



The Golden Retriever Club of Greater St. Louis, Inc. presents

Chris Zink, D.V.M., Ph.D, DACVP

Coaching the Canine Athlete for Agility and Obedience June 4th and 5th, 2011

8:30 am to 4:30 pm

Everything Under One Woof, 1522 Swantnerville Drive, Wentzville, MO 63385

(approximately 45 min. west of St. Louis)

Chris Zink, D.V.M., Ph.D., is a consultant on canine sports medicine, evaluating canine structure and locomotion, and designing individualized retraining and conditioning programs for canine athletes. She is the award-winning author of *Peak Performance: Coaching the Canine Athlete*, *Dog Health and Nutrition for Dummies*, and *The Agility Advantage*, and co-author of *Jumping from A to Z: Teach Your Dog to Soar* and *Building the Canine Athlete: Strength, Stretching, Endurance and Body Awareness Exercises*. She has obtained more than 70 obedience, agility, retrieving, tracking, and conformation titles on dogs from the sporting, herding, working, terrier, and hound groups. Dr. Zink presents Coaching the Canine Athlete® seminars worldwide to rave reviews. Dr. Zink won the President's Award at the Dog Writer's Association of America Awards Dinner in February 2009 for her book *The Agility Advantage*.

Topics to be discussed:

- **Importance of Structure to Performance:** introduction to musculoskeletal system, how to evaluate your dog's structure, understanding your dog's physical advantages/disadvantages for different canine sports, how to evaluate front and rear angulation.
- **Locomotion and Lameness:** gaits, pacing and crabbing, using gait to improve heeling, training your dog to gait on cue.
- **Conditioning the Performance Dog:** organizing a fitness program, strength, body awareness and endurance exercises, conditioning specific muscle groups, appropriate ages to begin strength and conditioning exercises.
- **Contact Obstacles, Tunnels and Weaves:** how dogs of different conformation perform contacts, reason for slow performance, ways to make obstacle performance safer and more accurate, how structure affects weaves.
- **Jump Training:** biomechanics of jumping, training jumping from puppies to adults, styles of jumping, lead legs, and jumping problems.
- **Heeling:** contribution of spinal/neck length and flexibility to attention and heeling and gait.
- **Front and Finishes:** the effects of length of back, rear angulation and tail length and set on fronts and finishes.
- **Stationary Exercises:** conformational reasons why some dogs have trouble with these exercises.
- **Caring for Your Older Dog:** nutrition for the older dog, conditioning to keep dogs competing into old age, injuries and illnesses of the older performance dog.

Working spots (must attend both days): \$175 per person (limited to 50 dog teams)

Auditors (without dogs): \$100 for both days or \$50 for one day (no limit)

Note: Breakfast and lunch are on your own. There are many fast food restaurants close by. Water and coffee will be provided. For more information please contact Allison White 314-862-4013/email: gldshel@sbcglobal.net

Dr. Chris Zink seminar, June 4th, 5th, 2011, Wentzville, MO

Registration deadline is **May 13, 2011**. No refunds for cancellations received after May 13, 2011. A \$50 deposit is required to reserve a working spot. It is refundable if cancellation is received by May 13, 2011 at which time payment is expected in full. Please make check payable to "**GRC-GSL**" and send with registration to:

↳ Allison White, 7256 Stanford Ave, University City, MO 63130 ↵

_____ I wish to attend in a working spot for both days (\$175) *Must attend both days.*

_____ I wish to attend as an auditor for **both** days (\$100)

_____ I wish to attend as an auditor for (check one): _____ Saturday (\$50) or _____ Sunday (\$50)

Enclosed is my \$ _____ deposit or registration fee.

Name	Address
Phone Number	Email Address
If you have a WORKING spot, please provide the following info:	
Breed of Dog:	Activities You Participate In:
Performance problems you've encountered or that you'd like to have discussed. (Please use back of this form to elaborate.)	
<i>I will not hold Dr. Chris Zink, GRC-GSL, or the owner or employees of WOOF liable for any loss, damage, or injury to myself, my property or dogs while attending this event.</i>	
Signature (required)	Date: