

4909 E 11th St, Panama City, FL 32401



**"WHERE TRAINING KICKS IN AND
THE FUN BEGINS!"**

GPCDFA Officers:

President - Melissa Frye

Vice President - Melinda Everett

Treasurer - Peggy Zacchio

Secretary - Karen Stevens

Training Director - Lori Starling

Historian - Dorothy Allen

Board: Amy Roberts, Jenny Dickon, Gina Chambers, Jennifer Keener, Donna Fowler

Contact Info:

President-Melissa Frye:

BSCELTIC@aol.com 850 832-7976

[Click here for GPCDFA Yahoo Group](#)

[GPCDFA Web site](#)

[Click here for Club Newsletters](#)

We are also on Facebook

UPCOMING EVENTS

July 2: 9:00 am Dog club clean up/cookout

July 9-10: Flyball tourney, Athens, GA

July 18: GPCDFA Club meeting - Board
6:30/General Membership 7:30

July 29-31: AKC agility hosted by Tallahassee
Dog obedience club/Bainbridge, GA

August 12: 5 Flags obedience C match, P'Cola

Aug 13/14: 3 AKC obedience & rally trials, 5
Flags DTC, Pensacola

Aug 15: GPCDFA Club meeting - Board
6:30/General Membership 7:30

Sept 7-11: Conformation Shows in Biloxi, MS

Sept 10-11: Mobile KC obed trial, Biloxi, MS

Sept 17-18: Mobile DTC rally/obedience in
Vancleave, MS

Sept 17: Mobile DTC agility match, Vancleave,
MS

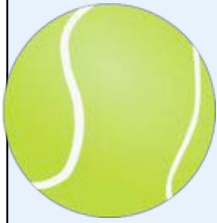
Sept 19: GPCDFA Club meeting

Oct 15: Barkin' on the Bay

Upcoming Classes at GPCDFA

**Class dates & times are still being
determined. More info will be
available soon on the website.**

****watch the [GPCDFA website](#) or [Yahoo Group](#) for updates on class start dates**



Beach Rover Ramblings: by Donna Fowler

The Beach Rovers had a "local" tournament April 30 - May 1 at the May Day Mayhem in Pensacola. The club took 3 teams on Saturday and condensed to 2 teams on Sunday and still had a blast. New titles earned were:

Ava, owned and handled by Allen Jelks, earned her FDX and Sadie owned by Donna Waddell earned her FDX. Sadie was able to go and play despite Donna's required attendance at a wedding, so she texted Donna with her accomplishments and broke in a new handler. Speaking of new handlers - Kevin Garrigain and Sukoshi made their first tournament appearance and we are happy to say that they both managed to overcome the noise and the chaos to get their feet wet in the lane. Kevin made his handling debut by running Buster and made some really good passes for a novice flyball handler. We're looking forward to the day that Sukoshi and Kevin are a solid part of the team! Donna Fowler is stepping down from some of the team responsibilities to concentrate on her final year of grad school (we hope), and Peggy Zacchio has taken over team tournament entry duties - thank you Peggy!! Congrats and thanks to Peggy who did all the entry duties for the upcoming Athens Dawg Derby July 9 & 10 in Athens, GA. The Beach Rovers will be taking 4 teams to Athens and look forward to a great weekend of racing!



AKC Therapy Dog Program

Mary Burch, AKC Staff, participated in this portion of the meeting via phone conference. The Board reviewed a staff proposal for an AKC Therapy Dog title (THD). There was no Board objection and AKC will implement the following programs: AKC will issue a Therapy Dog title (THD) to purebred and mixed-breed dogs that are





registered/listed with the AKC and meet the following criteria: (1) have been certified by a participating therapy dog certification organizations and, (2) have performed a minimum of 50 community service visits as a therapy dog. This would be a suffix title. The title would be issued at the request of the owner who would fill out a title application form and submit documentation that the dog has met the criteria. There would be a fee of \$20 for the issuance of the title. The AKC Therapy Dog title will also function as an advanced level of Canine Good Citizen, by providing an activity in which the dog will perform the skills on the CGC test in a therapy setting. The program will be launched June 27, 2011.





Scarlett & Tim Sanders were very honored to be presented with the Breeder of the Year Award on 5/16/11 during the Annual Banquet. Thank you GPCDFA!!



 **Interested in club membership, which includes discounts on classes? Members can be voted in after attending 2 meetings & paying dues.**

 Please contact training director Lori Starling at Lstar@Knology.net to request class registration forms

 **Please bring a bag of dry dog or cat food to the monthly club meetings for donation to the local Family Services Agency**

 **Contact Karen at 850 832 3287 for more information on the PAWS pet therapy group.**

WARMING UP THE CANINE ATHLETE

by Jennell Appel, DVM, CCRT

Warm Up

It's the bottom of the seventh inning. The previously spotless pitcher through six innings has just given up three runs and the crowd is quickly becoming disgruntled. No matter the brilliance of the performance in the prior innings, the cries from the fans are always the same: "Get him out of there!" "He should have been sent to the showers two runs ago." Yet, the truth of the matter is that the call to the bullpen was made long before the shouts from the stands became audible. So why then does it always seem to take so darn long for that reliever to come to the mound? The answer is simple ... Warm Up!

We would never expect, nor ask, a professional athlete to enter into competition without a proper warm-up. However, how many times can you recall asking this of your retriever athlete? In comparison to the human, the dog body certainly has significant differences in terms of physiology and structure. Yet, the function of the musculoskeletal system is incredibly similar. So much so, in fact, that the data extrapolated from many human studies is used in veterinary orthopedic medicine and vice versa.

So why is it important to properly warm up muscles before training and competition? In light of extensive research with human athletes, we know that heating muscle tissue via exercise improves both muscle and tendon extensibility. This factor alone reduces the susceptibility to injury, as the more flexible the tissue, the less likely it is to be strained or torn. Increasing muscle temperature also improves oxygen utilization by increasing levels of hemoglobin, which is responsible for carrying oxygen molecules; the greater the level of oxygen available to the muscle, the greater the endurance of that tissue.

Every muscle in the body is made up of several motor units. Each motor unit consists of one motor neuron that is responsible for contracting all the muscle fibers it is connected to. During activity, motor unit recruitment, or "activation," is required in order for the muscle to properly contract. Activity based warm-ups facilitate this process by slowly "turning on" all muscle fibers in preparation for intense exercise. The illumination of stadium lights serves as a perfect example. After the initial switch is turned on, it takes several minutes for the lights to brighten to their maximum capacity. The same is true for muscle tissue.

So how then do we properly warm-up the retriever athlete? What are the protocols we should follow? In all honesty, there is no one standard or perfect protocol. However, there are certain guidelines that can help us formulate a reasonable plan for our performance dogs. The most important part of creating a warm-up is to always consider what it is we are asking our canine to do and what will be required of their bodies to complete the task. We want to try to give the musculoskeletal

system a "preview" of the activity it will be performing. For example, if our morning training consists of three 300 yard sprints, begin the day with a 5 minute sustained fast-pace walk or slow trot followed by two 30-50 yard bumper retrieve sprints. If the afternoon will be spent swimming across ponds, then allow for a quick 2-3 minute bumper retrieve swim.

A sustained fast pace walk is defined as a walk in which the athlete is either on-lead or at a heel and walking continuously without stopping, as if the dog was walking on a treadmill. Consistent muscle contraction is the key to the warm-up walk/trot. Taking a dog for a casual walk and letting him run around is not the same as the recommended consistent contraction walk. Due to the intensity of most of these athletes, some of my clients have found that placing bumpers in the field provides for a safer warm-up when doing the sprint work. Many times throwing the bumpers results in a short, fast full out run but with a sudden stop and twisting turn which places excessive pressure on both forelimbs and hindlimbs.

Competition days are somewhat different, as we all know. Finding the time and the space for warm-up activity is not always an easy task, especially when we have multiple dogs entered. However, any form of warm-up is better than none at all. Even if this means simply parking further up the road from the line to enable a longer trek from the truck before running. A 3-5 minute sustained fast-pace walk or slow trot is the minimum level of activity every athlete should receive before competing. One rule of thumb I always tell my clients to try to abide by is a 2-3 minute sustained pace walk for every 45 minutes of inactivity on competition days. This ensures adequate circulation to the muscles and helps to prevent significant lactic acid accumulation.

Cool Down

One of the greatest performance limiting factors for athletes is lactic acid accumulation. Lactic acid build up is a normal result of any strenuous activity. It is the primary component responsible for early muscle fatigue and soreness. When muscles, tendons, and ligaments become fatigued and tight, the risk for injury greatly increases. This is where a proper cool down becomes critical following intense exercise. The primary goal in cooling down the body is to promote recovery of the muscles by allowing for dissipation of waste products, such as lactic acid.

During exercise, the degree of cardiac output, which is how much blood the heart pumps through the body, is substantial. A cool down following exercise allows for the muscles to continue contracting, while the cardiac output gradually declines. This ultimately helps prevent blood pooling in the muscles and subsequent tightness. An example of a sufficient cool down would be a 5-10 minute sustained pace walk

following a training or competitive run.

Stretching

To stretch or not to stretch, that is the question! Thankfully, after years of research, we now have a reliable answer. Although stretching has been proven to enhance muscle length, flexibility, and overall athletic performance, we now know that all of these occur only after exercise, not before. In fact, several studies have shown that pre-event stretching does not reduce the risk of injury, but actually results in decreased muscle force, contraction velocity, and the ability to store elastic energy.

We have learned that the greatest gains in flexibility are made only after muscles/tendons/ligaments are properly warmed up and when the athlete performed stretches on a regular basis. For our canine athletes who are required to perform sprints both on land and in the water, the greatest flexibility is required in their major fore and hind limb muscle groups, such as the triceps, quadriceps and hamstrings. Ensuring adequate muscle length is critical in order for the tissues to be able to respond to the exaggerated ranges of motion they endure during training/competition.

There are several different stretching techniques we can utilize that target specific muscle groups. However, I am only going to discuss two of the stretches that I feel are the most critical for the retriever. Among all my retriever patients that are involved in retrieving I have yet to come across one who does not have significantly "tight" bicep and supraspinatus muscles/tendons. Although I am not surprised by this finding considering the degree of stress the shoulders undertake during training/competition, I do believe all of these athletes could benefit from a consistent stretching protocol of these tissues.

The Bicep Tendon/Supraspinatus Stretch is performed with the dog in a standing position. Begin by flexing the shoulder and bending the elbow to form a 90 degree angle (Figure 1a). Then with one hand below the elbow and other grasping the carpus (wrist), slowly straighten the forearm (Figure 1b). Hold the stretch for 10 seconds.

The Teres Major/Deep Pectoral Stretch is performed



Figure 1a & 1b. The Bicep Tendon/Supraspinatus Stretch

with the dog in standing. Begin by cupping the point of the elbow with one hand and grasping the forearm with the other (Figure 2a); then extend the forearm out in front of the dog while supporting the shoulder (Figure 2b). Hold the stretch for 10 seconds.



Figure 2a & 2b. The Teres Major/Deep Pectoral Stretch

Five repetitions of each stretch should be performed on both forelimbs at least three times weekly. The stretches are best completed following a cool down, when the muscles are still warm, but relaxed.

In conclusion, as a canine sports medicine veterinarian, I am always seeking out the best ways in which to prevent injury in our canine athletes. The canine body is an amazingly forgiving structure that allows our dogs to perform extraordinary feats, but there are simple things we can do to help protect them as well. Warming up, cooling down, and post-exercise stretching are just a few, but in my opinion, some of the most important ways in which we can aid in injury prevention and enable peak athletic performance. 🐾

Editors' Note: Dr. Appel works at the *Los Robles Animal Hospital* in Tallahassee, Florida. Following some successful rehabilitation on field trial retrievers in the area, she presented a seminar this past winter for the Snowbird Retriever Club. Subsequently, Jennell has worked with many more performance retrievers training in Georgia and Florida. She has been studying how we train and compete and is keenly interested in our dogs. We look forward to more information from her. 🐾

*visit the National Retriever
club of canada website*

The NRCC website has information on: Canadian
National Retriever Championships
CKC Field Trial premium lists • CKC Field Trial results
• Canada's Top Dogs
CKC entry form • the latest trial and hunt test sched-
ules • Club contact information

www.nrcc-canada.com

BRAGS!! CONGRATS ALL!!

Micki Giroux reports that Ellen the Rottweiler earned her Rally Novice title in Perry & was also 3rd place in her Novice A class of ten! Chihuahua Alex was chosen Winners Dog, BOW & Best of Breed in his first AKC conformation show!

Finn Eckert is a new ASCA CH, plus earned his OA title! Lolly & Jon got their Novice Standard & Open JWW titles in Perry!!

Couture's By George Shes Got It aka "Lacy" Magnoya took 2nd place in the BBE class of 21 at our National. Her litter sister Couture's She Is Who She Is aka "Izzy" took 4th in the same class. It was such an honor to have litter mates place out of such a large BBE class at our national! Also, Lady-Smaragd Vom Salamandertal aka "Bonnie" picked up her first major at the Ashville Kennel Club Show on Sunday in Fletcher, NC.

Melissa Frye's dogs, Ty & Mako passed their National Certifications recently! Ty earned his for area search (with a super fast time) and Mako passed the tracking cert, even with an injury!



Chance Merrell earned his ASCA CD with high in trial, plus 2 perfect scores to complete asca rally novice X. Jax got his novice gambler & standard titles w/ 2 high in trials. Both finished their AKC RA titles, Chance with a perfect 100 & 1st place (Jax by the skin of his teeth!)

Mia Sanders earned her AKC CD in 3 trials In Tallahassee! Mia is pictured here with her proud mom, Scarlett.

Niki Bowman (Thornapple Knickers in a Twist) arrived in Panama City on May 6. On May 11, she strutted her stuff at the ASCA show in Baker, FL to win her first award of Best Opposite Sex for the "baby puppy" classes at the tender age of 9 1/2 weeks old!

Debbie reports that Toby Todd was "outstanding at Baker!!!" He earned a new ASCA title in novice jumpers standard with two 2nd places & 1 5th place!!

Rena Chambers earned her RN title in Tally with some wonderful scores (including a perfect 100 score!) & prize \$ for 1st place!! Of course, Rena had to add some rottie comedy by pushing one of the rally signs over with her nose!



Braggs, continued....

Marko Bailey received one CDX leg on Open A, placing second!! (*on his first try!!*) He also got is 5 and 6th leg for his RAE title.



Karen Nusbaum's GSDs, Kayla & Saxon, both earned Canine Good Citizen titles!

Tori Craig's Belle earned her Rally Novice title in Tallahassee!

Donna Fowler was named outstanding professor of the year for GCCC!!

Training Opportunities:

Obedience Run-Throughs \$1.00 per minute (max limit per run 10 minutes, but you can schedule multiple runs just not back to back)

Group Sits & Downs - \$3.00

Rally Run-Throughs \$2.00 per run or \$10.00 unlimited for that training session (unlimited runs, cannot be back to back)

All run-throughs must have at least 4 handlers preregister before training is schedule. Request Run-Throughs by emailing Lori @ Training@gpcdfa.org

[AKC's New Coursing Ability Test -Click here for more info](#)

Welcome New Members!!

Jennifer & Tom
Szymanowski

Candy Heintz



Contact Melissa at
BSCeltic@aol.com
if you are
interested in the
Working dog
class.



GPCDFA Awards Banquet

Congrats to our 2010 award winners!!



Breeder of the Year – **Scarlett & Tim Sanders**

Member of the Year – **Karen Stevens**

New Member of the Year – **Amy Roberts**

Lifetime member recognition:(active members who have been with the club over 20 years)

Margaret Adcock

Ann Robbins

Melinda Everett

Pam Robbins

Richard Robbins



Holiday Cookout!!

We'll be holding a clubhouse clean up and cookout day on Saturday July 2nd starting a 9:00am. The goal will be to get equipment event rooms sorted out and do just some general cleaning.

Also, we **WILL** be having a cookout that day (thank you Lori). Please bring your own beverage of choice. Dogs are welcome but be prepared to crate yours if needed, and keep in mind that your dog's idea of the perfect playmate may not be the other dog's so we will need to monitor the play times. We also want to be sure the dogs don't get under foot during the clean up times.

Please join us for the fun! Everyone is welcome - it's a great way to kick off the weekend! **Please rsvp to Lori so she can plan the food accordingly.**

OUT AND ABOUT WITH THE DOGS (& people!) OF GPCDFA!!



[Click link - Why won't you play with me?](#)

