



For those who have not renewed.... it is time! Membership renewals are due. Please send them ASAP. Dues/form/address for [www.nomadagility.com/newsletters/newsletters.htm](http://www.nomadagility.com/newsletters/newsletters.htm) Deadline is Dec. 31.  
Thanks! Lisa M.

DECEMBER

2012

## SEMINAR WITH FIONA RICHARDSON

The Seminar has been escheduled At Fiona's request, and with the consent of the seminar participants. The Pre-Novice and Novice Seminars have been moved to Sunday, Dec 9, so Fiona can attend a special work program.

### NOVICE SEMINAR OPENING

*Novice handling: sharpen your cues to tighten the lines and shave your time.*

One participant in the afternoon Novice session is unable to attend on either the original or the rescheduled day so we have an opening if someone is interested in taking the slot. Cost is \$50 for a working member and \$65 for supporting or non-member.

If you are interested, send a check and your registration to: Judy Frey 51 Mountain Road Westford, VT 05494.

#### AM SESSION PRE-NOVICE

Billie Marsh  
Nancy Dashnaw  
Sharon Nolan  
Pam Patunoff  
Karen Clark  
Ann Ramsay

WAIT LIST  
Jennifer Hammond

#### PM SESSION NOVICE

Nancy Dashnaw  
Billie Marsh  
Lynne von Trapp  
Jennifer Hammond  
Lynda Dewitt

*With Fiona's seminar coming up, it's a good time to review NOMAD's seminar etiquette guidelines.*

## Seminar Etiquette

If your dog barks while crated, please crate in your car. It's very convenient to work out of your car at Wildwood Barn.

Do not hold side conversations while the instructor is talking — this is really, really hard! It's best to step out of the barn for conversations.

Be very aware of where your dog is and what he/she is doing when other dogs, especially novice dogs, are on course.

Avoid distractions for the dog on course.

Listen to the instructor without interrupting.

Try what she suggests without arguing or explaining why your case is an exception.

Do not run the course before the session starts or during lunch. It's not fair to others, since there is not time for everyone to get their dog on the course. It's hard for the instructor, who is tweaking the course. Your dog will get plenty of time on course during the session. The instructor has things she wants to teach from the course. Practicing without that instruction is dismissive of the value of the instruction.

DO move to where you can hear the instructor's comments, even if it's in the center of the ring.

Do not add your instructions to the instructor's coaching unless asked.

Here are some thoughts from Susan Garrett's blog:

"Come with an open mind and a closed mouth." (But do ask questions!)

"If you knew how to do this already, you wouldn't be here, so don't expect a flawless performance from yourself."

"Go to class to ingest. Go home and digest what you ingested."

"Be comfortable with being confused. Enjoy the clutter. Or, establish a mental 'For Later Processing' file, and stuff every confusing thing into it. You will find when you go back later and review all the confusing items, half of them aren't confusing any more and can be filed into one of your existing mental files."

# Winter Barn Schedule

## December

- 1 League – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 8 League – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 9 Pre-novice Seminar with Fiona – 9 to 12:30  
Novice Seminar with Fiona – 1:30 to 5:00
- 15 League – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 22 League – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 29 League – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30

## January

- 5 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 12 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 19 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 20 USDAA Introductory Program Trial – 9:30 to 1:00
- 26 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30

## February

- 2 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 9 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 10 USDAA Introductory Program Trial – 9:30 to 1:00
- 16 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 23 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30

## March

- 2 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 9 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 10 USDAA Introductory Program Trial – 9:30 to 1:00
- 16 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 23 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30
- 30 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30

## April

- 6 Seminar with Monique Plinque
- 7 Seminar with Monique Plinque
- 13 Run Throughs – 9:30 to 11:30  
Practice (sequences & course) – 11:45 to 1:30  
Pack trailer, move equipment to summer site

## STONE SOUP



ANNOUNCING NOMAD's  
**2013 Spring Seminar**  
**April 6 & 7 with Monique Plinck**  
At the barn in Waterbury

With 17 years of agility training and 5 competitive dogs to her credit, Monique has taught the sport of dog agility to hundreds of enthusiasts. She and her papillon Tiki were named to the World Agility team and competed at the World Agility Open in Belgium in May 2012. NOMAD is pleased to bring Monique to Vermont for our spring seminar.

**Saturday: 9-5 Master's level dogs** Focus will be on handling skills, shaving seconds off your time, and course analysis. One hour break for lunch (bring your own). Open to 10 teams.

**Cost:** working members \$100; supporting members \$125.

**Sunday : 9-5 Intermediate dogs** Skills and development, to include handling. One hour break for lunch (bring your own) Open to 10 teams.

**Cost:** working members \$100; supporting members \$125.

**Opening Date: Immediately**

**Closing Date: March 7    Note: Checks will not be deposited until March 28.**

**Registrations will be accepted on a first come first serve basis.** If there are more registrations received than there are available slots, a lottery will be used to determine who is placed on a waiting list.

**Refund policy:** if a participant who has paid is then unable to attend the seminar, and there is no waiting list, it will be the participant's responsibility to find someone at the appropriate level for the assigned group to fill the spot in order to receive a refund.

Registration form for Monique Plinck Seminar:

Handler's name \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Dog's name \_\_\_\_\_ Skill level \_\_\_\_\_ Age \_\_\_\_\_

**Circle the applicable level:**    Saturday Master's    Sunday Intermediate

If you are applying for more than one day, please send two separate checks. If you do not get in, you will be notified and checks will be destroyed. We will not mail checks back.

Please send your registration form and payment to:  
**Sarah Albert, 900 Gonyeau Road, Plainfield VT 05667**

**PRIVATE LESSONS WITH MONIQUE**

Monique Plinck will be available for private lessons on Friday, April 5, 2013, the day before her NOMAD seminar.

Wildwood arena in Waterbury Center is booked from 1-7, for 6 hours of lessons.

The cost for lessons is \$70 per hour for one or two people, and \$80 per hour for 3 or more. Additionally, the charge for use of the barn is \$15 per hour, a discount from the usual \$35 per hour. EXAMPLE: Total for one or two people = \$85 or \$42.50 if split between two.

If you are interested in a private lesson with Monique, please let Lynne von Trapp know at [lvt@trappfamily.com](mailto:lvt@trappfamily.com). It will be good to have an idea how many are interested. The schedule for lessons will be firmed up closer to the date, as well as details for payment and setup of equipment. I assume we won't have to put equipment away.

# BRAGS

**October 17; Pug Dog Club of America  
National Specialty AKC trial; San Jose, CA**

**Ashley Fischer and Stanley**

8" Novice Preferred \_\_\_\_\_ 3rd and Q  
This was Stanley's first Agility Q!

**November 24-25, 2012 All Dogs Agility  
USDAA Trial, Manchester, NH**

**Kit & Lickity Split**

Starters Standard \_\_\_\_\_ 2nd and Q  
**AGILITY DOG TITLE.**

**Marty Abair and Maggie**

P1 Snooker 8" \_\_\_\_\_ 1st and Q  
P1 Jumpers 8" \_\_\_\_\_ 1st and Q  
P1 Standard 8" \_\_\_\_\_ 1st and Q  
P1 Gamblers 8" \_\_\_\_\_ 1st and Q

**Scott Brown and Ozzy**

Adv Gamble 16" \_\_\_\_\_ 2nd and Q  
Master Snooker 16" \_\_\_\_\_ 1st and Super Q

## New Member

New supporting member **Barbara Dreska** and her 3.5 year old Staffy **Huckleberry Finn**, intact male. They competed in agility for 2 years in Hungary.



*The dangers of teaching agility to a poodle!*

## INTERESTING. WHAT DO YOU THINK?

### Train What You Know

by Troy Bassham ([mentalmanagement.com](http://mentalmanagement.com))

It doesn't matter how much you know about your sport. What is more important is are you training what you know? As an athlete, we are on a journey of continuous learning. Just when we think we know everything that is needed to excel we find out new information and gain new knowledge that could help us become more successful. The key word is could. If we are not careful, we will slow our progress because in order to be successful we must master the knowledge we possess.

The problem with this continuous learning journey is that it can get us off track. This is why you must train on what you know. I have the privilege working with young athletes and I see many of them falling in this trap of learning more and more instead of mastering the knowledge they have.

An example of this is the mental program. I spend three days a week working with junior golfers and teaching them the Mental Management System and how to use it in their sport. The mental program is a vital tool for the golfer and can help them stay focused before the shot. With every player, they see immediate improvement in their focus and can't wait to use it on the course. The problem occurs when the player takes the information and tries to implement it during competition without mastering the knowledge learned.

The common misconception is that once I know how to do something I can repeat it with proficiency. This cannot happen until the individual masters what they have learned. Once this is achieved they can now move forward and learn and apply the knowledge to their sport. Without careful planning and discipline to stick to the plan, we are in the position of letting the environment control our time and focus.

By training what you know, you are able to master the skill and keep that skill sharp throughout your career. It is important to grow and learn new techniques and skills, but not at the expense of what you should have previously mastered. I teach the golfer how to run a mental program before I teach them how to properly reload the shot. This is done on purpose, because if the player cannot consistently execute the mental program they will not be able to consistently execute a proper reload.

Ask yourself the following question, "Am I training what I know and mastering my skill, or I'm practicing and trying to learn new things all the time?" The top performers are constantly training areas that they have mastered and add new parts to their game when it's appropriate to their stage of progression. If you follow this example you will not only reach new levels of achievement but also have more consistent results

## USDAA IPO January 20

NOMAD's next USDAA Intro Program Trial at the Waterbury Barn will be held on Sunday Jan 20. Please save the date! The premium and entry form will be available by November 29.

Our first two USDAA Intro Program trials were a big success-- a fun experience for beginner dogs and seasoned dogs as well!!

We will be offering four classes: Standard, Gamblers, Snooker and Jumpers, for an entry fee of \$10 per class.

And you are guaranteed to be finished by 1:30!

[http://usdaa.com/events\\_detail.cfm?event\\_no=105631](http://usdaa.com/events_detail.cfm?event_no=105631)

## NOMAD's Steering Committee

Contact them if you have questions or suggestions.

**President** (til 2013): John Marcus [john.marcus@uvm.edu](mailto:john.marcus@uvm.edu)

**Vice-President** (til 2013): Judy Freyrjfrey2@yahoo.com

**Treasurer** (til 2015): Linda Ladd [vtladds@comcast.net](mailto:vtladds@comcast.net)

**Secretary** (11/11 - 11/13): Sarah Albertsarah@vtlink.net

### Members at Large

Joanne Lawton (11/12-11/14) [joanelawton@aol.com](mailto:joanelawton@aol.com)

Marty Abair (11/12-11/14) [corgitown@yahoo.com](mailto:corgitown@yahoo.com)

Roberta Dumas (11/12-11/13) [ilvcallie@comcast.net](mailto:ilvcallie@comcast.net)

<http://nomadagility.com>

## COMING EVENTS CALENDAR

Compiled by Erica Ferland as of 10/22/12

	Venue	Club	Location	Runs	Opens	Closes	Secretary	Web/email
<b>December 2012</b>								
	30-2	CPE	Southern CT Agility Team	Hamden, CT	375		11/8	Janet Nolan <a href="mailto:janlabs@aol.com">janlabs@aol.com</a>
	1-2	AKC	Eastern English Springer Spaniel	Amherst, NH	330	10/3	11/10	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	1-2	AKC	Skyline Agility Club	Middletown, NY	330	10/3	11/17	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	7-9	AKC	Nutmeg Border Collie Club	Hamden, CT	440	10/10	11/21	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	8-9	CPE	Riverside K-9	Nashua, NH	375		11/13	Valori Duff <a href="http://www.riversidek9.com">www.riversidek9.com</a>
	8-9	AKC	Yankee Golden Retriever Club	Manchester, NH	330	10/10	11/24	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	14-16	NADAC	SCOR Agility	Goshen, NY				Mary Phalon <a href="http://www.scoragility.com">www.scoragility.com</a>
	14-16	USDAA	Bark! NH	Manchester, NH			11/28	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	15-16	AKC	Agility Club of NH	Amherst, NH	330	11/7	12/1	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	15-16	CPE	Riverside K-9	Nashua, NH	375		11/15	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	29	CPE	All Dogs Gym	Manchester, NH	400		12/7	Sue Fontaine <a href="http://www.alldogsgym.com">www.alldogsgym.com</a>
	29-31	CPE	Agile Dogs Agility Training	Greenwich, NY	375		12/17	Marjorie Stall <a href="http://www.agiledogs.net">www.agiledogs.net</a>
	29-31	USDAA	Contact Agility Club	Hamden, CT			12/17	George Bennett <a href="mailto:geosas@gmail.com">geosas@gmail.com</a>
	29-1	AKC	Bearded Collie Club	Amherst, NH	330	10/31	12/1	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
<b>January 2013</b>								
	4-6	USDAA	Bark! NH	Manchester, NH			12/19	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	5-6	AKC	Agility Club of NH	Amherst, NH	330	11/19	12/10	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	12-14	AKC	Southern Adirondack Agility Club	Greenwich, NY	330	11/7	12/22	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	18-20	USDAA	Bark! NH	Manchester, NH			1/2	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	19-20	AKC	Nutmeg Border Collie Club	Hamden, CT	330	11/21	12/30	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	19-20	AKC	American Bullmastiff Club	Amherst, NH	330	12/5	1/5	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	20	USDAA	NOMAD	Waterbury, VT			1/12	Judy Kessler <a href="mailto:mytmutts@yahoo.com">mytmutts@yahoo.com</a>
	26-27	USDAA	Feel The Rush Agility	Amherst, NH			1/13	TBD TBD
	26-27	CPE	Riverside K-9	Nashua, NH	375		12/28	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
<b>February 2013</b>								
	1-3	USDAA	Bark! NH	Manchester, NH			1/23	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	2-3	AKC	Tartan Gordon Setter Club	Amherst, NH	330	11/7	1/12	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	8-10	USDAA	Agile Dogs Agility Training	Greenwich, NY			1/28	Trisha Stall <a href="mailto:Trisha@agiledogs.net">Trisha@agiledogs.net</a>
	9-10	AKC	Bullmastiff/Gordon Setter	Amherst, NH	330	12/12	1/19	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	15-17	CPE	Breeze-Thru Agility	Guilford, VT	375		2/3	Val Reiner <a href="mailto:kritters@bcn.net">kritters@bcn.net</a>
	16-17	AKC	English Springer	Amherst, NH	330	12/12	1/26	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	22-24	CPE	Skyline Agility Club	Middletown, NY	350		1/23	Patricia Koziol <a href="mailto:patricia.koziol@verizon.net">patricia.koziol@verizon.net</a>
	23-24	CPE	Riverside K-9	Nashua, NH	400		2/3	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	23-24	AKC	TMAC	Hamden, CT	330	1/9	2/2	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	23-24	AKC	Middlesex County Kennel Club	Amherst, NH	330	1/9	2/2	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
<b>March 2013</b>								
	1-3	USDAA	Bark! NH	Manchester, NH			2/20	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	1-3	AKC	Nutmeg Border Collie Club	Hamden, CT	430	1/16	2/11	Robin Ohrt <a href="http://www.4pawrule.com">www.4pawrule.com</a>
	2-3	AKC	Southern Adirondack Agility Club	Greenwich, NY	330	1/19	2/9	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	8-10	USDAA	SureFire Dogs	Westborough, MA			2/22	Kim Tees <a href="mailto:jtees1@maine.rr.com">jtees1@maine.rr.com</a>
	8-10	CPE	Skyline Agility Club	Middletown, NY	350		2/6	Mary Phalon <a href="mailto:mephalon@yahoo.com">mephalon@yahoo.com</a>
	9-10	CPE	All Dogs Gym	Manchester, NH	350		2/15	Sue Fontaine <a href="mailto:miniaussies5@comcast.net">miniaussies5@comcast.net</a>
	9-10	AKC	Bullmastiff Association	Amherst, NH	330	1/4	2/23	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	9-10	AKC	Nova Scotia Duck Tolling Ret	Hamden, CT	330	1/23	2/19	Robin Ohrt <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	15-17	USDAA	Bark! NH	Manchester, NH			2/27	Valori Duff <a href="mailto:valwaussies@comcast.net">valwaussies@comcast.net</a>
	15-17	CPE	ACE Agility Club	Hamden, CT	350		2/16	Nancy Obara <a href="http://www.aceagility.org">www.aceagility.org</a>
	16-17	AKC	Schenectady Dog Training Club	Greenwich, NY	330	1/23	2/23	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	16-17	AKC	Colonial Shetland Sheepdog Club	Westborough, MA	330	1/23	2/13	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	23-24	USDAA	All Dogs Gym	Manchester, NH			3/1	
	23-24	AKC	LEAP Agility	Tolland, CT	660	1/23	3/2	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	28-31	AKC	Ononadaga Kennel Association	Syracuse, NY	660	1/9	3/6	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>
	30-31	AKC	Lakes Region Kennel Club	Amherst, NH	330	2/13	3/9	Noreen Bennett <a href="http://www.pawprinttrials.com">www.pawprinttrials.com</a>

The above listed events are in the following states within a reasonable driving distance for most of us: New England and New York. Please note for some events full information is not yet available. Please contact Erica Ferland ([eferland@pagesculptor.com](mailto:eferland@pagesculptor.com)) with any corrections of the events. Sources include [www.akc.org](http://www.akc.org), [usdaa.com](http://usdaa.com), [k9cpe.com](http://k9cpe.com), [nadac.com](http://nadac.com), [www.4pawrule.com](http://www.4pawrule.com), [www.pawprinttrials.com](http://www.pawprinttrials.com) and various other sources.

Dec. 9 Fiona Pre-Novice/Novice seminar. Wildwood Farm,, Waterbury.

April 6/7 Monique Plinck Advanced/Masters seminar. Wildwood Farm, Waterbury.

June 1/2 Camp Nomad, Trapp Family Lodge, Stowe