
One Jump Ahead

 Agility Dog Club of SA

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July 2020

From The Editor

Welcome to the second edition for 2020. We have been back at training since mid June and we are looking forward to our two trials in July and September (as long as restrictions continue to ease). Some of us are looking to start trialing while others are just starting in our intro and beginner classes and it was fantastic to see so many who started in March return in June to finish their intro course and go on to the beginners classes.

Thank you to those who have liked our social media pages and please continue to spread the word and share to dog related pages. We also have a new promo video that was produced by Live Stream Australia—it was produced from scratch as there was nothing similar online

<https://www.youtube.com/watch?v=zZT2vCrdK3Y&feature=youtu.be&fbclid=IwAR0Z8RK4In3JynrsKCZenycDPDDisXGZmZCHS3MaJEtqvklOIGRZKSJPU>

<https://www.facebook.com/Agility-Dog-Club-of-SA-311217319720180/>

Our next trial has products supplied by sponsors Georgie Paws, Laucke Mills (and Gilbertsons Fodder Store at Gepps Cross for redeeming the vouchers), Paws 4 Massage, Just Dog Food and Adelaide Dog Mobility and Rehabilitation

As always if you have any suggestions or would like to contribute to the newsletter just let me know.

We also have to continue to try and get Agility recognized as not just a 'dog training thing' but a sport with the general community. ADCSA is starting to get displays at community events and we will continue to try and increase media coverage. Other high speed dog sports focus on the dogs running at speed (eg Flyball, Lure Coursing even retrieving for gun dogs) but our sport involves owners and handlers also having to have a fair degree of fitness to keep up with their dogs working around the course as a team.

Jenny Barnes

Editor

2019 Committee

President	Pin Needham	0437 420 099	djneedham@internode.on.net	
Vice President	Jenny Pearson	0417 88 3094	jennyp@internode.on.net	Fund Raising
Head Instructor	Ingrid Hanegreefs	0429 674 866	ihanegreefs@bigpond.com	Public Officer
Treasurer	Leslie McDonald	0405 356 790		
A/g Secretary	Jenny Pearson	0417 88 3094	jennyp@internode.on.net	
Committee	Cathy Warcup	8538 7217	KateWA440@gmail.com	Equipment/ Membership/Trial Manager
	Jenny Barnes	0412 208 011	barnesphotography@bigpond.com	Promotion/ Media/ Magazine Editor
Sub Committee	Jo Shirlock	0413 878 222	koojar1@bigpond.com	Trial Secretary
	Leslie McDonald			Catering
	Julie Brown			Records Officer
	Michelle Vuaran			Historian

Membership Fees

Joining Fee	\$15
Single membership	\$65 (half price \$32.50)
Family	\$95 (half price \$47.50)
Junior (under 17)	\$35 (half price \$17.50)
Social	\$35 (half price \$17.50)
Committee & Instructors	\$35 (half price \$17.50)

Annual memberships are due by 31st March

Memberships are half price for new members from 1st July

Club Account Bank Details

BSB :	805-050
A/c No :	61297807
Name :	Agility Dog Club of SA Inc
Ref :	Your Name

Instructors

Head Instructor

Ingrid Hanegreefs

Assistant Head instructor

Michelle Vuaran

Instructors

Mika Peace
Karen Moralee
Julie Brown
Cathy Warcup

Weather

If the temperature is more than 34 degrees at 6pm training will be cancelled

TRIPAWDS TUGS.

We'll try to make any tug (within reason) for you.

See Cathy Warcup.



President's Message

Welcome back to Training – with COVID-19 precautions.

We have an approved plan for conducting COVID safe Training and Trials. Particularly relating to personal hygiene and social distancing.

We have had an excellent turnout of members to our first two training nights. A big Thank You to everyone who helped with the setting up and packing up. The compliance of members has also been great.

On behalf of the Committee I would like to welcome the following new members and their dogs:

Christine Amery with Juliet; Karen Bartlett Dunstan with Floyd; Grant Coles with Banjo; Millie Doherty with Daisy-Mae; Rhona Edwards with Charlie; Peggy Harris, Anita Helbig with Callie; Vicky Jones with Gienah & Haedi; Judy Magarey with Harriet; Lori Moncrieff with Frankie; Ronan O'Brien with Dexter; Martin Perry with Molly (?); Sally & Greg Perry with Roy & Bronnie; Nicole Pope with Asko; Jane Shen with Butter; Lisa Smith & Craig Hunter with Hudson & Kili; Loukia Tomlinson with Zara; Joshua Wilson & Pip Carter Marshall with Blue & Toni Wooding with Zander.

If you need any information or help just ask an Instructor or Committee member.

We hope you enjoy your time at ADCSA and have a rewarding experience and lots of fun with your dogs.

Remember, the First Trials for 2020 are at:

Agility Dog Club of SA Inc

at Pedigree Park (German Shepherd Club) West Beach Road, West Beach

There is a Double Agility & Jumping Trial

on Saturday 25 July at 9:00 AM & not before 1:00 PM the Schedule is on the Club website

www.agilitydogclubofsa.com.au

also on Club and Agility Facebook pages & Dogs SA journal

Cheers

Pin Needham

President



Introducing ADCSA's New Class:

Puppy Agility

**Foundation training for puppies aged
16 weeks to 12 months**

- **Pre-Agility Skill training**
- **Balance and Proprioception**
- **Strength and Stretching**
- **Focus and Recall**
- **Introduction to equipment**



Classes conducted under Veterinary supervision

7.00pm Thursday evenings

German Shepherd Dog Club Grounds

Barrett Reserve

West Beach Road, West Beach

(Entrance Road just West of the soccer stadium)

**Puppies must be fully vaccinated to attend.
Please bring your pup's vaccination certificate.**





During the COVID-19 pandemic our dogs have enjoyed a lot of ME time with their owners due to them being “work at home” people. For some dogs the loss of seeing their people 24/7 now that we are going back to our normal work places might be a little emotional, leaving them anxious or developing some separation anxiety. With a little bit of forward thinking this can be lessened or alleviated.

Some simple planning ahead, trying not to form a routine when leaving the house, leaving them alone for short periods during the day, increasing the length of time before returning. Leave a few long lasting treats for them to eat or play with to keep them occupied. All seems simple and not rocket science, I know, but these little things can be huge for some dogs. When coming home again don’t make too much fuss keep it low key, wait for their excitement (ignore it if you can) to die down before acknowledging them.

If you leave your dogs outside during the day for long periods of time they will become bored, destructive and maybe bark more than normal. Activity articles to keep them amused during the day can be relatively easy to set up. Some plastic bottles with treats inside attached to fame, poly pipe with holes for food, tug toys attached to a tree or clothesline/post. Simple to make and relatively inexpensive.



Leaving a “Hide and Seek” trail or snuffle mats are also good time consumers.

I hope this article has given you some ideas and that you and your dogs can be happy with you returning to work without too many problems. Thanks for reading

Rosemary Hoare

www.paws4massage.com.au

paws4massage@mail.com

0414 252 374

Where do I find jumps and equipment to practice at home?

One of the questions for new members is often where can I get jumps/weaving poles to practice at home. You can buy jumps similar to what the club uses at training from various sources (www.aussieagility.com.au has a list of Australian suppliers as a place to start). You can also get lightweight jumps which have the height settings required and beginner 6 pole weaving sets from www.crazysales.com.au. For those looking into core conditioning you can get peanuts etc from Australian suppliers such as www.gameondogs.com.au and they also sell dog cavalettis. You can also be creative and find stick in the ground 'weaving poles' at stores like Kmart but you MUST ensure that you use the minimum distance between them when you set up in your yard (even spreading out further than is standard can help practice at home to start with). Cavaletti's which can also work as small jumps can be found at footy suppliers (yes human equipment) such as Rhino Australia (which can be more affordable). The small witches hats that come with cavalettis can also be used on their own if you want to practice figure of 8s or later when you want to teach your dog and yourself better handling skills for going around obstacles for back entry jumps (you'll see these jump set ups at agility trials at the excellent level).

How often should I practice at home?

Its up to you but try to limit practice of each skill to no more than every second day (so you would only practice jumping on two days between training nights) as you are training your dog to be a canine athlete. Although competing may not even be on the radar when you are just starting you need to consider it for the future so your dog is fit enough to take on each challenge as you work through the classes. Even weaving poles need practice to build up the muscles especially for bigger dogs such as Labradors so again practice sessions should be kept short and successful (some may start to skip gaps after going well during a practice session this is often their way of saying the muscles are starting to ache). Core conditioning can help with building up muscle strength to assist with jumping and the bending needed for weaving.

Should I train in all conditions all seasons?

This is a tricky one as trials held in all conditions except extreme heat however when you practice at home you should consider whats best for your dog (and yourself). In the warmer months try to practice early in the morning (such as after a morning walk and keep the session to only maybe 5-10 min) or in the evening and make sure the ground whether its your back yard or a park has some give in it so its not hard and wont jar your dogs legs on landing. In winter its similar you can have longer sessions but make sure the ground is safe for your dog to land on and isn't waterlogged or worse slippery. Like us dogs can slip and injure themselves so you have to take care to minimise the chances of that happening for both of you.



VET SERVICES

Dr D J "Pin" Needham BVSc, DDA, CCRT, CSM

Certified in Canine Rehabilitation & Canine Sports Medicine

Is now available for the following services:

Vaccinations, Worming, Heartworm prevention

Health Checks, Consultations

Lameness examinations,

Post Operative Rehabilitation & Exercise Programs

Laser Therapy & Acupuncture

Supplements and medications are available



Puppy & kitten exams, including post purchase checks, vaccinations, worming and heartworm prevention programs. Nutrition, diet changes and Microchipping. Advice about socialisation, training and exercise

Adult dogs and cats health checks, vaccinations, worming and heartworm prevention. Exercise programs

Geriatric health checks, vaccinations, worming and heartworm prevention, arthritis management including exercises, laser and acupuncture treatments and pain relief as required.



Birds, reptiles and other pocket pets are welcome for routine consultations, vaccinations and problem work ups as required.



Other services such as:
X-rays, surgery and dentistry can be arranged

Home visits are available

Appointments can be made by:
Email: djneedham@internode.on.net or
Phone:

0437 420 099

ADELAIDE DOG MOBILITY & REHABILITATION

How did Agility Dog Club of SA get started in South Australia

Agility was introduced in NSW in the mid 1980s after it had been used as a demonstration at Crufts Dog Show in the UK in the late 70s before later rules were drawn up and it became noted as a sport in the dog world in 1980.

In South Australia the Agility Dog Club of SA began after Gwenda Baker and her Shetland Sheepdog attending the breeds national show which included agility in 1992 and she then went on to visit the NSW Agility Club noting how they ran and the equipment they had. Returning to SA Gwenda approached the president of SACA (now DOGS SA) who supported her idea for a club in SA. Late in 1992 the Agility Dog Club of SA was formed with the first Agility Dog Trials held by the club in July 1996.

Things were a little different back in the early 2000s with only 3 different heights and some obstacles were a little different such as the tyre jump and there was a table where the dog had to jump up and remain stationary for a prescribed time while the see saw was also a lot higher in the centre. Changes came through in the late 2000s to introduce 5 heights to cater for all sizes of dogs and the top height lowered to 60cm. The table was removed and sometimes a chute is referenced in older information and that doesn't exist in today's obstacles.



On the left is the old style tyre jump at 700mm from 2002 while below is the table obstacle from 2004





SUBLIMATED POLO SHIRT
FH-SUB-POLO



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BEANIE
NAVY
HW-4243-EMB



JACKET SOFTSHELL MENS
NAVY
RA-J481HZ-EMB



JACKET SOFTSHELL MENS
NAVY
RA-J481LD-EMB

NEW CLUB APPAREL RANGE

As seen above this is our current planned new range of clothing in club colours. Please keep an eye on the clubs facebook page and website for pricing and details for ordering or see Pin on training nights for further details.

<https://www.facebook.com/agilitydogclubsa/>

<http://www.agilitydogclubsa.com/>



Remedial massage is proven to enhance performance in active sporting dogs to achieve maximum range of motion and better body balance.

Treatments are aimed at releasing tight, sore muscles, helping to rehabilitate injuries by breaking down scar tissue caused by daily and competition-based activities that may be responsible for any discomfort. Regular remedial massage treatment, will assist in maintaining your dogs performance and endurance and promote good health and overall wellbeing.

Book your dog in for a remedial massage, the benefits are definitely worth it!

Benefits of Canine Remedial Massage

- ◆ *Relieves Pain and Tension*
- ◆ *Releases trigger points and areas of spasm- providing relief from muscular issues.*
- ◆ *Treats muscular overcompensation in the case of injuries*
- ◆ *Improves blood flow and circulation, nourishing the cells and removing waste products*
- ◆ *Speeds up natural healing*
- ◆ *Improves flexibility and Range Of Motion*
- ◆ *Beneficial for Senior Dogs – improves mobility and reduces pain, swelling and stiffness*

Assessment and Treatment Prices

Assessments conducted at 305 Fullarton Rd Parkside

- Initial assessment includes gait and body assessment + Remedial Massage approx. 1 h—\$50
- Remedial Massage 30-35 min—\$35

Assessments conducted at clients house

- Initial assessment includes gait and body assessment + Remedial Massage approx. 1 h—\$60
- Remedial Massage 30-35 min—\$45

Fun conditioning, fitness and relationship building classes

Max 5 people/dogs per class—\$20 per class

Time and date to be negotiated with interested participants.

Classes held at 305 Fullarton Rd Parkside

Contact

Michelle Vuaran

Canine Remedial Massage Therapist BAppSc, Cert in Veterinary IV Nursing, Cert in Canine Remedial Massage

Email: michelle.k9dynamics@gmail.com

Mb: 0417 877080

Website: <https://k9dynamics.wixsite.com/dogs>

Visit K9 Dynamics facebook page



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At Just Dog Food, we've done the research for you, so you can trust that we only supply "Premium" and "Super Premium" dog food, dog treats and your dog health care solutions – delivered right to your door!

We are Australian Owned and **based in Adelaide (North Brighton)** and are an authorised reseller for the brands we deliver.

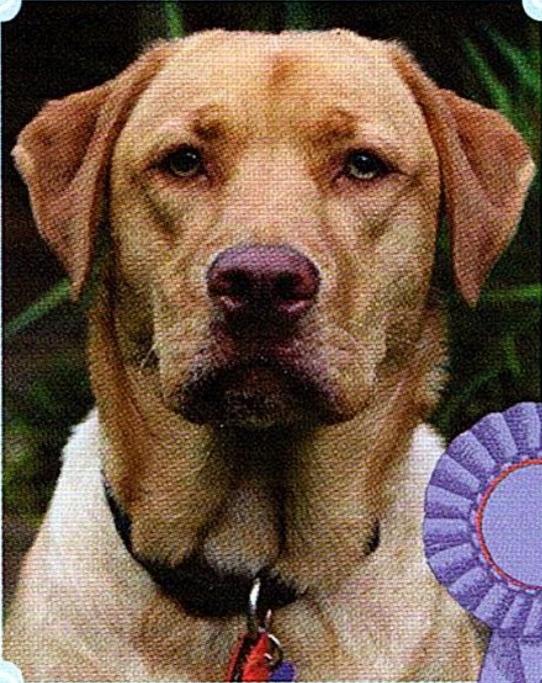
Thank you for supporting small, local business!!



W: justdogfood.com.au

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Gaby: 0448 197 456



Jenny Barnes Photography
Dog Sport Photography

Jenny Barnes
Photographer
barnesphotography@bigpond.com
0412 208 011
[https://www.facebook.com/
barnesdogphotos/](https://www.facebook.com/barnesdogphotos/)

Official Photographer at Agility Dog Club of SA Trials
www.barnesphotography.net.au

Western Pet Services

www.westernpetservices.com.au

Pet Sitting, Dog walking and Basic Dog Grooming Services in Adelaide's Western Suburbs.

Western Pet Services is a new business that started in September offering pet sitting (home visits), dog walking and basic dog grooming service in addition to brief visits to check on puppies and older dogs if required.

Western Pet Services is run by Jenny Barnes who has completed a National Police check and the business is registered and insured. Jenny has also undertaken training in basic pet grooming and is currently completing a Certificate II in Animal Studies.

Keep an eye on our facebook page for any upcoming offers and news.

<https://www.facebook.com/westernpetservicesadelaide/>

50% off your first Waggly Club box

Choose a 6 month plan and get your 1st box half price

**Monthly Boxes delivered
to your door**
**Tailored to your puppy or
dog's size & chewing needs.**



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Join Now at: wagglyclub.com.au/agilitydogclubsa
and help support Agility Dog Club SA by using their link

WAGGLY CLUB

Waggly Club is an Australian business specialising in monthly deliveries designed to keep your fur baby happy and healthy. We send out monthly subscription boxes featuring premium and healthy, and always Australian-made, treats from our Waggly Snacks brand, as well as enriching and high-quality toys from trusted suppliers such as KONG and Aussie Dog. Toys are hand-picked based on your dog's needs, and the treats can be tailored to accommodate any dietary requirements.

We started Waggly Club because we believed dogs aren't "just dogs" - they're family members. So as well as a great product, we're completely committed to making your furry family member happy and healthy.

To learn more visit <https://wagglyclub.com.au/agilitydogclubsa>. Using this link you can also receive 50% of your first box and you'll be supporting Agility Dog Club SA via donations we make to them. Or if you have any questions, please feel free to email info@waggly.com.au - we'd love to hear from you.



2020 Training Schedule – Subject to change	
6:30 - 7:00pm	Set up Equipment
7:00 - 8:00pm	Introductory, Beginners, Intermediate, Advanced
8:00 - 8:15pm	ANNOUNCEMENTS
8:15 - 9:15pm	Trialling 200/300/400/500/600
9:15 - 9:45pm	Pack up

Trial Competition Diary

25th July—Agility & Jumping Trials 9am & NB 1pm Agility Dog Club of SA Barretts Reserve West Beach

22-23rd August—Agility , Jumping and Games Trials 8.30am, 10am, 1130am, 2pm Sat 9am and NB 12 noon Sun Riverland Dog Training & Kennel Club

5th September—Agility And Jumping Trials 9am & NB 1pm Agility Dog Club of SA Barretts Reserve West Beach

27th September—Games Trials 10am & NB 12 noon Gawler Dog Training Club