes it very easy for us by doing the scorekeeping, trial secretary duties and by bringing the equipment.

Camp NOMAD: Feedback from camp has been overwhelmingly positive. There have been discussions about doing another camp next year. We would need to confirm that the seminar committee is willing to put in the time and effort to organize the camp. There was some concern that if we continue to do camp, we will no longer be holding smaller seminars throughout the year for people who do not attend camp due to financial reasons or time constraints. In the past, there has been difficulty filling our multi-day seminars. We could consider holding smaller one day seminars, such as the ones we have had with Fiona Robertson and Lynn Smitley.

We are looking for ways to make Camp more financially independent so that it would not need a large subsidy from the club. There have been some suggestions for ways to cut back on Camp expenditures. Rather than have lunches (at \$10 per person) included in the price of Camp, we could have participants either bring their own lunches or they could choose to pay in advance (and in addition to the camp fee) to have lunch provided. It was suggested that the dinner be potluck, but this would be unfair to those staying in a hotel and to the instructors as well. We could have participants pay for dinner rather than have dinner be included in the camp fee. It was also suggested that we raise the camp fee from \$220 to \$300 per person, which is still a bargain compared to other camps.

The Trapp Family Lodge would consider allowing us to use the meadow again. In return for their generous offer, we have been brainstorming ways to make the Camp more accessible to Lodge guests. Some suggestions that have been discussed are to have someone in each group could be responsible for interacting with the guests to explain what is

happening (campers could take turns with this responsibility); we could have a meet and greet after lunch for 15 or 20 minutes so guests could talk to campers and meet their dogs; and we could (if the instructors are amenable) have a designated demo time for each group each day where the group will run a course like at a demo for the lodge guests. Any additional ideas would be welcome.

Fair demos:

We are unsure if we are invited to participate in the Sports Fair on October 11 and 12 at the Champlain Valley Expo. Lynne will check with Kate Carter to see if she has any information. The Champlain Valley Fair demos this year were successful and well attended. It was nice to do just 3 demos per day rather than four. This year, we received \$100 from the Fair which we will use that towards transportation expenses.

Barn for winter

We do not yet have a barn for winter practices. Lynne approached Wildwood Farms again, but they do not want to rent out their barn this winter (to horses or dogs). There are a few barns which are considered possible: Ryder Brook (Morrisville); Freedom Farm (Jericho); Grantham (Grantham, NH); Sue Shirland (Colchester); Indian Brook (Essex); Windswept (Williston); Imagica (Williston); and a barn on Butternut Road (Williston).

We would like to ask NOMADers to volunteer to speak to barn owners (and to check out the facilities) as a preliminary step to obtaining a winter practice facility. We would need to have the barn for 4 hours minimum on a weekend day between the hours of 9 a.m. and 4 p.m. We would need the barn from December to March (at a minimum) and ideally could do November through April. We require the use of a toilet or port-a-let; the floor

needs to be graded; and the parking lot and driveway need to be plowed. We need to store equipment storage at the barn (ideally in a corner) and the footing in the barn must be appropriate for dogs (not frozen). We have previously paid \$125 per Saturday, excluding the port-a-let rental. We would have approximately 7 to 9 people for class and up to 12 people for practice. Lynne will post a request for assistance with the barn search on the newsgroup.

Winter lessons/practice

We would like to format lessons and practice like last year, with classes in the first part of the day and then practice following. Of course, we need a barn first. Fees will have to be determined after price of the barn has been established. The SC is asking the Membership Committee to consider having supporting members pay full price for seminars, lessons, camp and practice. The SC is also asking the Membership Committee to place a line on the membership renewal forms asking members to estimate the total number of hours they worked over the past year in an effort to help establish a better understanding of the work distribution among club members. Kim R. will send an email to the Membership Committee with these requests.

Nominating committee

Carla Medved offered to be on nominating committee. Kim Ingraham's one year member-at-large term is set to expire; and she has agreed to stay on for another term. Patty McMahon's 2 year member-at-large term is set to expire; and Patty is happy to let others have a chance to serve on the steering committee. Linda Ladd's two year term as treasurer ends in November; and she has (thankfully) agreed to remain in the post. Roberta Dumas has expressed interest in the member-at-large position. Carla may open up her search to the entire membership. In addition, Carla can determine if Kim Ingraham will take the one year member-at-large position or the two year member-at-large position.

Membership renewal

The membership renewal period is from October 1 to December 1. Nancy Dashnaw is in the process of getting renewal forms together to be placed in the newsletter and on the website.

Fall Membership Meeting

The Fall Membership Meeting will be held Sunday, November 9, 2 p.m. at the Dog School in Williston. Committee reports and budgets are due to Linda Ladd by Friday, October 3. Kim R. will email all committee chairs to remind them to submit their budgets to Linda.

Big Fat Zero t-shirts

We are out of our stock of Big Fat Zero t-shirts. Our cost was \$15 and we charged \$20 for individuals who purchase them (if you earn one at our trials, you get one for free). Ginsey St. Croix would like to bring some with her in her travels to sell for us. It was also suggested that we could advertise them for sale on our website as an additional way to raise revenue with little effort. We had previously ordered 24 (which lasted 2 years), but decided to order 36 shirts for this order. Lynne is taking care of the ordering.

Honoring Championship winners

Heather and Cynthia earned their C-ATCH 2 this year. The SC decided that we will give out verbal recognition for multiple titles in the same venue (such as C-ATCH 2) but that we will continue to award plaques for achieving the highest honor in different venues (e.g., you earn NATCH and ADCH).

Extension of treasurer's term

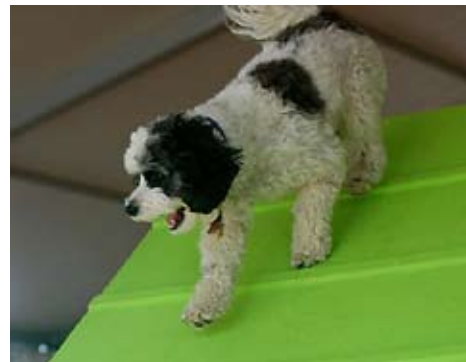
It was suggested that we consider changing our by-laws to allow the treasurer to continue in the position for longer than the six year maximum term limits set forth in the by-laws because it is a complex and difficult job. To change the by-laws, we need a vote of 2/3 of the membership. If it appears the membership is interested in extending the treasurer's term, we will prepare proxies well in advance of the spring meeting to ensure the proper quorum is reached.

Meeting adjourned at 8:30 p.m.

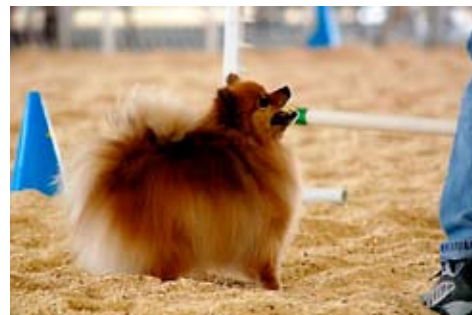
Respectfully submitted,

Kim Rubin, Secretary

Photos in this newsletter were taken by Jesse Suter at the Champlain Valley Fair Demo—Organized by Lori Brown



Willie



Cayden



Ozzy



Spicey greets an audience member

NOMAD (Northern Magic Agility Dogs) Membership Annual Renewal – 2009

MEMBERSHIP STRUCTURE/DUES (Please check type of membership)

- _____ \$30 Working Member (20 hours of club-related activity)
_____ \$35 Working Family
_____ \$75 Supporting Member
_____ \$85 Supporting Family
_____ \$15 Jr. Handler (under 17)

All new members who joined after June 30, 2008 are exempt from 2009 dues but must return this form. Renewal period is Oct. 1 – Dec. 1, 2008, to continue to be a member of NOMAD.

Member Name: _____

If you were a working member in 2008, please estimate how many hours you worked: _____ hrs.

I would like to join (or continue on) the following committee(s) (see committee descriptions on back page).

- NADAC Trial Committee
- USDAA Trial Committee
- Practice/Lessons Committee
- Demo Committee
- Membership Committee
- Equipment Committee
- Outreach/Jr. Handler Committee
- Seminar Committee

If you are the chair or want to be the chair, please indicate: _____

Sign the liability waiver below and send this form along with your check payable to "NOMAD" to:

Nancy Dashnaw, PO Box 164, Morrisonville, NY 12962

Please provide any updates or changes to your human personal information. If nothing has changed, then leave blank. If you have new dogs to join, please send information to Judith Kessler. The form is on the website.

Name(s) _____

Address _____

Home Phone _____ **Work Phone** _____

Email _____

Liability Waiver

I understand that there are a variety of risks to me and my dog from attending NOMAD activities. These risks include, but are not limited to, getting hit by a car, bitten by a dog, tripping and falling, spraining ankles or breaking bones. Understanding these risks, I voluntarily and knowingly waive any right I (and others on my behalf) might otherwise have to make any claim against any member or officer of Northern Magic Agility Dogs, Inc. (NOMAD) and/or any other person or entity connected with NOMAD activities (including, but not limited to, the owner or lessee of any property used by NOMAD) for any and all injuries or damage related to any NOMAD event.

Signature: _____ Date: _____

COMMITTEES

NADAC Trial Committee: Plans the NADAC trial. Create the format for the trial and plan/coordinate all logistics and aspects of the trial (eg. premium creation, registration, site preparation, equipment, judges, volunteer workers, hospitality and more!). There are many big and small jobs to be done. Experience is not necessary!

USDAA Trial Committee: Plans the USDAA trial. Create the format for the trial and plan/coordinate all logistics and aspects of the trial (eg. premium creation, registration, site preparation, equipment, judges, volunteer workers, hospitality and more!). There are many big and small jobs to be done. Experience is not necessary!

Practice/Lessons Committee: Organizes summer and winter practices, arranges for sites, schedules facilitators.

Membership Committee: Welcomes new members to the club by handling applications, plans orientations, assigns mentors and coordinates the Buddy program. Develops initiatives to keep the membership application and renewal process streamlined. We will have 1 or 2 meetings a year. Most issues and discussions are handled through email.

Equipment Committee: Keeps track of the location of the equipment and maintains the equipment. Suggests and makes recommendations for the purchase of new equipment. Responsible for assuring equipment is trial-ready and delivered to trial site.

Demo: Find places and organize the events for demonstration of agility for the public. They are now a regular feature at the Champlain Valley Fair. There are many jobs to do both before and the day of a demo.

Outreach/Jr. Handler: This is directed toward humans under 17 who want to participate in the sport. Develops programs to go into the schools to educate students and the public about positive training and agility. They have held a Jr. handler class and hope to develop seminars or other training events for members under 17.

Seminar Committee: The seminar committee each year plans seminars, workshops, and possibly camps. This is an exciting committee to be on. We invite top competitors/instructors to present the seminars. These seminars are for all members of the club. The committee has one or two meetings a year and does some of the planning via e-mail. There are many jobs to be done at the seminars (refreshments, setting courses, instructor hospitality, etc.). To be able to run the seminars, we ask committee members to put some time in working at the seminars.

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

c/o Caroline McKinney
911 Elmore Mt. Rd.
Morrisville, VT 05661

