

NOMAD NEW

Northern Magic Agility Dogs

WINTER CLASSES IN MARCH
LAST CHANCE FOR RUN 4 FUN!!! SLOTS ARE AVAILABLE. GET THOSE KINKS OUT FOR THE TRIALING SEASON!!
CONTACT BILLIE MARSH @ MARSHB@WESTELCOM.COM

MARCH

2007

Elicia Calhoun Seminar Schedule:

Fri., March 16, 9-5 pm - Beginner dogs

Sat., March 17, 9-5 pm - Novice / Intermediate

Sun. & Mon., March 18 & 19 - Advanced / Masters

There is free auditing for NOMADers. Auditors & participants please review the Seminar Etiquette Guidelines. Thanks!

PARTICIPANTS:

Beginners - Cynthia/Ivy, Lynne/Swix, Randi/Poco, Judy K./Monte, Maxine/Sundancer, Ashley/Daphne, John, Colleen.

Novice / Intermediate - Kim/Aspen, Caroline/Tux, Paula/Shubie, Billie/Dixie, Fran/Archie, Louise/Grace, Judy K./ Minna, Judy M./Chloe.

Advanced / Masters - Cynthia/Heather, Lynne/Chance, Lianne/Sally, Fiona/Blaze, Kit/Lil, Sharon/Fiona, Jo/Panda, Jo/Sam, Ashley/Reggie, Maxine/Spirit (Sun.), Lisa/Fly (Mon.).

SEMINAR ETIQUETTE

Working Teams

Arrive promptly at the specified time which may include a set up time. If you know you may be delayed, please let the seminar organizer/monitor know in advance.

Dogs must be on leash at all times, except when working during the seminar under the direction of the presenter.

Dogs may lie by your chair on leash or in their crate next to you during the seminar as long as they remain quiet and under control at all times. Please let folks know if your dog has "personal space issues." If your dog is continually disruptive, you may be asked to crate your dog away from the seminar space.

It is your responsibility not to bring your dog if they are unable to work safely off leash in a room with other dogs. The safety and comfort of all our dog/handler teams is very important to us and any disruptive dogs or handlers will be asked to leave and no refund will be issued.

Please clean up after your dog. We are all guests on this property and greatly appreciate your help in keeping us in good graces with our host

During the seminar, please turn off all cell phone and pager audio alerts.

Take all private conversations out of the seminar space. Sounds and voices carry and are disruptive.

During a full day seminar, at the lunch break, the equipment is available to the seminar presenter first and then to the working teams only, but not to other dogs. Be considerate to your peers allow equal opportunities to all. Consider if your dog needs a break for a power nap.

Special Rules at Wildwood Barn, Waterbury, VT

DRIVE SLOWLY. 5 mph.

Do not potty your dogs near the well head or mobile home. Around the barn is okay. Do not potty on anything human hands touch (water spouts etc), including the arena wall. Do not put poop bags in port-a-let.

Keep your dog away from the horses. This includes not letting dogs go up to the wall near the barn aisle and jump up or bringing dogs through the stable. Outside, do not let your dog harass the horses in the pastures.

All dogs must be ON leash at all times (except when they are working) both inside and out.

Auditors

Nomad members may audit all seminars at no charge. The total number of auditors will be limited to approximately the same as the number of working teams. NonNOMAD members who wish to audit, must register in advance. The seminar committee will establish a fee for nonNOMAD members.

Auditors may ask general questions but are discouraged from time-consuming detailed inquiries into specific issues.

Auditors are welcome to walk courses but are requested to yield to the working teams.

As with working teams, private conversations are to be taken out of the seminar space. Sounds and voices carry and are disruptive.

Auditors are encouraged to help with course changes, setting bars between jump heights, leash running.

Auditors may not bring dogs and may not use the equipment.

DIRECTIONS TO SPRING MEMBERSHIP MEETING

Take I-89 to Richmond Exit 11 to Route 2 East.

Follow Route 2 into Richmond and turn right at traffic light onto Bridge Street. Richmond Congregational Church will be on your right after you cross the railroad tracks. There is limited street parking by the Church. More parking is available at the Library and Post Office, which are located on your left shortly after the Church.

SPRING MEMBERSHIP MEETING

SUNDAY APRIL 11, 2007 7:00 p.m.
at the Richmond Congregational Church on Bridge Street

Parking is across the street in the Richmond Library/Town Offices parking lot. We will not be serving snacks at this meeting.

Everyone is invited and encouraged to attend this meeting. We will be voting on the proposed practice guidelines (See page 3). We need a 60% affirmative vote by the membership on this issue (as per the by-laws), so please, please, please get your proxy in if you will not be at the meeting. The proxy form is on page 5 in this newsletter. All items with a ** require a vote.

Also, please read the minutes of last fall's meeting before coming to this meeting so we can vote on them quickly. They have already been approved by the Steering Committee. They are in the December newsletter, as well as on our web site.

Spring Meeting Agenda:

Minutes from Fall Meeting**

2006 Financial Summary**

Old Business:

1. Budget
2. Committee Reports
 - a. 2007 trials update
 - b. Equipment Committee
 - c. Seminar Committee
 - d. Membership Committee
 - e. Demo Committee
 - f. Other committee reports, if necessary.

New Business

1. Proposed Practice Guidelines (see page 3)**
 The membership will vote whether to approve the Proposed Practice Guidelines.
2. Winter barn use (see page 4 for questionnaire)
 The club will be discussing how best to utilize the Jericho barn next winter in light of low attendance at the barn this year.
3. Nominating Committee
 We will appoint a Nominating Committee who will find candidates for the vacant Steering Committee positions
4. Any new business raised from the floor.

PROPOSED INTERIM NOMAD PRACTICE GUIDELINES

Pursuant to NOMAD's Bylaws, these Proposed Guidelines must be voted on by the membership to become permanent changes. We will try these interim changes out this winter, consider any necessary improvements, and the **membership will vote on them at the Spring Meeting.**

Design of Weekly Practice Sessions

NOMAD holds weekly practice sessions throughout the year. Because these practice sessions do not include instruction, it is important for each handler to amend the sequences to suit that handler's dog. If you are need assistance amending the sequence to suit your dog, please ask the facilitator or another NOMAD member for help.

Each NOMAD practice session will contain the following:

1. One or two facilitators/course designers
2. Three to five sequences, with clear options for inexperienced dogs as well as more experienced dogs
3. Normal A-Frame practice height will be at 5'6", with the exception of Basics and Fundamentals practices, when all contact equipment will be at lower heights.

Winter Practice

1. Our winter practices are from 9 to noon each Sunday in an indoor arena. Because we rent the space, we charge each practice participant \$7 per Sunday or you may pre-pay for \$100 for the all the winter practices. Winter practices will replicate a "trial culture" atmosphere (with the exception that you may use treats and toys while working on equipment, waiting in line, running the course, training and "ringside"), so please have your dog behave in a manner as if he or she were at a trial. For example, there is no playtime for dogs, including on-leash play, inside or outside the barn. Allowing dogs to politely greet each other and socialize is appropriate. Please do not feed other dogs at the barn, unless you ask first or are requested to do so by the handler. Please be respectful of other dogs' space and understand that some dogs may require more space than others. Please do not offer or yell out training suggestions while someone is on the course or working a sequence (unless the handler asks for help). Please approach the handler privately after he or she has completed his or her turn and ask if he or she would like some feedback.
2. Please plan to arrive at 9 to help set up the equipment, and stay till noon to help put it away. If you cannot be there from 9 to noon, please plan to be there either at 9 for set-up or till noon for take-down. It would create bad feelings for people to practice without sharing the work.
3. The first Sunday of every month will be a Basics

and Fundamentals practice. Contact equipment will be at lower heights for the entire practice. The practice sequences will be designed for Pre-Novice and Novice dogs and will focus on fundamentals. Experienced handlers and dogs are welcome to attend this practice. There will be nested course run thru at the end of practice.

4. Handlers will be divided into equal sized groups for the practice sequence of the practice and will remain with that group for the first half of practice. Each group will move as a unit from one sequence to another when the facilitator announces it is time to move to the next sequence. Handlers may take a break at any time or switch dogs at any time; however, you must rejoin your group at your group's sequence. You may not join another group to work on a sequence you may have missed while outside the barn. There ONLY exception to this rule is when there are less than 6 handlers at a given practice. At any time, if there are 6 or more handlers at a practice, then the handlers must be divided into groups. It is up to the facilitator to determine how much time will be spent on each sequence. Time permitting and attendance, each group will have more than one turn on each sequence. The facilitator will assign a Group Leader to each group who will assist in keeping the group moving, help the facilitator keep track of time at each sequence and provide assistance to the facilitator and other handlers in his or her group.
5. The third Sunday of every month will be a practice with run thru only. There will be no practice sequences. A nested course will be set-up and dogs will run one at a time, alphabetically within each jump height. Depending on the turn-out and time permitting, the facilitator may choose to change the course midway thru practice. The facilitator may also design a games course (snooker, touch and go, etc.) instead of a standard course. Each team will have a designated time to run the course (e.g. 2 minutes) and if the team chooses to do so, they may work on a specific sequence of the course rather than the entire course.
6. If your dog can not work off leash in your control, then you must work with your dog on leash on equipment during the practice sequence (or ask someone to assist you so that your dog will not run off - e.g., someone at the other end of the tunnel). Attendance and time permitting (in the discretion of the facilitator), dogs who are unable to work off-leash with other dogs in the barn will be given 5 minutes prior to setting up the course to work on the sequences without other dogs in the barn.

Summer Practice

Our summer practices are from 6:30 till dark on weekday evenings at various locations announced in the newsletter. Summer practices are less structured than winter sessions, and the fee is \$3 per practice or you may pre-pay \$30 for all the winter practices. Please either arrive on time to help set up, or stay late to help put equipment away. Please don't arrive early if the practice is at a member's house! (Members and their dogs value their privacy, after all.)

Facilitators

1. All active members are encouraged to sign up to design and lead NOMAD practice sessions a few times per year. If you have never done this before or are uncomfortable with the task, please find a more experienced member and facilitate as a team or ask for help from our Facilitator Mentor who can assist you with ideas, strategies, course design and any questions you may have. Resources to help with design of sequences: Clean Run Magazine (available on loan from numerous NOMAD members ;) Clean Run Instruction Manuals (see NOMAD library materials); course diagrams brought home from trials by NOMAD members.
2. Because it can be difficult to effectively manage the practice session and watch your own dog at the same time, you may want to plan to keep your dog in a crate or in your car for some of the practice session you run. You may want to run your dog to demonstrate the sequences, or run your dog at the beginning and the end.
3. Please design your sequences in advance, before the day you are running the practice session. In summer, arrive on time to set up your sequences (all members are asked to come on time to help set up.) Design three short sequences and any other games or activities you choose (in the summer you may design more sequences). Please also designate a "waiting area" for each sequence.
4. You are responsible for dividing handlers into groups (and assigning a Group Leader to each) to move through the practice sequences and for announcing when it is time to move (as a group) to the next sequence and when it is time to set up the nested course. You are also responsible for assigning and posting the run order for run thru and keeping handlers moving so that everyone gets the most use of practice time. In addition, you will keep track of a team's time during a run thru and remind them when their time is up. Please also remind everyone of the practice guidelines and barn rules during your pre-practice briefing.
5. What you get for being a facilitator: (1) Your club members' endless appreciation. (2) At winter practice, your dog, and ONLY your dog, gets to run around loose while you are setting up. (3) You can choose sequences you particularly want to play with! (4) You don't have to pay any fee for winter practice that day.
6. Sign up to facilitate by talking with Kim Rubin or e-mailing her. Please use the assistance of Kit Erskine, our Facilitator Mentor.

Members at Practice

1. At any NOMAD practice, all dogs must be leashed or crated when not working on equipment and the handler MUST keep his or her focus on his or her dog when there dog is in the barn (or field) and not crated. Do not allow your dog to stare at other dogs, to bark or growl at other dogs or to wander to the end of the lead. Even if your dog behaves "better" when off-leash, your dog must be leashed when not working on equipment.
2. Sorry, no playtime at NOMAD. Do not allow your dog to play with another dog (even on leash)

NOMAD's Steering Committee

Contact them if you have questions or suggestions.

President
 Lynne von Trapp _____ 253-7673
Vice-President
 Karen Clark _____ 527-8355
Treasurer
 Linda Ladd _____ 879-3461
Secretary
 Kim Rubin _____ 899-3382
 e-mail: som13@aol.com
Members at Large
 Don Denette _____ 872-8767
 Kit Erskine _____ 586-9932
 Patty McMahan _____ 434-3423

Freedom Farm Winter Practice News

Date	Type of Practice	Faciliator
3/4	Basics and Fundamentals	Judy Mulhern
3/11	Regular	Facilitator needed
3/18	Run Thru	Facilitator needed
3/25	Regular	Caroline McKinney
***4/1	Last Practice	Facilitator needed

**Please note that April 1 is the last practice at the Jericho barn. We will be loading equipment into the trailer following practice.

<http://nomadagility.com/>

as this behavior may trigger behavior in a third dog. Please be respectful of each other's training objectives. Please be respectful of the other dogs' space and try to keep a reasonable distance from other dogs.

3. Be ready to run a sequence. Know when it's your turn and be ready to go.
4. Be conscious of others when using equipment so we don't run into each other.
5. Please take turns. Please share. Please don't hog the equipment!
6. At a busy practice session, each handler's turn on a full course should not exceed 2 minutes. If a handler chooses to handle more than one dog at a practice session, that handler is not entitled to take any more turns than a person with just one dog.

7. Please come in time to help set up, and stay to help put equipment away. We understand that every once in a while you must come late or leave early and on those days please be sure to be there for set-up or break-down.
8. Pooper scoop after your dog.
9. Please volunteer to facilitate practice sessions.
10. Please remember that we have agreed to use only reward-based training at all NOMAD practice sessions.

Training

1. Treats and toys welcome.
2. NOMAD is committed to reward-based training. No adversives, please. This means NO shock collars, no screaming or yelling, no collar corrections. No harsh training of any kind.
3. No bitches in season.



Winter Barn Use Questionnaire

Due to low attendance at the Jericho barn this winter and the resulting loss of member barn use fees to cover the cost of renting the barn, the SC is seeking input from the club on how best to utilize the Jericho barn in the future. Please fill out the questionnaire below and return it to Kim Rubin, either by email or by snail mail (142 Fitzsimonds Road, Jericho VT 05465) by April 1. We will discuss – but not vote on – ideas to better utilize the Jericho barn. Thank you in advance for your input.

Please rate, on a scale of 1 to 5, how your Jericho barn attendance would change based on the suggestions below. Please use the following scale,

I WOULD BE:

- 1 = Much less likely to attend
- 2 = Somewhat less likely to attend
- 3 = Does not affect my decision to attend
- 4 = Somewhat more likely to attend
- 5 = Much more likely to attend

IF:

1. NOMAD offered winter classes at the Jericho barn on Sundays, like the classes in Waterbury on Saturdays. ____
 - a. If so, classes were 4 weeks sessions. ____
 - b. Or classes were 2 week sessions. ____
2. Sunday barn practices only ran for 1.5 hours instead of 3 hours. ____
 - a. If so, practice would be from 9 to 10:30 am. ____
 - b. Or practice would be from 10:30 to Noon. ____
3. All practices were run-thru only practices where one dog runs at a time. ____
4. All practices had some kind of structured format, such as run thrus or a game (e.g. snooker) where one dog ran at a time. ____

Please answer the following questions:

1. Did your barn attendance change this year (i.e., did you attend more or less than previous years)? And if so, why?
2. Do you feel the new practice guidelines were effective?
3. Would you be willing to teach a 2 or 4 week winter class at the Jericho barn next winter?
4. Do you have any suggestions for changing barn practices at Freedom Farm?

Membership Requirements

1. To join NOMAD and participate at practice, both dog and handler must have at least 12 weeks of agility classes, using all standard agility obstacles, or equivalent training on all standard obstacles. To join NOMAD, a handler fills out a Membership Application, and submits it to the steering committee. All membership applications will be promptly reviewed by the steering committee to ensure that minimum training levels are met.
2. A NOMAD member wishing to bring a new dog to NOMAD practice fills out a dog information form and submits it to the steering committee. The steering committee will review that form and will promptly inform the NOMAD member if the application for that dog is approved or disapproved.

NEW MEMBERS

compiled by Cynthia Gilliland

Monte, a one year old Standard Poodle, has joined NOMAD with **Judy Kessler**. He is off to a great start in his agility training- he has taken 6 weeks of classes with Julie Daniels at American K9 Country and has also taken Introduction to Agility at Waggles. Judy says that while Monte is now working through "general baby boy dog silliness" they look forward to "fun in competition" in the future.

Katrin Moffroid has joined NOMAD, along with **Blaze**, an Aussie who is about 3 years old. Katrin and Blaze have taken Beginner and Advanced Beginner classes at The Dog School. They look forward to competing in local trials, but their biggest goal is to help Blaze gain confidence through agility training.

Sharon Laufer has joined NOMAD with her two shelties **Brodie** and **Riley**. Sharon has been taking agility classes with Kim Ingraham. Brodie is 2 1/2 and has legs toward his AKC Novice titles. Sharon says he is very fast and the two of them are still learning to work together. Riley will be 2 in May and is currently working through his teenage boy focus issues! He plans to compete one day too.

NEW MEMBERSHIP DATABASE COORDINATOR

Nancy Dashnaw has taken the responsibility and task to maintain the membership database. She will provide the label and elist information to Caroline for the newsletter. She will incorporate the information for the new members. I have done this for a while and it is not a trivial task.

Thank you Nancy for doing this.

-Billie Marsh

And thank you, Billie for all your hard work in doing this job for so long.

Proxy Voting Forms

The Steering Committee encourages everyone to attend the Spring Meeting on April 11 at 7:00 p.m. at the Richmond Congregational Church. If you are unable to attend the meeting, please vote by proxy. **We need 60% of the membership to pass the new practice guidelines. If you can not attend the meeting please take a few minutes to fill out and return the proxy form to Kim Rubin.** The proposed guidelines are reprinted in this newsletter and may be found on NOMAD's website nomadagilty.com. The Fall Minutes are on the website and may be found in the December newsletter.

There are two ways to designate a proxy vote:

1. You can vote by sending the Secretary (Kim Rubin) an email indicating your vote on those item(s) indicated in the agenda which require a vote (see form #1). If you don't have email, you can mail your vote to Kim (email: som13@aol.com; mailing address: 142 Fitzsimonds Road, Jericho, VT 05465); **OR**
2. You can designate a NOMAD member who will be at the meeting to act as your proxy. Your proxy MUST bring a completed copy of form #2 to the meeting AND the Secretary must receive a copy of form #2 prior to the meeting (either by email or mail).

If you designate a proxy vote by either method but then attend the meeting, your proxy vote will be void, and you will be able to vote in person. Proxy designations are only valid for the current meeting. Kim must receive your proxy forms at least 24 hours prior to the start of the meeting. Thanks!

Form 1: If you are sending your vote to the secretary, please use the following form:

I _____ (insert your name) am unable to attend the April 11, 2007 NOMAD meeting and wish to submit my proxy vote for those items on the published agenda which require a vote.

I vote (write in yes or no) on

_____ Approval of the 2006 budget

_____ Approval of the Fall Membership Meeting Minutes

_____ Approval of Proposed Practice Guidelines

Signature and date.

Please print your name here: _____

Form 2: If you designate someone to act as your proxy, please use the following form:

I _____ (insert your name) am unable to attend the _____ (date) NOMAD meeting, and I therefore designate _____ (name of NOMAD member to act as your proxy) as my proxy for this meeting. I authorize my proxy to vote on any and all items which require a vote at the meeting.

Signature and date.

Please print your name here: _____

STEERING COMMITTEE MEETING

Sunday, February 11, 2007, 12:30 p.m.

In attendance: Steering Committee (“SC”) members: Lynne von Trapp, Karen Clark, Linda Ladd, Kim Rubin, Kit Erskine, Don Denette and Patty McMahon. Judy Kessler (outgoing Treasurer) was also in attendance.

The following business was discussed and voted on (where appropriate).

Treasurer’s Report

Judy submitted the budget report for fiscal year 2006. Linda submitted a report for the first month of this year. Judy will provide a condensed version of the 2006 budget report for vote at the spring meeting. Linda advised that the 1099s were finished and mailed prior to January 31, and Form 1096 was filed with the IRS. Linda is in the process of completing Form 990 now that she has all the relevant information. Form 990 is required for any entity that has greater than \$25,000 in operating revenue and informational for an entity that has less. Last year we had revenue in excess of \$25,000 and we have been filing a 990 every year, so we will continue to do so.

We need to have all the individuals with whom we contract complete W9 forms if they are being paid as individuals and not as a business. If we pay these individuals more than \$600, we must file a 1099 form, and the W9 forms give Linda all the relevant and up to date information she needs to complete the 1099s. We will need W9 forms for trial judges, seminar presenters, food vendors and other people we pay to provide a service. The form can be found on IRS.gov and the NOMAD person who is the contact person for the presenter, judge, etc. should ensure the person completes the W9 form and return them to Linda.

The SC discussed having a permanent business address for NOMAD for the purposes of receiving mail and for listing on our bank and State documents. It was decided that rather than have a post office box that someone would need to check periodically, it would be most efficient and easiest to continue to use the treasurer’s address as NOMAD’s permanent address. The address has now been changed from Judy’s home to Linda’s home.

In order to assist Linda in keeping track of the club’s income, the SC is asking any club member who has checks from club members (e.g., for seminars) to send an email to Linda, at least monthly, letting her know how much money is out there. The checks do not necessarily have to be sent in at that time (for example, the seminar committee can still keep checks in order to shred them if someone withdraws from a seminar) but Linda should be kept apprised of the amount of income the club has which has not yet been sent to her.

The SC had a discussion regarding our equipment value and whether it should be expensed or depreciated for tax purposes. The trailer is currently our only listed equipment, and it is fully depreciated. It was decided that as of January 1, 2007, any equipment purchased over \$300 will be depreciated. Contact equipment will be depreciated over five years using the “straight-line method” and all other equipment will be depreciated over 3 years using the “straight-line method”. Any equipment which costs less than \$300 will be expensed. The jumps we purchased last year from Max 200 were expensed and can not now be depreciated. Kit volunteered to do an equipment inventory.

In order to streamline the receipt and reimbursement process, the SC has decided large ticket items (those costing over \$300) should, whenever possible, be invoiced to NOMAD to be paid by Linda, as treasurer, rather than paid by a club member’s personal credit card for reimbursement. The SC is asking members to make purchases of items over \$300 early enough so Linda can receive an invoice and ensure a check is sent (or for example, on hand when equipment is delivered). Invoices may be mailed or emailed to Linda. Smaller purchases may still be made by club members and they may seek reimbursement by completing the reimbursement form and submitting it to Linda. The SC discussed obtaining a corporate credit card and decided we would not obtain a corporate card because having a card would make things more complicated.

As a non-profit 501(c) entity, the club does not pay sales tax for goods and services (this includes agility equipment or even pencils from Staples. If anyone is purchasing something for the club, he or she should provide the company or store with a “Sales Tax Exemption Certificate”. This form is on the State tax department website and needs to be signed by an officer of the club (President, Vice President, Treasurer or Secretary). Linda has our federal identification number. Kim will ask Nan to put a blank copy of the form on the NOMAD website.

Judy Kessler is currently listed as NOMAD’s registered agent with the State. Since we are due to renew our corporate biennial report next year, we will leave Judy as the registered agent until next year (with Judy’s permission).

Kit moved and Patty seconded a motion for a corporate resolution allowing the corporate officers, Lynne von Trapp as President, Karen Clark as Vice President, Linda Ladd as Treasurer and Kim Rubin as Secretary, to have signing capabilities for banking purposes. The motion was unanimously approved. The SC also unanimously approved the motion to allow Linda to close the small TD Banknorth account.

The first quarter of every year the club must have an audit/review. Sheila McGregor has previously done it and the SC has authorized her to perform the audit/review again this year.

Equipment

Lisa Barrett has volunteered to be chair of the equipment committee. There will be an equipment cleaning and painting party at Lisa’s house on April 7 and 8. Following the party, the NADAC equipment will be moved to Roberta’s house. The people who practice at Roberta’s during the summer will be responsible for sprucing up the equipment prior to the NADAC trial, and Don Denette has agreed to be in charge of that effort.

April 1 will be the last barn practice. Lynne will call Pat Nolin, Jericho barn liaison, to call Freedom Farm and discuss our verbal agreement to rent the space in April. Perhaps we can pay for only half the month. If we need to pay for the entire month, club members would be

able to utilize the barn on Sundays from 9 to 12 but would have to bring their own equipment.

Kit is able to move the equipment from both barns in the same weekend ONLY if there is enough manpower on both ends. It was decided if the puppy seminar is held at Wildwood on March 31, then Kit would be unable to pick up that equipment until April 6 and would bring that equipment to Lisa’s in the morning on April 7. He would pick up the Jericho equipment following the April 1 practice.

Other club members have volunteered to drive the trailer, but have requested the club put trailer brakes on the trailer. The trailer is currently legal and safe but Kit can understand why someone would want brakes on the trailer. The SC will look into the cost of putting a brake system on the trailer.

Practices

The SC is concerned the Jericho barn is being under-utilized and the cost of rental (\$275 a month) outweighs the benefit to only a few people. The SC thinks the Saturday classes are drawing people away. It was suggested to perhaps have classes at the Jericho barn on Sundays as well or to have one class on Sunday morning from 9 to 10:30 and have an open practice from 10:30 to noon. Kim agreed to prepare a questionnaire seeking input

from the club. The issue will be discussed, but not voted on, at the Spring Membership meeting.

Working members

The SC discussed the requirement that each working member must be on a committee. The seminar committee currently has a large number of people on it, and the SC decided that seminar committee members must be available to work at least one seminar in the future. The seminar committee description will be changed on the application and renewal forms. In addition, the SC agreed to encourage all members to work a NOMAD trial.

Spring Meeting

The tentative date and location for the Spring Membership Meeting are Sunday April 11 at 7 p.m. at the Richmond Library. Refreshments will not be provided at this meeting. The SC determined the agenda:

Fall Minutes (requires a vote)
2006 financial report (requires a vote)
Practice Rules (requires a vote)
Barn use discussion
Committee Reports
Appointing of a Nominating Committee for vacant SC positions
The meeting was adjourned at 2:40 p.m.

Respectfully submitted,
Kim Rubin, Secretary

WORK OPPORTUNITIES At Equipment Party and Summer Trials!

from Lynne von Trapp

There are 3 upcoming opportunities for Working Members to meet their required 20 hours of work. The first is our annual equipment party at Lisa Barrett’s house on Saturday and Sunday, April 7 and 8, from 9:00 – 5:00.

Pizza and drinks will be provided. If weather dictates, we will work inside Lisa’s insulated garage, so the party is on, no matter what the weather.

The second and third opportunities are our trials, June 16/17, with set up on the 15th, and August 18/19 with set up on the 17th. It takes a club to run a trial, and there are jobs for every talent and skill.

I (Lynne) will be phoning NOMAD Working Members to see which days you will be able to help with these major NOMAD activities. Thank you in advance for your participation.

GO TO [HTTP://AGILITYNERD.COM/INDEX.CGI/STATIC/FAVORITES.HTML](http://AGILITYNERD.COM/INDEX.CGI/STATIC/FAVORITES.HTML) FOR SOME GREAT ARTICLES, EXERCISES AND VIDEOS.

MENTAL MANAGEMENT

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Are You Taking the Slow Hard Road?

by Lanny Bassham

Yesterday while watching the Super Bowl it hit me that one of the primary concerns of the owners of pro teams is the quality of their coaching staff. That a coach can make a difference is undisputed in pro sports. If owners pay millions for the best coaches should we not be interested in what coaches and instructors can do for us in our individual sports?

Unfortunately, people typically try to learn a sport as cheaply as possible. If they can cut corners they will attempt to do just that. This normally means that the performer will become self-coached. Imagine being mentored by someone that has never been where you want to go, has no knowledge beyond yours and admits to you that this is the first person that they have coached. So you really want to hire this person? I don't think so!

There are two huge differences between those that engage good coaches and instructors and those that do not; time and effort. It will take longer and you will work harder without help. You will have to take the slow hard road. Now, I am not saying that finding a good instructor is easy or without sacrifice. Good instructors will charge for their services or volunteer their time. Many of us were aided by our parents or another competitor along the way. Also many of us were not always given good advice by well-meaning parents, friends or competitors. This does not mean that we should not use the volunteer when we have one handy. It might mean though that we may need more than the volunteer if we are falling short of reaching our goals. Enter the professional trainer. Once a person begins to charge money for their service you have a right to ask for references, hold them to a higher

standard and expect to get your monies worth. That is one huge difference in the leverage you have over the volunteer.

One example of this is from my Son-in-law Rich. Wakeboarding is his passion in life. He spent several years learning the sport from friends and trial & error, never progressing to his potential. He had spent thousands of dollars on the best board, bindings, rope and a quite impressive boat. His passion for the sport was as a hobby so paying for instruction was a struggle to swallow. Finally, a friend had suggested he spend a couple of days with a wakeboarding pro in Seguin, TX. Rich learned more in that weekend than he had learned the past several years from just "playing on the lake". Best money he ever spent. He learned the proper way to get up on a board, the philosophy behind jumping the wake, how to edge and fully understand the tricks he was attempting on his own. He could see why he wasn't progressing and was given tips from someone who had competed on tour. Rich is not the best rider on the lake but his boarding is easier now due to the time he spent with a coach. He has less frustration and is able to enjoy his riding. Like many of you he is not aspiring to be the very best in the world – he just wants to have fun.

So, I encourage you to check out the paid coach. It may actually be cheaper and take less time to use the paid coach if you are spending time and money training or going to competitions now. And if you are like Rich seeking coaching might be an end to some frustration caused from a lack of knowledge – why pay for the best equipment if you aren't certain how to properly use it?

Send letters and articles
by the 22nd of the month.
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