

Dear Dog Lover,

Our monthly story at the end of this email: "HyperDog"

Our **last agility classes of the year start Nov 27**. They'll run for 3 weeks, then have a break of 3 weeks, and continue on Jan 8 until Jan 22. The next agility classes start Feb 5.

Our **last behavior class of this year will be a Puppy 1 Class, starting Nov 30**. The Puppy 1 Class is designed for dogs from 8 weeks to about 5 months, smaller dogs can be older. We had small breeds like Chihuahua or Dachshund in this class that were several years old and it worked very well.

We're now ready to take sign-ups for our **Mushing and Skijor Workshops in Jan/Feb 2011**. You don't need any equipment for Mushing Part 1, and we'll have limited loaner equipment for Mushing Part 2 and for the Skijor Workshop. For the Skijor Workshop you'll need your own skis and poles and should be an intermediate skier. We do have harnesses, skijor belts and lines as well as little sleds for sale, if you want to reserve yours for the workshop. Check out the details for those seminars under 1) information on upcoming events.

Like last time you'll find all changes from the November newsletter in **RED** below. Please, even if you're already signed up, check the schedule below to see if your class is affected.

Enjoy the snow, get out with your dog(s),
Claudia

Below you'll find:

- 1) **Information on upcoming events/ workshops**
- 2) **New classes and workshops: Dates and times of upcoming classes**
- 3) **How to sign up for the classes**
- 4) **Information on the Doggy Daycare and Open Play Times**
- 5) **This month's story: HyperDog**

1) INFORMATION ON UPCOMING EVENTS:

Mushing Workshop 2011:

Mushing Part I: Sunday, January 23rd, 10am – 2pm

Mushing Part II: Sunday, January 30th, 10am-1pm or 2pm-5pm (2 groups)

Instructor: Frank Sihler, Iditarod finisher

Mushing Part I - without your dog: \$70 or pre-registration \$65

- What equipment do I need? Connecting the dogs to the sled, the harness, booties, musher's gear
- Making your own lines from polyrope (material will be provided)
- The sled – parts, types, driving techniques
- Practical training – sled pulled by snowmachine

Mushing Part II – with your 1-2 dogs: \$80 or pre-registration \$75 (Mushing I+II: \$140/ \$130)

- Safely hooking up the dog(s), "Line Out!"-command
- Practice with your own dog team (1-2 dogs)

- Teaching the dog(s) to pull despite handler being behind them on the sled
- Safe mushing – uphill, downhill, curves, other teams
- How to teach directions
- After the run: checking the dogs for injuries – what if?

If you'd like to try it out before buying all the equipment: we have a couple loaner sleds and loaner dogs, to add to your one-dog-team ☺.

Skijor Workshop 2011:

Skijor Workshop: Sunday February 6th, 10am

Instructor: Kirsten Ballard, US World Championship Skijor team

Skijor Seminar: \$60 or pre-registration \$55

For intermediate cross-country skiers – one dog per skier.

- Learn to ski with your dog
- Teach your dog to run in front of you
- Part indoors, then outdoors on trail (at the dog training facility)

2) DATES AND TIMES OF UPCOMING CLASSES:

Drop-in classes running right now:

Instructors: Claudia, January

Weekly every Tuesdays we can offer 2 classes back to back.

Indoors or outside – please bring clothes accordingly. Punch card available online.

Nose Work (maximum 6 dogs – please call to reserve a spot):

Tuesdays 5:15-6:15pm

Tuesdays 6:30-7:30pm

No classes on Nov 23rd (week of Thanksgiving), Dec 21st and 28th.

Rally Practice: On Thursdays, January 13, 20 and 27 from 5-6pm (please call to decide level of course)

Agility classes starting Nov 27th:

Instructors: Claudia, Kat

The classes will run for 6 weeks, with a break on Dec 18th, 25th and Jan 1st, and end Jan 22nd.

Saturday 10am-12pm (class 10:30-11:30am): Agility Puppy/Beginners

Saturday 11:30am-1pm (class 12-1pm): Agility Skills Training

Lunch break: 1-2pm

Saturday 2-4pm (class 2:30-3:30pm): Agility Sequencing

Saturday 3:30-5pm (class: 4-5pm): Agility Trialing 1

Saturday 5-6:30pm (class:5-6pm): Agility Trialing 2

Behavior class starting Nov 30th:

Instructor: Heather

The classes will run for seven weeks, have a break on Dec 21st and 28th, and end Jan 25th. ..

Tuesday 8-9pm: [Puppy 1 – Preschool](#) (first week: 6:30-9pm without the dogs)

Behavior classes starting Jan 12th/13th:

Instructor: Claudia

All classes will run for seven weeks, and end Feb 23rd/24th.

Wednesday 5-6pm: [Puppy 1 – Preschool](#) (first week: 6-8:30pm without the dogs)

Wednesdays 6:15-7:15: P1 or FC overflow class

Wednesdays 7:30-8:30pm: [Foundation Class](#) (first week: 6-8:30pm without the dogs)

Thursday 5-6pm: Rally Practice (until Jan 27th)

Thursday 6:15-7:15: [Puppy 2 - Kindergarten](#) P1 or FC overflow class

Thursdays 7:30-8:30: [Elementary School](#)

Mushing Workshop Jan 23rd/30th:

Instructor: Frank

Sunday, Jan 23, 10am-2pm: [Mushing 1](#)

Sunday, Jan 30, 10am-1pm or 2-5pm: [Mushing 2](#)

Behavior class starting Feb 3rd:

Instructor: Claudia

High School runs for 4 weeks and ends Feb 24th.

Thursday 5-6pm: [High School](#)

Skijor Workshop Feb 6th:

Instructor: Kirsten

Sunday, Jan 23, 10am-2pm: [Skijor](#)

Upcoming classes:

Feb 5: Agility classes

Mar 9/10: Behavior classes

3) HOW TO SIGN UP FOR THE CLASSES:

It's easy!!! On our webpage www.bettercompanion.com, use the menu bar on the left. You'll find a button "Classes", with the subtitle "Registration", which brings you directly to the **one registration form for ALL classes and workshops**. After clicking "enroll" at the end, you'll get to the pricing and payment page, which

explains all payment options, policies, and allows you to pay online, too. You can also check out the pricing page first, to learn about prices, payment and cancellation policies. Take advantage of our **pre-registration fee** by signing up a minimum of **14 days before the start of your class**. Please read our cancellation policy on the pricing page – you almost can't lose!

Puppy 1 Preschool clients, please remember you can also purchase the **Puppy School Packet**, including P1 and P2 class. You only have to commit to the seven weeks of P1 class, and will receive a voucher for P2, valid for 1 full year! For P2 voucher holders, the voucher will be your payment. After you fill out the registration form for P2, you can email us the voucher number, mail the voucher to us or drop it off at the facility.

Reserve your spot! Please note **our registration policy: Only the payment will hold your spot.** Spots are reserved in the order we receive payment for them. **Always sign up for the class you want to join**, even if it could be full. Only the payment will keep you on the waiting list, in case somebody else drops out before the class starts. **Your payment is never lost**, even if the class is already full. Your payment will 1) save you a spot at the class, or 2) save you a spot on the waiting list, or 3) can be carried over to a later class, or 4) can be refunded if I couldn't get you in the class you chose, or 5) can cause me to open an overflow class ☺. Just as a note: I sometimes get up to three dogs per class moved in from a waiting list before the class even starts. **We now can take credit card payments over the phone and at the facility.**

4) DOGGY DAYCARE AND OPEN PLAY TIMES:

Doggy Daycare: Our regular hours are now from 6am-7pm. That means NO SURCHARGE for drop-offs any time after 6am!

The fee for the monthly daycare is \$325.

BetCo will be closed Dec 18 - Jan 2

Last Daycare Friday, Dec 17th, 2010

Daycare resumes Monday, Jan 3rd, 2011.

If you get a monthly pass that starts after Nov 18th, we'll add 14 days to make up for that time.

Open Play Time: Come with your dog for one hour of dog play and dog owner social time. Each dog must be supervised by an adult handler, one dog per handler only. Vaccinated dogs only (5-way/DHPPi, dogs over 6 mo: Rabies, Bordetella). We also require having the dog dewormed or a fecal sample checked.

BetCo will be closed Dec 18 - Jan 2

Last Open Play Time Friday, Dec 17th, 2010

Open Play Times resume Monday, Jan 3rd, 2011.

First-timers: bring your vaccination papers, we want to see them! Dogs over 6 months, please for the first time make an appointment with us to come on a Friday, when Claudia and Frank are managing the play times. After that, we'll discuss with you which hour will be best and if you can come Mondays as well.

Fee: \$7 at the door or punch card \$35 for 6 visits.

Our Open Play Times (indoors + outdoors) have become a safe playground for dogs of any size due to the newer size restrictions for each group. Only timid and absolutely non-reactive dogs can be slightly heavier than the group limit. The group from 7-8pm is limited to 8 dogs, and reservations can be made in advance. Just call us and we explain the details.

Every Monday AND Friday:

5-6pm: toy and small dogs and puppies up to 25#

6-7pm: puppies and medium adult dogs 30-50# (giant breed puppies can be heavier)

7-8pm: Large adult dogs over 60# (indoors: 8 dogs max; outdoors: 10 dogs max)

8-9pm: By appointment only

You can check the web page www.bettercompanion.com for info on classes, facility, and schedule, read testimonies from other students, print out the registration form...

Or contact us by email or phone (see below).

5) HYPERDOG

BEHAVIOR BLUEPRINTS from www.jamesandkenneth.com

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Puppies are naturally noisy and hyperactive. Puppies are exuberant when greeting, playing, and when expressing friendliness and appeasement. However, adult dogs are noisy and hyperactive because they are untrained and have unintentionally been encouraged to act that way. For example, eagerly jumping puppies are petted by people, who later get angry when the dog jumps up as an adult.

The dog's only crime? It grew!

Sadly, adult dogs receive considerable abuse for expressing their enthusiasm and exuberance. For example, "The Trainers from the Dark Side" recommend teaching a dog not to jump up by shouting at the dog; squirting him in the face with water or lemon juice; swatting him on the nose with a rolled-up newspaper; yanking on the dog's leash; hanging the dog by his choke-collar; squeezing the dog's front paws; treading on his hind paws; kneeling the dog in the chest; or flipping the dog over backwards. Surely these methods are a bit cruel for a dog that's just trying to say hello. Indeed, in the words of Confucius, "There is no need to use an axe to remove a fly from the forehead of a friend." Why not just teach dogs to sit when greeting people? Be smart. Be kind. Teach your puppy (or adult dog) to settle down and shush when requested and how to greet people in a mannerly fashion. Both dog noise and exuberance may be controlled and channeled into appropriate outlets.

Sit and Settle Down

Lure-reward train your puppy or dog to come, sit, and lie down. Simple instructions such as "Sit" and "Lie down" are extremely effective solutions for nearly all doggy activity problems. Rather than telling the pup "No, no, no!" and "NO!" for everything she does that annoys you, simply ask her to lie down, and then praise and reward her for doing so. If she lies down obediently, she cannot run around the living room, chase her tail, chase the cat, hump the cat, jump on the furniture, jump up and down in the car, run out the front door, or chase and jump on children. Lying down and most behavior problems are mutually exclusive; your dog cannot lie down and misbehave at the same

time. Take the initiative and direct your puppy's behavior by teaching her to lie down on request. Rather than feeding your puppy from a bowl, weigh out his kibble in the morning and use individual pieces as lures and rewards during oodles of five-second training interludes throughout the day. Practice in every room of the house, in the car (while stationary), and on walks. Pause every 25 yards and instruct your puppy to perform a series of body positions: for example, sit-down-sit-stand-down-stand. Within just a couple of days you'll have a totally different dog. Simple reward training methods work wonders with out-of-control adolescent and adult dogs. Hold a piece of kibble in your hand but don't give it to your dog. Stand perfectly still and give no instructions; simply watch to see what your dog does. Characteristically, the dog will run through his entire behavior repertoire. Your dog will wiggle, waggle, circle, twirl, jump-up, lick, paw, back-up, and bark...but eventually he will sit or lie down. Praise him and offer the piece of kibble as soon as he sits (or lies down—your choice). Then take a gigantic step (to reactivate Rover), and stand still with another piece of kibble in your hand. Repeat the above sequence until Rover sits immediately after you take each step and then begin to progressively increase the delay before offering the kibble. Maybe count out the seconds in "good dogs"—"Good dog one, good dog two, good dog three, etc." If Rover breaks his sit while you are counting, simply turn your back on him, take a three-second timeout, and repeat the sequence again. In no time at all you will be able to count out 20 "good dogs" as Rover sits and stays calmly, looking up at you expectantly. Move from room to room repeating this exercise. When walking Rover, stand still every 25 yards and wait for him to sit, then praise him and continue the walk. After handfeeding your dog just one meal in this fashion indoors and on one long walk with sits every 25-yards, you'll have a calmer and much more attentive dog.

Jumping Up

Jumping up deserves a special mention because it is the cause of so much frustration and abuse. Right from the outset, teach your puppy to sit when greeting people. Sitting is the obvious theoretical solution because a dog cannot sit and jump up at the same time. However, it may initially be difficult to teach your dog to sit when greeting people because he is so excited that he doesn't hear what you say. Consequently, you will need to troubleshoot his training.

First practice sits (as described above) in locations where your dog normally greets people, e.g., on-leash outdoors, and especially indoors by the front door. Then invite over ten friends for a dog training party. Today your dog's dinner will be handfed by guests at the front door and by friends on a walk. After eventually getting your dog to sit to greet the first guest, praise your dog and have the guest offer a piece of kibble. Then ask the guest to leave and ring the doorbell again. In fact, repeat front-door greetings until your dog greets the first guest in a mannerly fashion three times in a row. Then repeat the process with the other nine guests. In one training party you will probably practice over a hundred front-door greetings. Then ask your all your guests to leave one at a time and walk round the block. Put your dog on leash and walk around the block in the opposite direction. As you approach each person, instruct your dog to sit. Praise him when he does so and have the person offer a couple of pieces of kibble. After five laps, you will have practiced 50 sidewalk greetings. Now your dog will be ready to sit to greet bona fide guests at home and strangers on the street.

Put Doggy Enthusiasm and Activity on Cue

To be fair to your dog, make sure that she has ample opportunity to let off steam in an acceptable fashion. Sign up for flyball and agility classes. Play fetch with tennis balls and Frisbees and do yo-yo recalls (back and forth between two people) in the park. Formalize "crazy time"—train your dog to jump for bubbles, or play "tag" and chase your dog around the house. And maybe train your dog that it is acceptable to jump up on cue—to give you a welcome-home hug.

To learn more, read Doctor Dunbar's Good Little Dog Book and our HyperDog booklet, available on-line from www.amazon.com. To locate puppy, adolescent, flyball, and agility

classes in your area, contact the Association of Pet Dog Trainers at www.apdt.com.

BEHAVIOR BLUEPRINTS from www.jamesandkenneth.com

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Happy training,
Claudia
Claudia Sihler, CPDT-KA
(Certified Professional Dog Trainer)

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We hope that you enjoy receiving monthly class information from The Better Companion. If you prefer not to receive future emails, please send a little note to unsubscribe.

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