



Membership renewal time is here and will run from October 1st to December 1st. The renewal form has been in the past two newsletters and is on the NOMAD website. If you joined NOMAD after June 30th, you are exempt from 2010 dues, but you still must complete and send in a renewal form. If you have any questions or need to contact me, my email address is agilityzone@yahoo.com. Nancy Dashnaw, Membership Committee

NOVEMBER

2009

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

Winter Practice News—Maple Corner Farm in Jericho

DIRECTIONS TO MAPLE CORNER FARM ON PAGE 3

NOMAD winter practices are Saturdays from 12:30 p.m. until 2:30 p.m. We have use of the barn until 3:00 p.m., so we will have some time at the end of practice to put equipment away. Please note that as a part of their "pay", winter class instructors have EXCLUSIVE use of the barn from 12:00 p.m. until 12:30 p.m. Please do not enter the barn (even to set up a crate or drop off a bag or chair) until 12:30 p.m. If you are attending a class prior to practice, you may leave your crate or other belongings (but NOT YOUR DOG) in the barn during the instructor's barn time, but you and your dog must leave the barn. You may stay outside the barn during that time if you wish, but please be respectful of the instructor's time in the barn. These individuals have graciously offered their time and expertise to help us and are receiving no monetary compensation for their services.

COST: Practices will be \$10 each Saturday. If you are running more than one dog and want equal time for each dog, you may pay an additional \$10 for each additional dog (e.g., 2 dogs will be \$20). If you are running more than one dog and want to alternate them (taking the same number of turns as a handler with one dog), practice is \$10 total for your dogs.

NOMAD is offering a season pass for winter practices for \$150 (there are 21 Saturdays from November to March, so it would cost \$210 if you attended every practice and paid individually for each practice). Instructors get a season pass discount of \$30 (their season pass price is \$120) or they may apply their discount towards regular winter practice fees if they choose not to purchase a season pass.

NOMAD is pleased to offer the following **winter classes** this season at Maple Corner during November & December and League play during January & February (information on league play will be in the November newsletter).

Classes will start promptly at 10:15 and run to 11:45.

November 14, 21 & 28 (8 teams) \$45

Pre-novice - Instructor: Fiona Robertson

Pre-Novice class will be focus on improving obstacle skills and building sequences.

December 5, 12, 19 & 26 (8 teams) \$60

Potpourri— for dogs who are currently competing

5th with Cassy Lamothe (tba)

12th with Kit "Which cross Where?"

19th with Kim "Be the Course!"

26th - Games Class

To register for a class, complete the registration form on page three, indicating your class choice or choices. If registering for more than one class, please rank the classes in order of preference.

Please include one check for each class.

If you do not get into all of the classes you selected, I will shred any extra checks. The cost for November's class is \$45; December's class is \$60. Please make checks payable to NOMAD .

Shared Classes. Two teams may share the December classes. If you want to share a class, you are responsible for finding another team to share the class with you. If you are sharing a class, please sign up for the class with one check and include a form for each of the two teams, indicating which dates each team is attending.

No refunds will be given. If you are unable to attend your class, you are responsible for finding another team (of the appropriate level) to take your place. All dogs must be able to work in a group setting.

Please mail your forms (see page 3) and checks to: Kimberly Ingraham, PO Box 345, Plainfield, VT 05667

Classes will start promptly at 10:15 and run to 11:45. All students should arrive at 10:00 a.m. to help set up for class and get their crates set up. Instructors have EXCLUSIVE use of the barn from 12:00 to 12:30. Members attending lessons and/or members attending practice MAY NOT be in the barn during that time.

Cancellations. If class is canceled, the instructor will call those in the class. In the case of inclement weather early in the morning and better weather later in the day, classes may be moved to 12:30 to 2:00 and practice will be cancelled that day. The instructor will call those in the class to let them know and the membership will be advised about cancelled practice via the newsgroup.

**January & February – Join a NOMAD League Team!!!
Full details coming soon!**

**Fall Membership Meeting:, Sunday, November 8
2:00 P.M., at The Dog School**

See Sept. and Oct. newsletters for directions. P. 3 for agenda

BRAGS

October 1; Belgian Terveran Club AKC trial; Hamden, CT

Ashley Fischer and Daphne

8" Novice Preferred Standard ___ 1st and Q
8" Novice Preferred JWW _____ 1st and Q

Oct. 2-3, NAE NADAC, Dummerston, VT

Pat Nolin and Falcon

Open Regular _____ Q & 2nd
TITLE!
Open Regular _____ Q & 2nd
Novice Touch and Go _____ Q & 1st
Novice Touch and Go _____ Q & 2nd
Open Jumpers _____ 2nd

Tux and Caroline McKinney

20" Open Regular _____ 1st and Q
20" Nov. Weavers _____ 1st and Q
move to Open
20" Elite Tunnelers _____ 1st and Q
20" Open Jumpers _____ 1st and Q
move to Elite

Cynthia Gilliland and Heather

Open Touch N Go, 16" Skilled ___ 1st & Q
Elite Regular, 12" Skilled Vet ___ 2nd & Q
Open Jumpers, 12" Skilled Vet- 1st & Q

Cynthia Gilliland and Rosie

Novice Hoopers, 12" Skilled _____ 1st & Q

10/3 AKC (Western Mass Shetland Sheepdog Club), Westfield, MA

Skylar: and Janyes Lemons

His agility debut
16" Novice Jumpers _____ 1st and Q
(also High Scoring Sheltie award)

<http://nomadagility.com/>

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 (11/08 - 11/10)

Linda Ladd _____ 879-3461

Secretary (11/07 - 11/09)

Kim Rubin _____ 899-3382

e-mail: som13@aol.com

Members at Large

Don Denette (11/08 - 11/10) _____ 872-8767

Kim Ingraham (11/08 - 11/10) _____ 223-1429

Roberta Dumas (11/08 - 11/09) _____ 899-1158

October 11; Longshore Southport Kennel Club AKC trial; Hamden, CT

Ashley Fischer and Daphne

8" Novice Preferred Standard ___ 1st & Q
8" Novice Preferred JWW _____ 2nd & Q

October 11, 12 BARK USDAA , Hampstead, NH

Lynne von Trapp and Swix

PIII Pairs _____ 4th & Q
PIII Jumpers _____ 4th & Q
PIII Snooker _____ 1st & SQ!!!
P Grand Prix _____ 4th

Oct. 13 Bovier Des Flandres specialty Essex Junction, Vt

Don and Maggie 16"

Open fast _____ 1st, Q
Open Standard _____ 1st, Q

Virginia Besthoff and RUBY finished their MACH under judge (and fellow NOMADer) Kim Ingraham.

Chance and Lynne vT

Preferred Novice FAST _____ 3rd and Q

Swix and Lynne vT

Novice FAST _____ 1st & Q
Novice Standard _____ 1st & Q
Novice JWW _____ 1st & Q
Chance and Swix's first AKC trial!
Judge Kim I :-)

Skylar: and Janyes Lemons

16" Novice Standard - 2nd and Q

10/17 CPE (Bo-Gee Agility), Hampstead, NH

Skylar: and Janyes Lemons

12" Standard Level 1 _____ 1st and Q
12" Standard Level 1 _____ 1st and Q
12" Jackpot Level 1 _____ 1st and Q
12" Snooker _____ 2nd and Q
12" Standard Level 2 _____ 1st and Q
12" Standard Level 2 _____ 1st and Q
12" Wildcard Level 1 _____ 2nd and Q
12" Jumpers Level 1 _____ 1st and Q

Kramer and Janyes Lemons

16" Standard Level 4 _____ 1st and Q
16" Standard Level 4 _____ 3rd and Q
16" Jackpot Level 3 _____ 4th and Q
(Level 3 Title)

16" Snooker Level 4 _____ 2nd and Q
16" Jumpers Level 4 _____ 3rd and Q

Butters and Janyes Lemons

8" Standard Level 4 _____ 1st and Q
8" Jumpers Level 4 _____ 1st and Q

October 16-18; Cape Cod Kennel Club AKC trial; Falmouth, MA

Ashley Fischer and Daphne

8" Novice Preferred FAST _____ 2nd and Q
8' Open Preferred Standard ___ 1st and Q
8" Open Preferred Standard ___ 1st and Q

10/24/2009 - AKC (Granite State Shetland Sheepdog), Amherst, NH

Kramer and Janyes Lemons

Open Jumpers _____ 1st and Q and Title
(also High Scoring Sheltie award)
Excellent A Standard _____ 1st and Q

October 25 Muddy Paws CPE Trial, Westminster, VT

Cynthia Gilliland and Heather

Standard, level 5, 16 in.- _____ 2nd and Q
Colors, Level 5, 16 in.- _____ 1st and Q

Cynthia Gilliland and Ivy

Standard, level 3, 16 in. _____ 1st and Q
FullHouse, Level 4, 16 in. _____ 3rd and Q
Colors, Level 3, 16 in. _____ 2nd and Q



John Simm's Finn, Iron Dog Winner

Don't forget --when sending your brags for the newsletter please format as seen on this page and below:
Date, Club, Venue, Location
Your Name and Dogs Name
Class Placement & Q or not

November 8, 2 P.M. at the Dog School

Fall Meeting agenda:

- Approve spring meeting minutes*
- Budget review and approval*
- By-Law changes*
- 2010 trials*
- 2010 camp*
- Winter Lessons/League
- Winter Practice
- Charitable Giving*
- Presentation of Championship awards
- New officers*
- Slate:
 - President Kit Erskine
 - V-President Cynthia Gilliland
 - Secretary Kim Ingraham
 - Treasurer Linda Ladd
- Members at large:
 - Roberta Dumas 1-year term
 - Judy Frey to finish 1 year of Kim I's 2-year term

*Needs to be voted upon

Please mail your forms and checks to:
Kimberly Ingraham, PO Box 345, Plainfield, VT 05667

NOMAD 2009 WINTER CLASS REGISTRATION FORM

Handler: _____

Email: _____

Phone (in event of class cancellations): _____

Classes you would like (in order of preference),
please include dog's name for each class.

1st _____

Sharing with: _____

2nd _____

Sharing with: _____

If a class is being shared, please include information for both handlers & their dogs and the dates each team will be taking the class. Not all classes may be shared.

Directions to Maple Corner Farm

Take the Richmond Exit 11 from Interstate 89. Go West on Rt. 117 for just a couple hundred feet. Turn Right onto Gov. Peck Hwy. Go 2 miles till the end. Turn Left onto Browns Trace Rd. Go 0.8 mile to Nashville Rd. Turn Right. Grey-green house is on the corner. Large barn beyond it. Driveway goes between house and barn, down to the arena. Please remember to drive slowly.

NOMAD AGILITY LEAGUE

This winter we'll be trying something a little different in place of classes during January & February - an Agility League! Our goal is to offer the opportunity to simulate a competitive environment for the benefit of member training while having fun together.

The 2010 league season will run from January 9th thru February 27th (8 weeks). Each League match will consist of 1 standard run and 1 games run (2 runs per match) for each dog/handler present.

League membership is open to all NOMAD members and we encourage all levels to consider giving it a try, especially our newer, more novice members. Fees: \$90 per dog

Signup details and rules coming soon!



Pat Nolin's Falcon with his coach, Pat's granddaughter Zoe

Careful!

Article by Lanny Bassham, *Mental Management.com*

"How does one not become too careful?" our client Jeff Bond asked us in an email recently. This question or something like it comes up often from our clients. Here are some thoughts.

Careful is a good thing. We often say to those we care about "Be Careful!" when they travel or just go to work. This indicates that there is danger out there and that we should be prepared for it. To exercise too little care is careless and this causes a multitude of issues. Careless indicates a lack of focus while performing and poor scoring is often the result. What Jeff is referring to is something beyond careful when he refers to being too careful. This can cause poor scoring as well. It seems that caring is one of those things that has a point of diminishing returns. Caring is a good thing so one might think that the more you care the better you do, right? Wrong! We have another word for it - OVER-TRYING.

There are many different forms of over-trying such as over-thinking (paralysis by analysis). Continuing to analyze at the point of starting a task might indicate that you are not sure that your decision to begin the task is correct. In other words, you have doubt. Bad idea! Doubt about your performance lowers effectiveness and promotes error. One answer to Jeff's question is to make certain you are sold on your plan before you act. If you are hitting a golf shot you must be committed to the shot before you hit it. The body response to uncertainty is often erratic and uncontrolled. That's a bad thing for a player.

Another kind of over-trying is using too much effort on a task. 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 sprint but there are many activities that do not work well when you give them your all and shooting seems to be one of 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. Shooting and golf, however, requires a light hand and fluid motion. In shotgun shooting we are rarely moving the gun as fast as possible. Shooting requires control not power and when we try to over-power the gun we tend to lose control. Shooters tend to experience a greater chance of over-powering the gun when they are TRYING to make a shot on a target instead of TRUSTING that the shot will subconsciously come together. This is a prime example of over-trying. We might even hear ourselves thinking, "I HAVE to hit these targets." When you push yourself you tend to tense up. Tensing slows down the fluid movement of the gun and shooting behind a target can result. Sometimes just the opposite happens. We tense up and push the gun too far in front of the target.

So, what are we to do? Is it possible to find the effort point where we are trying just hard enough break the targets and not exceed this amount? I believe that it is possible but it is not an easy task. You must pay attention to how hard you are trying when you are doing well. In some sports like golf, I think you will find you are not trying hard at all. Great performances often require us to become careful enough to perform the task well while becoming aware of using too much effort in the process.



Shelby
aka Tuscany Park Hey Good Lookin'
July 14, 1997–October 26, 2009
Companion, Friend, Teacher
He has his wings again.

COMING EVENTS CALENDAR

Compiled by Cheryl French as of 10/23/09

NOVEMBER 2009

Nov. 14-15; NADAC; Open to all dogs; ACE Agility Club, South Hadley, MA; Classes: All Classes/All Levels; Contact: Ray Wheeler; Email: ray.wheeler@the-spa.com .

Nov. 20-23; AKC; Open to purebreds; November Cluster, West Springfield, MA; Opens: 9/16/09; Closes: 10/31/09; Limit: 1860; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Nov. 27-29; USDA; Open to all dogs; All Dog's Agility, Manchester, NH; Closes: 11/2/09; Limit: Unlimited; Classes: All Classes/All Levels, Grand Prix Qualifier; Contact: Judy Davis; Email: tss@trialservices.com ; Website: www.trialsecretary.com .

DECEMBER 2009

Dec. 4-6; CPE; Open to all dogs; Breeze Thru Agility, Brattleboro, VT; All Classes/All Levels; Limits: Fri 275 runs, Sat & Sun 375 runs; Closes: 11/23/09; Contact: Vali Reiner; Email: kritters@bcn.net ; Website: www.breezethruagility.com or www.k9cpe.com .

Dec. 5-6; CPE; Open to all dogs; Riverside K-9 LLC, Nashua, NH; Classes: All Classes/All Levels; Limit: 400 runs per day; Closes: 11/12/09; Contact: Valori Duff; Email: valwaussies@comcast.net ; Website: www.riversidek9.com .

Dec. 5-6; AKC; Open to purebreds; Yankee Golden Retriever Club, All Dogs Gym, Manchester, NH; Opens: 10/7/09; Closes: 11/14/09; Limit: 400; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Dec. 12-13; CPE; Open to all dogs; Riverside K-9 LLC, Nashua, NH; Classes: All Classes/All Levels; Limit: 400 runs per day; Closes: 11/16/09; Contact: Valori Duff; Email: valwaussies@comcast.net ; Website: www.riversidek9.com .

Dec. 27; CPE; Open to all dogs; All Dogs Gym, Manchester, NH; Classes: All Classes/All Levels; Limit: 350 runs; Closes: 12/4/09; Contact: Sue Fontaine; Email: miniaussies5@comcast.net ; Website: www.alldogsgym.com .

JANUARY 2010

Jan. 1-3; USDA; Open to all dogs; BARK-NH!; Phanzone, Hampstead, NH; Closes: 12/11/09; Trial Secretary: Valori Duff, 252 Boynton St., Manchester, NH 03102; Website: www.usda.com

Jan. 1-3; AKC; Open to purebreds; Bearded Collie Club of America, Inc.; American K9 Country, Amherst, NH; Opens: 11/4/09; Closes: 12/12/09; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Jan. 1-3; CPE; Open to all dogs; Agile Dogs Agility Training; High Goal Farm, Greenwich, NY; Classes: All Classes/All Levels; Limit: 375 runs per day; Opens: 10/27/09; Closes: 12/18/09; Contact: Margorie Stall, 518-794-0168; Email: marge@agiledogs.net ; Website: www.agiledogs.net .

Jan. 16-17; CPE; Open to all dogs; All Dogs Gym, Manchester, NH; Limit: 400 runs on Sat., 350 runs on Sunday; Closes: 12/25/09; Contact: Sue Fontaine, 603-627-7322; Email: miniaussies5@comcast.net ; Website: www.alldogsgym.com .

Jan. 16-18; AKC; Open to purebreds; Southern Adirondack Agility Club; High Goal Farm, Greenwich, NY; Opens 11/18/09; Closes: 12/30/09; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Jan. 23-24; AKC; Open to purebreds; American Bullmastiff Assoc., Inc., American K9 Country, Amherst, NH; Opens: 12/02/09; Closes: 1/2/10; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Jan. 30-31; USDA; Open to all dogs; Feel the Rush Agility; American K9 Country; Amherst, NH; Closes: 1/23/10; Trial Secretary: Kim Tees, PO Box , Raymond, ME 04071; Website: www.usda.com .

Jan. 30-31; CPE; Open to all dogs; Riverside K-9 LLC, Nashua, NH; Classes: All Classes/All Levels; Limit: 400 runs per day; Closes: 12/18/09; Contact: Valori Duff; Email: valwaussies@comcast.net ; Website: www.riversidek9.com .

FEBRUARY 2010

Feb. 6-7; AKC; Open to purebreds; Tartan Gordon Setter Club, American K9 Country, Amherst, NH; Opens: 12/02/09; Closes: 1/16/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Feb. 13-14; AKC; Open to purebreds; American Bullmastiff Assoc., Inc., American K9 Country, Amherst, NH; Opens: 12/16/09; Closes: 1/23/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Feb. 13-14; CPE; Open to all dogs; All Dogs Gym, Manchester, NH; Classes: All Classes/All Levels; Limit: Sat 400, Sun 350; Closes: 1/22/10; Contact: Sue Fontaine, 603-627-7322; Email: miniaussies5@comcast.net ; Website: www.alldogsgym.com .

Feb. 20-21; AKC; Open to purebreds; Eastern English Springer Spaniel Club, American K9 Country,

Amherst, NH; Opens: 12/16/09; Closes: 1/30/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

Feb. 19-21; CPE; Open to all dogs; Breeze Thru Agility, Brattleboro, VT; All Classes/All Levels; Limits: Fri 275 runs, Sat & Sun 375 runs; Contact: Val Reiner; Email: kritters@bcn.net ; Website: www.breezethruagility.com or www.k9cpe.com .

Feb. 27-28; CPE; Open to all dogs; Riverside K-9 LLC, Nashua, NH; Classes: All Classes/All Levels; Limit: 400 runs per day; Opens: 1/5/10; Closes: 2/2/10; Contact: Valori Duff; Email: valwaussies@comcast.net ; Website: www.riversidek9.com .

MARCH 2010

March 6-7; AKC; Open to purebreds; Southern Adirondack Agility Club, High Goal Farm, Greenwich, NY; Opens: 1/6/10; Closes: 2/13/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

March 13-14; AKC; Open to purebreds; American Bullmastiff Assoc., Inc., American K9 Country, Amherst, NH; Opens: 1/6/10; Closes: 2/20/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

March 13-14; CPE; Open to all dogs; All Dogs Gym, Manchester, NH; Classes: All Classes/All Levels; Limit: Sat 400, Sun 350; Closes: 2/19/10; Contact: Sue Fontaine, 603-627-7322; Email: miniaussies5@comcast.net ; Website: www.alldogsgym.com .

March 20-21; AKC; Open to purebreds; Schenectady Dog Training Club Inc., High Goal Farm, Greenwich, NY; Opens: 1/27/10; Closes: 2/27/10; Limit: 330 runs; Contact: Trial Secretary: Noreen Bennett, 1 West St., Belchertown, MA 01007, 413-283-4490; Email: noreen@pawprinttrials.com ; Website: www.pawprinttrials.com .

March 20-21; USDA; Open to all dogs; All Dog's Agility, Manchester, NH; Limit: Unlimited; Contact: Judy Davis; Email: tss@trialservices.com ; Website: www.trialsecretary.com and www.alldogsgym.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.