

WERRIBEE WAGGER

ABN 51279508568

ESTABLISHED 1976

ACN A0009348R

PO Box 2 WERRIBEE VIC 3030

PH: 9742 2277 (Sat Only)

DECEMBER 2025



Induction/Information Officer
Phone: 0403 362 373

Email: info@werribeeobediencedogs.org

Website: <http://www.werribeeobediencedogs.org>

FaceBook: <http://www.facebook.com/WerribeeObedienceDogClub>

Photos from the recent
funday event

NOTE: The 'Werribee Wagger' is published monthly for our members to be kept up to the minute with any important announcements raised by our committee and or Instructors. Articles appearing in this Newsletter are considered to be of interest to our readers, but do not necessarily express the opinions of the Committee or of our Editor. The Committee and Editor accept no responsibility for any claims made by the advertisers.

President's Report

By Ray Ashman, President

Hi All,

As we reach the end of our training year, I want to thank everyone for their commitment and enthusiasm throughout 2025. Our final day was planned as a fun-filled wrap-up to the year, but unfortunately the weather had other ideas—cold and wet conditions made the day far less enjoyable than we'd hoped.

Looking ahead, our first day of training for 2026 will be Saturday, 7 February. We will continue using the web-based booking system for both Saturday afternoon and Wednesday night classes. As always, updated booking links for the new year will be included in our monthly newsletters.

This year has certainly flown by and has brought its share of challenges for the committee. I would like to thank everyone—members, instructors, and volunteers—for your ongoing support and flexibility.

The Bureau of Meteorology is forecasting a return to hot summer conditions. Over the holiday break, while visiting family and friends, please remember to look after your furry family members on warm days. Ensure they have plenty of fresh water available—having more than one bowl out is a great safeguard in case one gets overturned.

Rules Information Sessions

I will be running two information sessions covering the new Obedience and Rally rules, which come into effect on 1 January 2026:

- **Obedience:** Saturday, 13 December
- **Rally:** Sunday, 14 December
- **Start time:** 10:00am for both sessions

Please download the updated rules from the Dogs Australia website:

<https://dogsaustralia.org.au/members/rule-regulations/rules/>

The club will be providing sausages, hamburgers, and salad for a light lunch on both days. For catering purposes, please book the day(s) you will be attending via the ring booking page.

I would like to wish all members a very Merry Christmas and a happy, safe New Year.

Thank you for being part of our club and for making 2025 such a positive and rewarding year.

Ray Ashman

President



Rules Information Sessions

Ray will be holding two information sessions on the **new Obedience and Rally rules**, which take effect from **January 1st, 2026**:

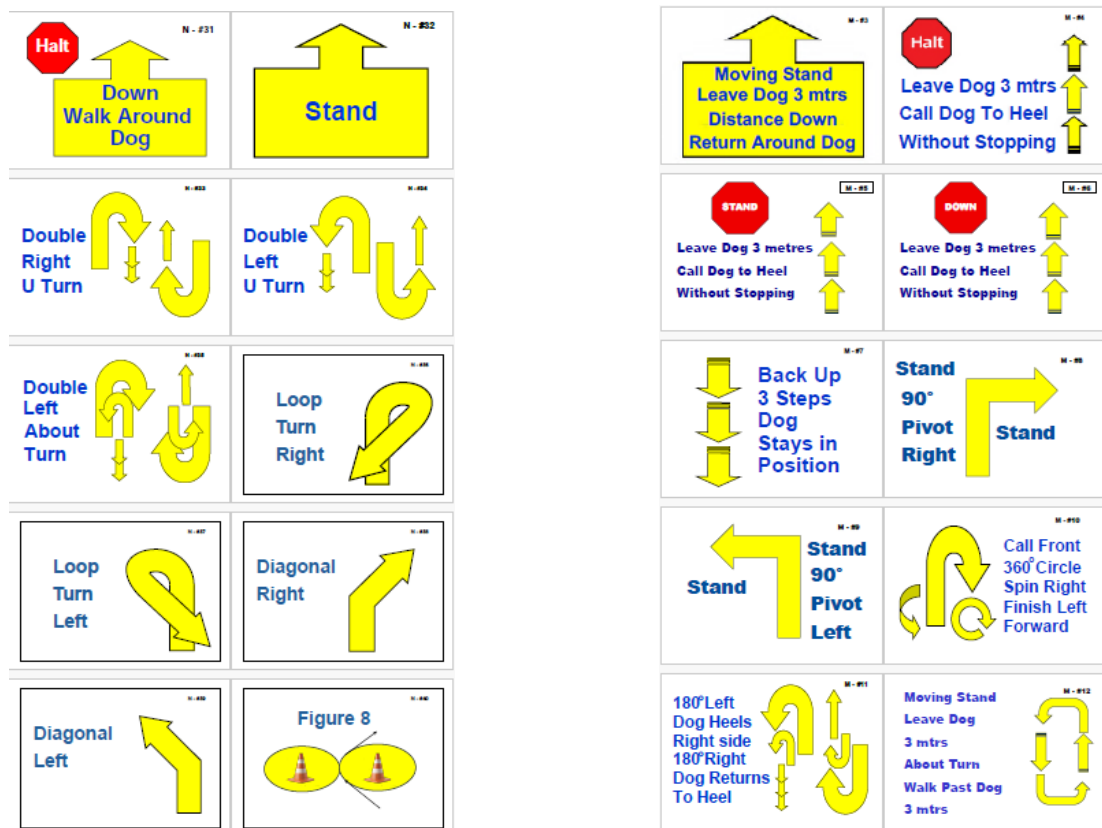
- **Obedience:** Saturday, December 13th
- **Rally:** Sunday, December 14th
- **Start time:** 10:00am (both sessions)

Please download a copy of the updated rules from the Dogs Australia website:

🔗 <https://dogsaustralia.org.au/members/rule-regulations/rules/>

The club will be providing sausages, hamburgers, and salad for a light lunch on both days. For catering purposes, please book the day(s) you will be attending via the ring booking page. [Ring Training](#)

Dogs are welcome on both days for demonstrations and practice.



Share your story!

WODC would love to hear from its members!

Have a WODC story about your dog to share? A brag? An exceptionally cute photo for the cover image?

Send in a photo and your story to info@werribecobediencedogs.org to be included in a future newsletter!

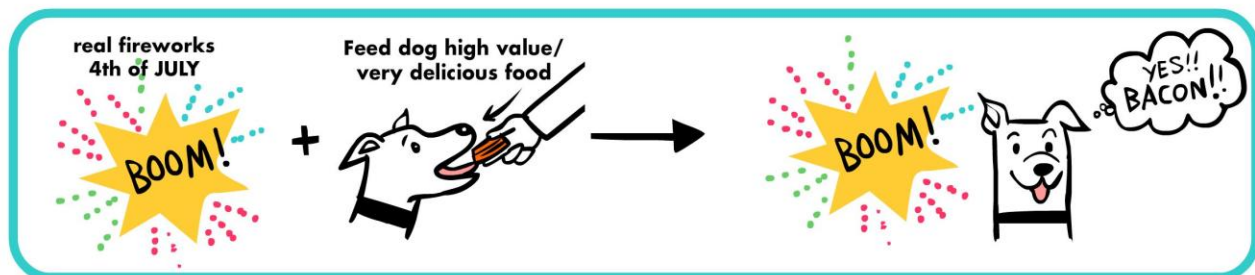
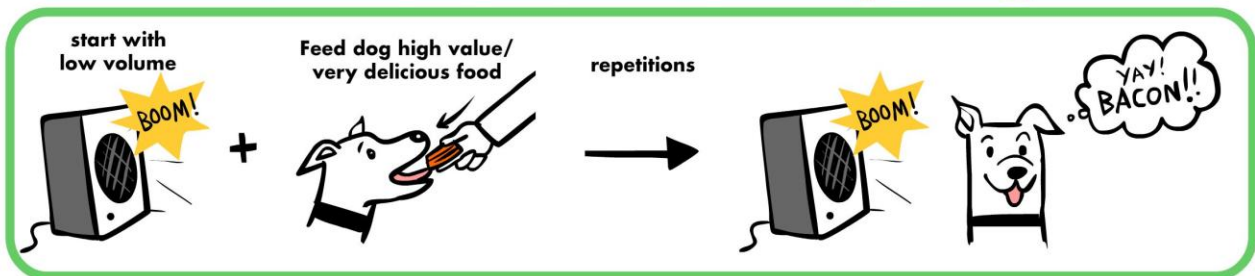
Behaviour game: Fireworks

The following infographic from Lili Chin: <https://doggiedrawings.net/> to help prepare you for the New Year Fireworks

Counterconditioning: Fear of Fireworks

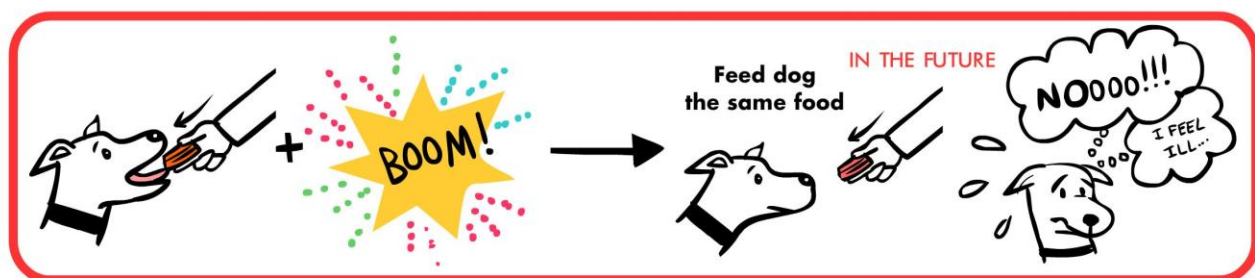
1. **PREPARE IN ADVANCE:** Use low volume recorded noise to start.
2. Use a high value (very delicious) known food.
3. Timing is important. The eating comes **AFTER** the aversive stimulus.

START EARLY to make it easier for your dog



COMMON MISTAKE

When **GOOD STUFF** comes **BEFORE** THE SCARY STUFF,
the food can be associated with the bad stuff and lead to stress/nausea for the dog.
This also does not change the dog's fear of fireworks.



DISCLAIMER: This is a rough guide. Please work with a professional. © Lili doggiedrawings.net

Training game: Play Way

The following infographic from Amy Cook PHD playwaydogs.com to give you games to play with your dogs. You can play these games when waiting for classes, so they do not get overexcited waiting around for their turn. You can also use these games to distract your dogs from trouble while going on walks.



Social Play is an excellent way for a dog to be in a happy state of mind and to be physically relaxed or loosened up. Playing also lets us know if a dog is truly relaxed or concerned about anything, so we can more effectively help them feel better.

Good play is an **INVITATION**. We invite our dog when they are looking at us, not when they are busy. We don't pressure them, as grabbiness, pushiness, and nagging are a turn-off. Pause and greet again before making a new suggestion. If your dog doesn't take up your suggestion but is still attentive, try something new.

FLIRT! Use SUSPENSE.

Not all play involves touching, but good play will have an element of suspense! Take pauses. Do not rush.

- ✓ Start with slower, softer energy.
- ✓ Give your dog plenty of room to move around freely.
- ✓ Invite, wait, listen to your dog's response (body language)
- ✓ Take "no" as an answer. PAUSE. Try something different.
- ✗ Don't make your dog feel trapped or overwhelmed.
- ✗ Don't make your dog wrong.

You want your dog to feel SAFE to open up and play with you. IF you touch your dog, use the 3-SECOND RULE. Pull back after 3 seconds, staying engaged. Does your dog come back to you?



Be in your dog's ENERGY RANGE!

What is your dog's energy level?

- If your dog is overexcited (eg, 8) slow down to a 6-7.
- If your dog is unsure or shy (eg, 2) try 1-3.

With SOCIAL PLAY, the use of toys or food is not essential because you are not teaching your dog how to play. You are **playing** with your dog and learning what they like!

Play is a CONVERSATION. Here are some ideas to develop a "play vocabulary" with your dog:

YOU are the **PREDATOR!**



"Claw" Hands



Flat Hands



"Bitey" hands



"HAR" mouth

* Stay on the floor



YOU are the **PREY!**



Hiding face



Pulling Away



"Piano Hands"



Rolling, Flopping over



How is your dog responding?



If your dog disconnects from you and looks towards something more interesting or concerning (that is not too close), let them process the other thing. Don't pressure them to come back to you.

When you let your dog **look and dismiss** the other thing on their own, the more of their attention that you really have when you get it!



At first you may get a lot of "Not Now"s. If your dog shows confused signals or becomes busy doing other stuff, hold back. (Especially with the "shy" dogs) Your dog may not understand what you are doing.

When they approach you again, check your energy level, greet again, and try something different.



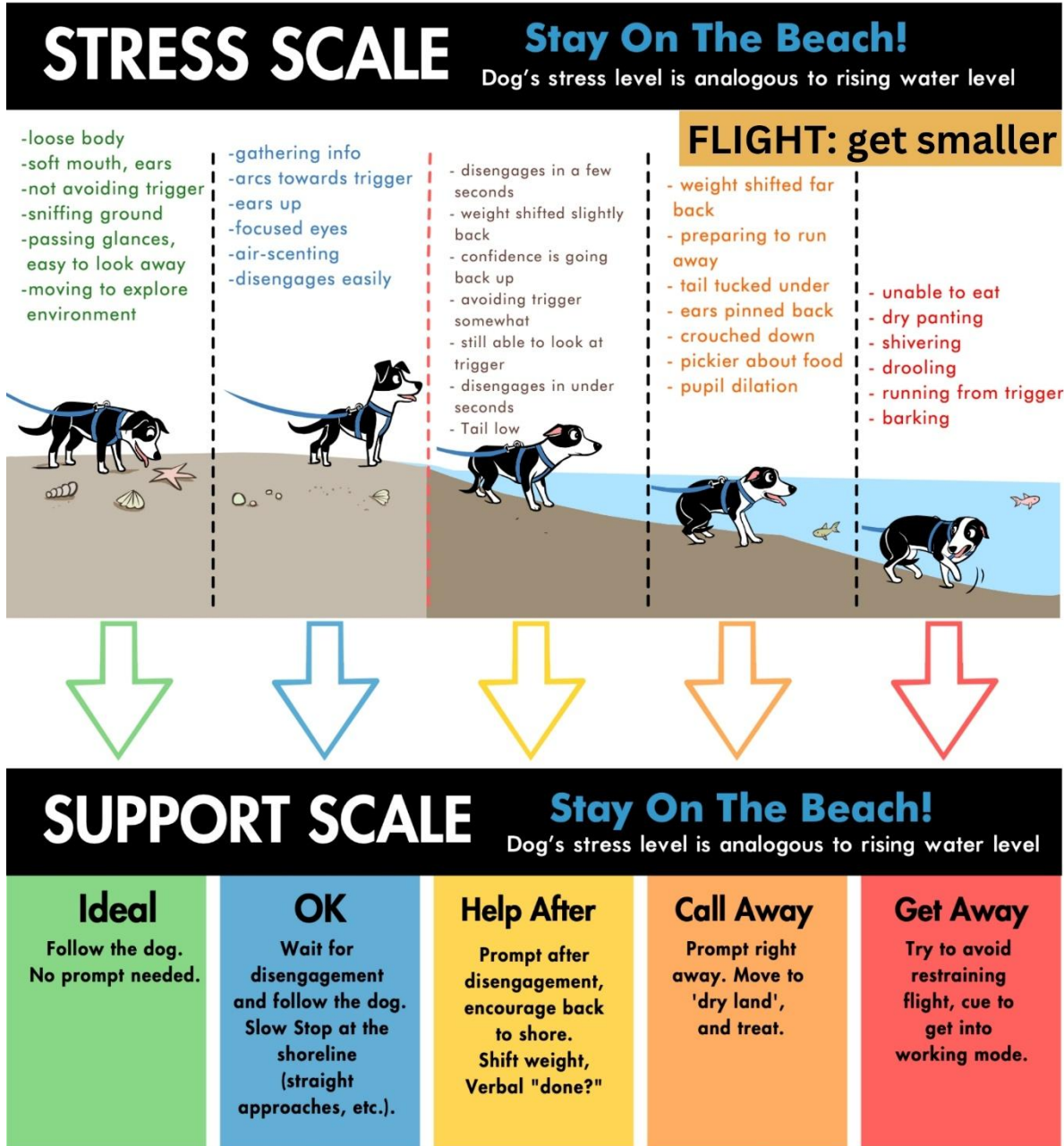
When you do something that your dog likes, they will keep coming back to you. Their bodies are loose and curved. They may roll around, jump on you, or fake-bite you. They may even laugh!

Now that you know what your dog likes, you can do it over and over again!

Taught by Dr. Amy Cook playwaydogs.com illustrated by Lili Chin doggiedrawings.net

Dog Behaviour:

The following poster is from the Behaviour Adjustment Therapy 2.0 book. Holidays can be stressful times for dogs, keep an eye on their body language and make sure to give them lots of breaks!



From the BAT 2.0 book © Grisha Stewart: school.grishastewart.com/bat2

Dog Health and Wellbeing

The following is from Murdoch University, print it out and put it somewhere easy to refer to

PETS IN SUMMER SERIES

HEATSTROKE IN FAMILY PETS

What to do if you suspect heatstroke

- 01** Hose down your pet thoroughly so that their padding slows down and to prevent their body temperature from rising further.
- 02** Bring your pet to tell them you are on your way. If immediate action is required, don't take a 'wait and see' approach.
- 03** In the car, keep your air conditioning on or your windows down to keep your pet cool.
- 04** At the vet, treatment for heatstroke may include intravenous fluids, oxygen or a blood test to determine if organ damage has occurred.
- 05** Severe cases can have a significant risk of death and may require hospitalisation for 1-10 days.

What symptoms to look for

1. AN ANXIOUS EXPRESSION OR STAMING APPEARANCE
2. HEAVY PANTING AND RASPY BREATH
3. OPEN MOUTH BREATHING
4. BRIGHT RED GUMS
5. SALIVATION
6. VOMITING
7. COLLAPPING, STUMBLING OR FALLING DOWN
8. ELEVATED RECTAL TEMPERATURE
9. LIVING FLAT SURFACES
10. SKIN FEELS WARMER THAN USUAL
11. SEIZURES

Types of pets most susceptible to heatstroke

- Short snout breeds - Pugs, Bulldogs:** A pet that has had heatstroke before could be at a higher risk of getting it again.
- Elderly or ill pets:** Pets with heart conditions.
- Cats with shortened faces like the Persian:** Dogs which exercise excessively in hot weather.
- Dogs that snore or have airway problems:** Pets which have recently been relocated to hotter climates.
- Pets which are cageed or unable to seek cooler environments:** Dogs which are overweight.

Why your dog may be more likely to get heatstroke than you

DOGS CAN'T SWEAT. THEIR ONLY EFFECTIVE METHOD OF COOLING IS PANTING.

YOUR DOG CAN'T ASK FOR A DRINK OR TELL YOU IF THEY ARE TOO HOT.

DOGS ARE SO EAGER TO PLEASE THEIR OWNERS THEY OFTEN WON'T STOP PLAYING UNTIL THEIR BODIES CAN'T TAKE ANY MORE.

What heatstroke can do to your pet

The closer the temp of the day is to your pet's body temperature, the harder it is for them to keep themselves cool.

Pet Type	0°	10°	20°	30°	40°
DOGS	37.2°-39.2°				
CATS	37.2°-39.3°				
BIRDS	38.5°-39.5°				
RABBITS	38.4°-40°				
GUINEA PIGS	37.5°-39.5°				

What to do on a hot day with your pets

- Ask your neighbour to check on your pet if it is kept outside.
- Keep your pet inside.
- Make sure your pet has a shady area to escape to.
- If you don't have air conditioning, increase the fans to circulate.
- Spray small animals with a water bottle or spray bottle with a mist.
- Make sure your pet has two bowls of water in case one gets knocked over.
- For guinea pigs and rabbits, put their cage under shade cloth to drop the temp while still allowing cool air to circulate.
- Exercise only in the morning when the temps are cooler.
- Provide your pet with a paddling pool to cool off.
- Repetitively wet your dog with a hose if they are panting heavily.
- Add ice cubes to water to extra to water to cool.

Brain damage - If severe may be permanent.

Swelling of the airways.

Kidney damage or failure.

Ulceration of the stomach and intestines.

Death

Muscle damage can be severe with exercise or seizures.

Organ failure if the body temp is over 40 degrees.

Bleeding disorders.

Liver damage and liver failure.

Lung damage.

www.murdoch.edu.au



Trial results



TRICKS

Labrador Retriever Club of Victoria

28/November/2025

Michelle and **Finnegan** gained a pass in Tricks Novice Trial 2 on 78.5 points.

Michelle and **Finnegan** gained a pass in Tricks Novice Trial 3 on 76.8 points.

DANCES WITH DOGS

Dances with Dogs Club of Victoria

15/November/2025

Alison and **Bones** passed gained second place in the Freestyle Novice in the PM trial on 126 points

If you would like your trial results printed in the Werribee Waggoner, please [fill out this form and email your results to: \[info@werribeebobedienceclubs.org\]\(mailto:info@werribeebobedienceclubs.org\)](#). Only qualifying passes will be printed.

TROPHIES

If you have gained a title this trialling year (November 2024 through to 31 November 2025), and you meet criteria under the trophy policy, you can apply for a Trophy to be presented to you at the Presentation night! The Trophy Application Form [can be located here](#). It is also attached to the end of this document and can be asked for in the clubrooms.

DOG PHOTOS ON THE CLUBROOM WALL:

If your dog gains a title we would love to display their picture on the wall.

The pre-requisite for a dog picture to go on the wall is that the dog must have gained an obedience, rally, tracking, agility, or endurance title first. You will need to provide an 8"x 10" picture (**portrait only**) and all your dog's relevant details for a photo to go up on the wall. It is also your responsibility to inform the Secretary in writing if you require that your dog's photo details need to be updated at any stage.

If you have any queries, talk to the Secretary. Details can be found on the Trophy application form. Forms can be downloaded from the club's website under the Members Area tab OR collect a form from the training table, fill it out clearly and leave it at the office counter.



Booking in for training

No training until February next year

Are you waiting for class to start and your dog is getting silly?

Try finding your MOMENT of YES!



Reward for looking at other dogs!

Reward for sniffing the ground!

Reward for looking at you!

<https://decompressforsuccess.com/find-your-moment-of-yes>

CLASS EXERCISES

PUPPY CLASS All Exercises as per Class 1 – plus retrieving, puppy play and socialisation.

CLASS 1 All exercises on Loose Lead.

- Heel on lead with right / left turn and right / left about turn.
- Sit (Voice and lead/manually sit)
- Drop (from sit position)
- Stand – alongside handler.
- Recall (on lead, 4 metres) Progressing to handler returning around dog.
- Sit-Stay (10 seconds) Progressing to handler returning around dog.

CLASS 2 All Class 1 exercises plus:

- Heel on lead, plus all turns
- Slow pace
- Dog Introduction
- Stand Stay (on lead)
- Recall (on lead - Handler returns around dog)
- Sit Stay (30 seconds)
- Drop Stay (30 seconds - Handler returns around dog)

CLASS 3 All Class 1 & 2 exercises plus:

- Drop (whilst heeling)
- Figure of Eight
- Fast Pace
- Stand for Examination (Introduce lightly running hand over back & head). Recall Off Lead (maximum of 10 metres – lead up on lead)
- Finish on Lead
- Sit Stay (approx. 3 metres – 60 seconds with lead on the ground)
- Drop Stay (approx. 3 metres – 60 seconds with lead on the ground)

CLASS 4 (CCD) All Class 1, 2 & 3 exercises plus:

- Heeling on Lead
- Introduction to off lead heeling.
- Stand for Examination (on lead)
- Recall at least 12 metres – no lead up or finish)
- Change of Position Exercise – Drop in front of handler / lead on / return. Sit Stay (1 minute – approx.5 metres off lead)
- Drop Stay (2 minutes – approx.5 metres off lead)
- Introduction to Dumbbell / Retrieve Dumbbell Exercise. Introduction to Broad Jump.

CLASS 5 (NOVICE) All Class 1, 2, 3 & 4 exercises plus:

- All ANKC Novice Class Exercises including both optional exercises.
- All Stays with Distractions
- (Note: To be promoted from Class 5 to 6 you must attain three passes under an aspiring judge at a club Funday or three passes in the Novice class at a Trial, or a combination of each)

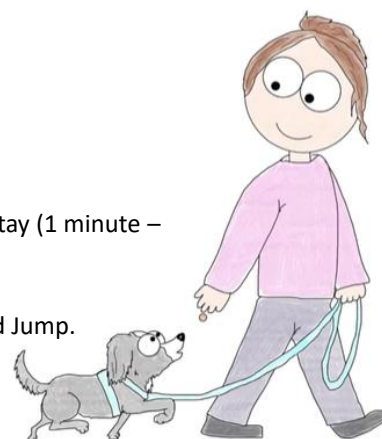
CLASS 6 (OPEN) Full Open Routine - All ANKC Open Class Exercises.

- (Note: To be promoted from Class 6 to 7 you must attain three passes under an aspiring judge at a club Funday or three passes in the Open class at a Trial)

CLASS 7 (UTILITY) Full Utility Routine (UD) - All ANKC Utility Class Exercises

CLASS 8 (UDX) Full Utility Dog Excellent Routine All ANKC UDX Class Exercises.

PLEASE NOTE: DO NOT ATTEMPT ANY OF THE EXERCISES ABOVE WITHOUT FIRST HAVING BEEN PROPERLY INSTRUCTED BY A CLUB INSTRUCTOR



RING TRAINING AND USE

Purpose of the Rings:

1. To enable Handlers to conduct training where a class is not available
2. To enable Handlers to gain ring experience for the class they are preparing to trial in

Ring setup times:

1. Set up will be at the completion of Agility training but not before 12:50pm

The criteria to use the Rings are:

1. You must help with the **setting up and/or packing down** of rings and equipment on the day.
 - a. If you set up equipment for your own use and no-one else is planning on using it, then you are required to pack it away again
2. Place your name on the ring running sheets located either inside the clubrooms or outside the rings against a time slot, which are a guide to the time you will be in the ring
 - b. Where time allocations have not been allocated, they can be used for training
3. You must be willing to assist running other members through the ring as they do to you, and act as a steward during training sessions
 - c. Inexperienced handlers will be assisted on developing their knowledge to do this
4. Group exercises will be conducted from 2:30pm only for aspiring trialling / trialling members in CCD (class 4) and above
5. Any additional requirements set out in the class listing below

Training rings have allocated times for setup and use and should be adhered to where possible. Packing up of the rings will occur after handlers have completed their time allocation but not be before 2:45 pm

Rings for Classes 4 (CCD) & 5 (Novice)

1. Handlers are able to use a rings as they become available i.e. if no UDX/UD/CDX dogs require the ring
2. Handlers must have an instructor or experienced person put them through unless you are a club instructor or a handler that has trained a dog to an Open Obedience title
3. Refer to criteria to use the Rings above

Rally Obedience Ring

1. Be at minimum class level of 3
 - d. Handlers may apply to the club's Chief Instructor if their dogs is in a class lower than 3
2. The Novice ring must have an experienced person / instructor available to instruct / run through a Handler (as a Handler you must also make yourself available to run other Handlers through on the day)
3. The Advanced, Excellent or Master courses are self-help and do not require an experienced person / instructor to run a Handler through the ring



WERRIBEE AGILITY DOGS (WADs)

at WERRIBEE OBEDIENCE DOG CLUB (WODC)



Dog

Agility is a fun activity where dogs and handlers work as a team. The dog negotiates various obstacles in a specified order directed by the handler.

Agility improves the teamwork and relationship between you and your best friend (your dog). Come and give it a go!

Agility Classes Include 🐾

- 🐾 Foundation Agility (level 1) “new bees”: for members in Class 1 obedience or above are welcome to join (dog’s age must be a minimum 1 year)
- 🐾 Pre-trial (level 2) / Novice Agility (level 3): for agility members who have passed the Foundation Agility Assessment.

Training will be on Saturdays 🐾

- 🐾 Foundation Agility (level 1) at 12:00pm - 12:45pm.
- 🐾 Pre-trial (level 2) / Novice Agility (level 3) at 10:00am - 12:00pm.

To attend book in at the following web address link before training:

[Agility Training Attendance Sheet](#)

In the same link as above on a separate worksheet is the “new members details” - all details must be filled in before training.

All agility members are also encouraged to join our Facebook Group:

[WODC Agility Facebook Group](#)

For further information contact Agility Trainer Carl: 0458651037



Tune in next year for the Trick Dog times and more dog sports summaries.



YOU ARE WELCOME INSIDE THE CLUBROOMS

OUR GREAT CANTEEN

Not only do we look after the humans, but you will also find a range of dog treats, leads, collars, head collars and everything you need for training with your dog. Members are also welcome to help themselves to the free tea and coffee facilities located straight across from the front door. You will also find a donation tin there if you wish to make a donation.

And after a hard day's training why not come inside to relax and have a chat in a friendly atmosphere.

So please do come on inside, you will be amazed what you will find in there!!!

Drinks

Water

Tea and Coffee

Soft Drinks

Hot Chocolates

Food

Dim Sims

Pies

Sausage Rolls

Pasties

Chips

Twisties

Chocolate Bars

Eftpos available, no limit



TOYS

The club has a wide arrange of dog toys for sale.
They are well below the price that pet shops sell them for.
Please come into the club rooms and browse what we have.

A small example of the different toys we have are:

- KONG Wubba Ballistic Friends Small
- Zippy Paws Zippy Burrow Interactive Dog Toy

We hope to have a different set of toys every couple of months, but this will depend on the amount of sales we have.

If there is a particular toy you would like to purchase, take a photo of it and price and let us know and we will see if we are able to get it at a better price!



WEATHER POLICY

THE CLUB WILL INVOKE IT'S HOT/WET WEATHER POLICY WHEN WEATHER CONDITIONS ARE UNSUITABLE TO CONDUCT DOG TRAINING.

IN THE EVENT OF HOT WEATHER:

WITH REGARDS TO SATURDAY TRAINING - ALL TRAINING AT W.O.D.C. WILL BE CANCELLED IF THE MAXIMUM TEMPERATURE REACHES THIRTY-THREE (33) DEGREES.

IF THE WEATHER FORECAST AS AT 1900 (7.00PM) ON FRIDAY EVENING AS COMMUNICATED BY THE BUREAU OF METEOROLOGY (www.bom.gov.au) IS EQUAL TO OR FORECAST TO EXCEED THIRTY-THREE (33) DEGREES CELSIUS ON THE FOLLOWING DAY (SATURDAY) – TRAINING FOR THE ENTIRE DAY IS CANCELLED.

IF THE TEMPERATURE ON SATURDAY AFTERNOON IS BETWEEN TWENTY-EIGHT (28) AND THIRTY-TWO (32) DEGREES CELSIUS – CLASS TRAINING WILL BE SHORTENED TO A TOTAL OF THIRTY (30) MINUTES.

IN THE EVENT OF WET WEATHER:

ALL TRAINING IN CLASSES AND RINGS WILL CEASE IMMEDIATELY IF THERE IS THUNDERSTORMS / LIGHTING OR HEAVY RAIN.

COMMITTEE & INSTRUCTORS WILL DECIDE IF AND WHEN IT IS SAFE TO RETURN TO THE TRAINING

WANTED: COMMITTEE MEMBERS



Werribee Obedience Dog Club would not exist without the wonderful members that volunteer their time to become a Committee member. We are looking for volunteers to put their hands up and be on the Committee for 2025.

Being on the Committee is a very rewarding experience as you are involved with both the routine running of the club and also the future of the club.

We would ask you to help out with counter duties for approximately 30 minutes on a Saturday and to assist at various other time of the year such as helping out on a Funday, at our Obedience Trial or other events.

Full training will be provided to all Volunteers so don't be afraid to give it a go and help the club!

For further information or any questions please speak to our Secretary, Jo Taylor.



OUR SPONSORS

When and wherever possible, please support the following businesses, as they support our club:



**HOPPERS CROSSING
VETERINARY CLINIC &
HOSPITAL**

Dr Kristi Green B.V.Sc (Hons). B.Sc (Hons)
Dr Roslyn Choi B.V.Sc
& Associates

Phone 9748 6644

Email: hopperscrossingvet@netspace.net.au
www.hopperscrossingvet.com.au
5 BARBER DRIVE HOPPERS CROSSING 3029



**BRITECH
SECURITY**

- Alarms
- Access Control
- CCTV
- 24 Hour Monitoring

9731 1663
www.britechsecurity.com.au

Licence No. 653-388-315 Registration No. 653-388-105

THANK YOU FOR YOUR SPONSORSHIP

PRACTICE AT HOME

The below sheets are from Dr Karen Overall's Calmness Protocol. This game is best practiced once a day, such as for dinner. The exercise lists are guidance only (you can teach it with a down or stand if you prefer).

You can practice this at home or at WODC or when you are on the go! Print them out and take them with you or come ask the clubhouse to print them out for you.

Tips:

1. Reward your pet after each step.
2. Stop when either one of you is tired or worried.
3. If your dog makes a mistake, start over from Step 1 – or stop for the day if you have already done a lot of the steps and start that level over the next day.

Exercise Level 1

- Sit for 2 seconds
- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you take 1 step back and then return
- Sit while you take 2 steps back and then return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you take 1 step to the right and then return
- Sit while you take 1 step to the left and then return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you take 2 steps back and return
- Sit while you take 2 steps to the right and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you take 2 steps to the left and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you clap your hands softly once
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you take 3 steps back and return
- Sit while you count out loud to 3

- Sit while you count out loud to 5
- Sit while you count out loud to 10
- Sit while you clap your hands softly once
- Sit while you count out loud to 5
- Sit while you count out loud to 10
- Sit while you count out loud to 5
- Sit while you count out loud to 10
- Sit while you count out loud to 20
- Sit while you take 3 steps to the right and return
- Sit while you clap your hands softly twice
- Sit for 3 seconds
- Sit for 5 seconds
- Sit while you take 1 step back and return
- Sit for 3 seconds
- Sit for 10 seconds
- Sit for 5 seconds
- Sit for 3 seconds

Exercise Level 2

- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you take 1 step back and return
- Sit while you take 3 steps back and return
- Sit for 10 seconds
- Sit while you take 3 steps to the right and return
- Sit while you take 3 steps to the left and return
- Sit for 10 seconds
- Sit while you take 3 steps to the right and quietly clap your hands

- Sit while you take 3 steps to the left and clap your hands Sit for 5 seconds
- Sit for 10 seconds
- Sit while you walk one-quarter of the way around the dog to the right
- Sit while you take 4 steps back
- Sit while you walk one-quarter the way around the dog to the left
- Sit for 10 seconds
- Sit while you take 5 steps back from the dog, clapping your hands, and return
- Sit while you walk halfway around the dog to the right and return
- Sit while you walk halfway around the dog to the left and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you jog quietly in place for 3 seconds
- Sit while you jog quietly in place for 5 seconds
- Sit while you jog quietly in place for 10 seconds
- Sit for 10 seconds
- Sit while you jog one-quarter of the way around dog to right and return
- Sit while you jog one-quarter of the way around dog to left and return
- Sit for 5 seconds
- Sit for 10 seconds

Exercise Level 3

- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you take 2 steps backwards and return
- Sit while you jog 5 steps backwards from dog and return
- Sit while you walk halfway around the dog to the right and return
- Sit while you walk halfway around the dog to the left and return
- Sit while you take 10 steps backwards and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you take 10 steps to the left and return

- Sit while you take 10 steps to the right and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 15 seconds
- Sit for 20 seconds
- Sit while you walk halfway around the dog to the right, clap your hands, and return
- Sit for 20 seconds
- Sit while you walk halfway around the dog to the left, clap your hands, and return
- Sit for 10 seconds
- Sit while you jog 10 steps to the right and return
- Sit while you jog 10 steps to the left and return
- Sit while you jog in place for 10 seconds
- Sit for 5 second
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you jog in place for 20 seconds
- Sit for 10 seconds
- Sit while you jog backwards 5 steps and return
- Sit while you jog to the right 5 steps and return
- Sit while you jog to the left 5 steps and return
- Sit for 5 seconds while you clap your hands
- Sit for 10 seconds while you clap your hands
- Sit for 10 seconds
- Sit for 5 seconds

Exercise Level 4

- Sit for 5 seconds
- Sit for 10 seconds
- Sit while you jog backwards 5 steps and return
- Sit for 5 seconds
- Sit for 10 seconds
- Sit for 20 seconds
- Sit while you jog halfway around the dog to the right and return
- Sit while you jog halfway around the dog to left and return

- Sit while you move three-quarters of the way around the dog to the right and return
- Sit while you move three-quarters of the way around the dog to the left and return
- Sit while you jog backwards 5 steps, clapping your hands and return
- Sit for 10 seconds
- Sit for 15 seconds
- Sit while you clap your hands for 20 seconds
- Sit while you quickly move backwards 10 steps and return
- Sit while you quickly move 15 steps backwards and return
- Sit for 20 seconds
- Sit while you jog halfway around the dog to the right and return
- Sit while you jog halfway around the dog to the left and return
- Sit while you quickly walk 15 steps to the left and return
- Sit while you quickly walk 15 steps to the right and return
- Sit for 20 seconds
- Sit while you move three-quarters of the way around the dog to the right and return
- Sit while you move three-quarters of the way around the dog to the left and return
- Sit while you walk all the way around the dog
- Sit while you walk approximately 20 steps to an entrance and return
- Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Sit while you walk around the dog, quietly clapping your hands and then return
- Sit for 20 seconds
- Sit while you quickly jog around the dog
- Sit for 20 seconds
- Sit for 10 seconds while you clap your hands

Exercise Level 5

- Sit for 5 seconds
- Sit for 15 seconds
- Sit while you walk quickly 15 steps to the right and return
- Sit while you walk quickly 15 steps to the left and return
- Sit while you walk approximately 20 steps to an entrance and return
- Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Sit for 20 seconds
- Sit while you walk around the dog, clapping your hands Sit for 20 seconds
- Sit for 10 seconds
- Sit while you walk quickly backwards, clapping your hands, and return
- Sit while you walk approximately 20 steps to an entrance and return
- Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit for 10 seconds
- Sit while you walk quickly backwards, clapping your hands, and return
- Sit while you walk approximately 20 steps to an entrance and return
- Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit for 20 seconds
- Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit for 10 seconds
- Sit while the doorknob is touched or you move into entryway and return
- Sit for 10 seconds
- Sit for 15 seconds while you clap your hands
- Sit for 10 seconds while you jog in place
- Sit for 5 seconds

Exercise Level 6

- Sit for 10 seconds
- Sit for 20 seconds while you jog back and forth in front of the dog
- Sit for 15 seconds
- Sit while you walk approximately 20 steps to an entrance and return
- Sit while you walk quickly backwards, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit for 20 seconds while jogging
- Sit while you walk around the dog
- Sit while you walk around the dog clapping your hands
- Sit for 15 seconds
- Sit for 20 seconds
- Sit for 30 seconds
- Sit while you walk quickly backwards, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit while you open the door or go into the entrance for 5 seconds and then return
- Sit while you open the door or go into the entrance for 10 seconds and then return
- Sit for 30 seconds
- Sit while you walk quickly backwards, clapping your hands, and return
- Sit while you go to an entrance and just touch the doorknob or wall and return
- Sit for 10 seconds
- Sit while you go through the door or the entranceway and then return
- Sit while you go through the door or the entranceway, clapping your hands and then return
- Sit while you open the door or go into the entrance for 10 seconds and then return
- Sit for 30 seconds
- Sit while you disappear from view for 5 seconds and then return
- Sit for 20 seconds
- Sit for 10 seconds while you clap your hands
- Sit for 5 seconds

Exercise Level 7

- Sit for 10 seconds
- Sit for 20 seconds while you clap your hands
- Sit while you take 10 steps backwards and return
- Sit while you walk around the dog
- Sit while you go through the door or the entranceway and then return
- Sit while you go through the door or the entranceway, clapping your hands and then return
- Sit while you open the door or go into the entrance for 10 seconds and then return
- Sit for 30 seconds
- Sit while you disappear from view for 5 seconds and then return
- Sit while you go through the door or the entranceway and then return
- Sit while you go through the door or the entranceway, clapping your hands and then return
- Sit while you open the door or go into the entrance for 10 seconds and then return
- Sit for 10 seconds
- Sit for 20 seconds
- Sit for 30 seconds
- Sit while you disappear from view for 10 seconds and then return
- Sit while you disappear from view for 15 seconds and then return
- Sit for 10 seconds
- Sit for 15 seconds
- Sit for 5 seconds while you clap your hands
- Sit while you jog in place for 10 seconds
- Sit while you jog three-quarters of the way to the right and return
- Sit while you jog three-quarters of the way to the left and return
- Sit while you go through the door or the entranceway, clapping your hands and then return
- Sit while you open the door or go into the entrance for 10 seconds and then return
- Sit for 30 seconds
- Sit while you disappear from view for 15 seconds and then return
- Sit for 10 seconds



Club Calendar 2025-2026



2025	Activity
6 th December 2025	Presentation Night
13 th December 2025	New Obedience Rules info session
14 th December 2025	New Rally Rules info session
2026	Activity
7 th February 2025	First day of training

