



*Washington State  
Obedience Trial Club*

*Officers:*

President – Nancy Light  
Vice  
President – Don Rennick  
Secretary – Janice Bergman  
Treasurer – Wanda Diemert

*Directors:*

Claudia Hegdahl  
Jean Rassbach  
Marta Brock  
Lynn Brimmer  
Pat Rennick

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*Canine Post* is published ten times a year by the Washington State Obedience Training Club (WSOTC), an AKC member club. Subscription to the *Canine Post* is free for all WSOTC members. For more information about WSOTC and becoming a member, visit [www.wsotc.org](http://www.wsotc.org).

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# *The Canine Post* February 2014

*An AKC Member Club*

*February meeting: Saturday, Feb. 15th  
at the WSOTC C Match*

*Meeting & Potluck Time: 6pm after the match  
finishes. Please bring a dish to share!*

## *STEWARDS NEEDED FOR WSOTC OBEDIENCE TRIAL MARCH 29-30<sup>TH</sup>*

Please contact Linda Shea at [lindajshea@comcast.net](mailto:lindajshea@comcast.net) if you can help steward. Stewarding is a great way to give back to the sport of obedience, and if you're new, to learn more about the various class levels. Linda will be happy to find a stewarding assignment for you that fits you best!

## **DONATIONS NEEDED FOR WSOTC TRIAL**

We could still use financial support for the trial which is operating at a substantial loss. If you can send a donation for Friends of Obedience to Wanda Diemert at 15733 Midvale Ave N, Shoreline WA 98133 we would very much appreciate it (check made out to WSOTC). All donors will be recognized in the catalog.

## *UPCOMING MEETINGS*

### **MARCH MEETING: March 29<sup>th</sup>, time TBD**

At WSOTC obedience trial, March 29-30<sup>th</sup>.

### **NO APRIL MEETING**

**MAY MEETING: possibly May 18<sup>th</sup> at a member's home; more details forthcoming!**

*Club Contact Info*

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Pat Rennick

**AKC Delegate**

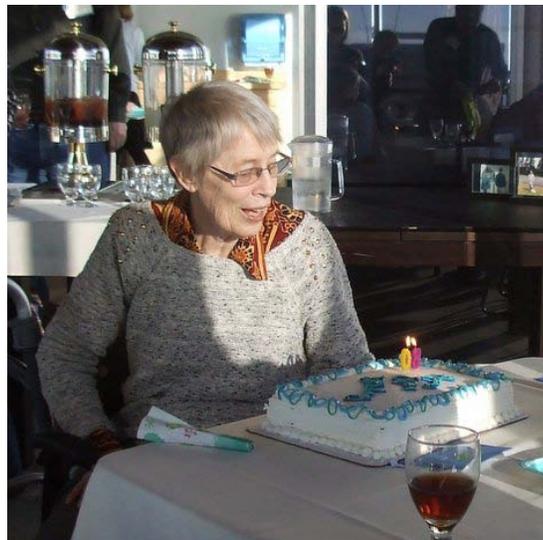
James W. Smith  
800-448-1222, 8:30 am  
to 4:30 pm EST and 716-  
208-9788 other times.  
[daldel@hotmail.com](mailto:daldel@hotmail.com)

**MARCH SEMINAR: MENTAL MANAGEMENT TRAINING**

The Puget Sound hasn't had a seminar on mental toughness in performance sports for a long time. Heather Sumlin of Mental Management will be giving a 2-day seminar on the Mental Management Program at Kathy Lang's building on March. Heather is the daughter of the program's founder, Lanny Basham, an Olympic gold metal rifle shooter. Many dog trainers, including your editor, have found the program's strategies to be immensely helpful in keeping our performance nerves calm while showing dogs in many venues. A flyer is attached to this newsletter, and the link for registration and more info is here:  
<http://www.familydogonline.com/CartGenie/flyers/MMS030114.pdf>

**CONNIE CLEVELAND SEMINAR IN JUNE!**

As you know, WSOTC is hosting a Connie Cleveland seminar in June. Last I heard, there are about 10 workings spots left. A flyer is attached for registration and more information.



Jean Rassbach's birthday cake! Happy birthday Jean!

**Chuckanut Dog Training Association's Spring TD test will be held on March 2, 2014 at Jan Wesen's Chuckanut Farms in Bow, WA.**

The premium and entry form are available from CDTA's website:  
<http://www.chuckanutdogtraining.org/> Entries close Feb. 19.

***BRAGS!***

***QT AND SIL SANDERS: NEW TDU!***

QT earned his TDU title by passing the test on the first day it was offered, January 1st. He is the first dog of any breed to earn all four AKC tracking titles. Here's the longer story from Sil:

TDU is a new AKC urban tracking title – it is designed to be an intermediate level urban test – roughly parallel to the field TD test but in an urban environment.

I entered QT in the TDU test because he (and I) love to track even though he earned his TDX in 2002 and his VST in 2009. And a half-hour to an hour-old track is a nice track age for him in his own ripe age of 12 (almost 13). In addition to his CT, he passed 2-3 AKC TD tests at specialties and an extra TDX at a specialty. Plus, he has his CKC TD, TDX and UTD. So entering a CT dog in a TDU test seemed quite natural.

I also entered his granddaughter Twizzle who earned her TDX in late October. While she has a fair amount of urban experience, she has limited experience with real urban complexity.

Twizzle was first alternate, QT was second alternate, and two more dogs were third and fourth. Interestingly, all the entered dogs and all the alternates were there. Based on my familiarity of the campus and the start location, I withdrew Twizzle at the last minute since I knew she would not be ready for the broad expanses of blacktop and high activity level that would be encountered on this track (that is also why they made it the alternate).

So QT happily got to run a track which is his favorite thing to do. He started confidently on this short damp lawn which had been used for ROTC drilling years ago but is now used by neighborhood dogs as their primary potty station. He lost scent about 65 yards down that leg, then quickly and confidently found and committed to the track to the left. As I followed him, we were heading for a dense hedge which separated the parade ground from the broad parking lot full of cars and buses. Slightly to the left was a gap in the hedge so I assumed the track went there, but when QT got about 20 yards from the hedge, he bent to the right and committed strongly down a slight slope. 10-15 yards down that slope was a sidewalk, a residential road and houses. QT bent again at the sidewalk and followed it 70 yards to an intersection with a busier campus road and with nothing but concrete ahead of us. So I knew they would have to bend again to hit some grass to make a turn. QT crossed the road, searched to the right and then to the left and after some searching, found the good track to the left.

***BRAG FROM KATHY  
LANG AND TORY***

At the Monroe Valley DTC's UKC Obedience Trials on January 25, my Belgian Sheepdog, Tory, finished his U-CD with two 197.5 scores and two HITS. Then on January 31, at the Doberman Club's Obedience Trial in Ridgefield, Tory earned his second Utility leg and third place in Utility B.

*THE CANINE POST FEBRUARY 2014  
BRAGS CONTINUED!*

This leg crossed a parking lot, a drive way, and a broad walkway where the athletes and their families who had parked across the campus road, walked to the gym for their own competitions. QT did a nice job on all these transitions and finally came upon a sock. Yippee, the intermediate article. I praised him and set him out again – he immediately went 10 feet to the left and followed the narrow grass stripe on the campus road side of the sidewalk (the track was to the right of the sidewalk), but eventually meandered over to the track and was gradually approaching a uncrossable main road. Before he got there, he stopped right by a campus sign and turned right (tracks need both right and left turns and this was the first right turn). Seventy-five yards through some recently mowed leaves and grass to a nice glove and lots of fun.

QT became the first dog of any breed to pass all four AKC tracking titles.

Sil Sanders

Ch Camcrest-Rime Twizzle On Ice TDX

Ch CT CKC-Ch Camcrest-Rime Q'd Up for Trouble VCD1 RAE TDU TDX2 AX OAJ MXP AJP NF OFP EE NW2  
GAME3 MV4 CKC-TDX UTD SE (QT)

Rime Westies, Stanwood, WA

Enthusiastic Tracking, The Step-by-Step Training Handbook

<http://westiesnw.com/rimepubs.html>

*INGRIDA ROBERTSON AND BODDINGTON: NEW UDX!*

Boddington earned his UDX title at the Tacoma Kennel Club show on Sunday January 12, 2014!



We started our journey towards this title with our first leg on August 18, 2012. Along the way we continued proofing our foundation skills. The part I've had to work on the most is myself by not over-trying in the ring! I have to really focus and pay attention to myself so I stay relaxed in order to keep smiling at Boddington doing his best!

*THE CANINE POST FEBRUARY 2014*  
*PRESIDENT'S REPORT*

From the President

I am writing this the morning after the Seahawks Superbowl victory so though not really much of a football fan, I did watch the entire game with friends and it was fun to celebrate together. As noted elsewhere in the Post our next event/meeting will be in a couple of weeks at the C match at Family Dog at the end of the match about 6:00 followed by a pot luck. I expect the meeting will be fairly short, we will be voting in Jill Peterson, who is rejoining after a brief absence. Even though the match is full, I encourage you to attend the meeting and potluck. The rings will be open for you to train your dogs after the meeting. It would be great if you could also bring friends who might be interested in joining as we are still in the process of building our membership base.

Most members have renewed, so our total stands at 26 Full members (quorum of 5) and 45 Associate. My count includes 7 members who have not yet renewed, though I think at least a couple of those will be renewing shortly. It's fine for people to keep an inactive membership going as long as they are Associates. We always hope people will find something they can contribute sooner or later.

Things coming up in addition to the C match of course are the obedience trials next month, Connie Cleveland seminar in June, agility trials in July, and new obedience trials in August. I understand there has been a lot of interest in these trials and we already have our judges—Chris Cornell and Mary Jane Shervais. Many thanks to Kathy Lang and Jill Peterson for getting this going.

Those are the things we think we can manage, though all of these can use your help. As you know we have dropped training classes, and the awards, just not enough manpower to carry out. I'd like to see the awards particularly added back in at some point, but for now there is just not enough volunteer help to do it. We still hope to have a tracking event in late fall, but no details yet. The nominating committee will be appointed at the next Board meeting and will be searching for Board members, so if you want to really become involved in WSOTC's "rebirth", that is a fine way to do it. Just contact me and I'll pass along the information.

There will be no April meeting, and we are looking for a place to hold a meeting in May, perhaps someone's home. If you can manage about 10 people let me know. One date we are considering is Sunday, May 18, in the evening, a central location, not too far north, south, east, or west. Weekdays seem to be tough with the traffic, so the Sunday evening is sort of an experiment.

That's all for now. Look forward to seeing you at the C match/meeting or at the Obedience Trials, March 29-30. We still need help for set up and I'd love for someone to manage the Saturday night dinner and help with the judges/workers lunch for both days.

Nancy

## WSOTC February Board Meeting Minutes

February 4, 2014

The meeting called to order at 7:05 pm by President Nancy Light via teleconference

Present: Nancy Light, Janice Bergman, Don Rennick, Claudia Hegdahl, Wanda Diemert and Marta Brock

**Minutes** Minutes of January Board Meeting as sent APPROVED

**President's Report:** We need to appoint a Nominating committee. Consider whether you want to continue as member of the Board.

**Secretary's Report:** No correspondence.

**Treasurer's Report:** Amounts and checks were read.

### Committee Reports

*Agility 2014* : We have Judges Pam Stutz from New York and Shelia Gutierrez from Florida. Wanda said that the Robins have secured workers everything else seems to be taken care of.

*Awards*-We will not be doing awards this year.

*Membership*- Nancy : : Current membership: 26 Full, 45 Associate and 7 that have not renewed., though 2 or 3 of those are expected to renew. February meeting will have election of Jill Peterson.

*Newsletter* -Nancy – Should be out very shortly.

*Obedience Trial 2014:* Nancy : Premium list is out. Online premium has updated information not in print version. Trophies for HIT and HC have been donated. We will be taking donations to Friends of Obedience to support the trial. Donations should be sent to Wanda. We need people to help with dinner, set-up and hospitality. We still don't know who vendor is for Fairgrounds. We will be using 4 H for clean-up again this year.

*Obedience Trial 2014, August:* Judges will be Chris Cornell and Mary Jane Shervais. Kathy Lang will be sending in the application shortly.

*Programs/Meeting* : February at match at FDTC at 6:00 with potluck Feb 15. March at WSOTC trial on Saturday. No meeting in April. Tentative date for May meeting (nominations from the floor) on Sunday, May 18 possibly at someone's home. We will try to get volunteers for hosting this. June TBA

*Property/Inventory*- : Trailer is too big to fit in Don's garage. Discussion on getting a pop up to protect the trailer or putting the contents in Don's garage and selling trailer. We only seem to use for tracking test and doesn't seem we need the trailer for that. A lot of the contents can be disposed of and we may just sell some of the baby gates and jumps. Don will discuss with John.

*Seminar:* June 21-22, Connie Cleveland at Dogworks in Monroe. 10 working spaces left.

*Fall 2013TD/TDX* We need to know the status of the certificates for workers at the TD/TDX.

*Fall 2014 tracking:* No test set yet

*Website:* Ane has added updates. She attended the January meeting at Puyallup. She hasn't heard from anyone with input on design. Still need pictures, Ane will come to C match to take pictures. Nancy has asked the Board to look at the test page.

### Unfinished Business

1. By-laws have been sent to AKC, awaiting response.

2. **New Business**

1. Discussion on who to ask for the Nominating Committee, several names mentioned. Nancy will contact and email Board.

### Good of the Order

**Adjournment:** The meeting was adjourned at 8:02 pm

Submitted by Janice Bergman, Secretary.

## WSOTC General Meeting Minutes January 2014

**January 11, 2014 at Western Washington State Fairgrounds, Obedience Building, Puyallup, WA**

The meeting called to order by President Nancy Light at 12:27 pm at PVDF show Puyallup, WA, January 11, 2014. A quorum was present.

**Minutes:** The minutes from the December 1, 2013 meeting were approved as printed in the Canine Post.

**Report of the President :** Welcome to the General Meeting.

**Report of the Board:** The Board approved holding a second weekend of Obedience trials Labor Day weekend with Kathy Lang as chair, approved the agility and Spring obedience trial budgets for 2014, approved reinstating a tracking committee, revised and approved submission of revised bylaws to AKC.

### **Announcements:**

- a. Ane Brusendorff our new web master was present and talked about plans to redesign a new website. In the latest newsletter, there is a URL to the test website, which she would love to have input on in terms of design as well as some pictures. All members should have received codes for the members only section.
- b. C Match at Family Dog February 15 is full. Thank you Kathy for making your building available and organizing match. Kathy reminded people that there would be a potluck meeting after the match
- c. New Labor Day Weekend trial August 30-31 at Family Dog in Kent. Kathy passed out a ballot of judges to approve. This is for all members, not just Full.
- d. The Spring Obedience trials needs help. Linda is looking for ring stewards and passed a clipboard. We need someone to be in charge of set up on Friday, and the Saturday night dinner, and help with judges/stewards hospitality, so let me know if you can do this. Budget for trial needs to be approved. We need trophy donations for HIT and HC.
- e. The new facility in Monroe previously mentioned is currently in the permitting process and things are going as planned, which should mean it will be complete in October 2014 and ready for our 2015 trials. This will result in significant financial savings to the Club.
- f. Board approved bylaws changes and Nancy has sent to AKC staff. When they approve, we will submit to membership. Then it goes back to AKC where it must be approved by AKC Board of Directors. A copy of the proposed bylaws sent to AKC; will be in the members only section of the website shortly so you can see the changes
- g. The Connie Cleveland seminar sign up is going well. 11 working spots left. WSOTC members who attend are expected to work in some capacity. Perhaps we might try to have seminar once every year or two. Send your ideas for future seminars to any Board member.
- h. Tracking committee will consist of Marta Brock, Lynn Brimmer, Sil Sanders, John Heinrich, and Nikki King. : The purpose is to organize, and support members and non-members in all tracking events sponsored by the club. It shall establish written guidelines for events, locate property, assure training in positions where needed, and all other aspects of tracking. They will hopefully be recruiting a chair for a fall tracking event.

### **Upcoming meetings/events**

1. February 15, 2014- C-Match, Kathy Lang's Family Dog Training Center in Kent, WA. Meeting after the match at 6:00 pm, potluck.
2. March 29/30- WSOTC obedience trials, Evergreen fairgrounds; meeting on Saturday about noon.
3. No meeting in April planned. We need to have May meeting, possibly at Meadowbrook, or at the home of a member who can accommodate about 10 people and is somewhat centrally located.

### **Obedience Trials 2014**

**Membership:** First reading for Jill Peterson

**Election of New Members:**

**Old Business**

**New Business:**

**Motion:** to approve the budget for the Spring Trials, 2014, as presented. APPROVED.

The meeting was adjourned at 12:52pm

Submitted by Nancy Light, Acting Secretary

## WSOTC January 2014 Board Meeting Minutes

January 6,2014

The meeting called to order at 7:05 pm by President Nancy Light via teleconference  
Present: Nancy Light, Janice Bergman Lynn Brimmer, Don Rennick, and Marta Brock

**Minutes** Minutes of November Board Meeting as sent APPROVED

**President's Report:** : Welcome back, we have many things to cover, primary are the trial budget, bylaws, and new trial. We will be appointing a Nominating Committee in February, so please consider if you want to be on the Board and will be able to attend most meetings

**Secretary's Report:** : Outgoing:A letter of intent was sent to Patty Cloke for the new facility.

Incoming: From AKC The Tracking test results have been processed

**Treasurer's Report:** : Amounts were read. Amounts were read. Wanda has provided the half yearly report, things look OK, but financial status is hard to assess at this time since the trial is in the second half of the year. We are saving money on meeting places and will have additional income from matches and the Connie Cleveland Seminar.

### **Committee Reports**

*Agility 2014* - Report from Robin via Wanda:" Pam Stutz has agreed to judge. She is a really nice lady and a great judge. Sheyla Gutierrez is also interested and we are conversing with her. Both of these judges have been well- received by our local folks. Course builders and ring chiefs are covered and we've asked Joan about the food. We'll work with her to confirm that. We'll get the contract sent to Holly." Wanda has contacted Marilyn to make sure the ribbons are in place. R2 Agility is financing ( taking care of the bills, writing checks, etc. and will be keeping accounting for us.

*Membership*- Nancy : Voted in at the December General Membership meeting were Terrie Sato, Amy Reagan, Geri Orta, and Ingrida Robinson. Wanda has sent a list of renewals to Nancy. At that time we had 19 members who had not renewed, though several of them will likely renew late. We have 57 members at this time.

*Newsletter* -Nancy – Should be out very shortly.

*Obedience Trial 2014:* Nancy : The contract with the Fairgrounds has been signed, deposit check and insurance have been sent..Contract has been signed and sent to Baray. Hospitality, for which we still need a chair, is undetermined. We may be able to use our own vendor or bring our own food. Premium list is due shortly. Don and Lynn offered to proof when draft is ready. New arena in Monroe is coming along.

*Programs/Meetings* : January at the Puyallup show January 11. February at match at FDTC at 6:00 with potluck Feb 15. March at WSOTC trial on Saturday. Will skip April. May and June meeting locations to be announced, May possibly at Meadowbrook, June possibly after Connie Cleveland seminar on Saturday.

*Property/Inventory*- Don and John have spoken Don discovered that the trailer is too big to fit in his garage, so not clear at this time what we will do.

*Seminar:* : At last report from Terrie, there were still 11 working spots left. Will have flyers at Puyallup.

*Fall 2013TD/TDX:* Lynn reported the test went well, had 3 dogs pass in the TD and no dogs pass the TDX. Had a loss of about \$85, per Wanda, but need to match up figures with Lynn's. This is good for a TD/TDX

*Fall 2014 tracking:* (See under new business)

*Website* – : Ane has added updates. She will try to be at the Puyallup meeting. Will have a test website in the Post so people can give input on redesign

### **Unfinished Business**

1. The Board reviewed the changes as proposed by the committee of Nancy, Don and Betty. -MOTION: to approve the changes to the bylaws as proposed by the committee, and amended by the Board. APPROVED. Nancy will submit to Lisa Cecin, staff at AKC.

### **New Business**

1. Tracking Committee: Board discussed a message from Nikki King about reestablishing the Tracking Committee. MOTION: "To institute a Tracking Committee to organize and support events sponsored by the Club. The Tracking Committee will consist of Marta Brock, Lynn Brimmer, Sil Sanders, Jon Heinrich and Nikki King. Committee will select a chair. The first priority of the Committee will be to organize a Tracking Test for the Fall of 2014. APPROVED

2. Obedience Trial 2014 Budget: Board discussed the budget presented by Nancy. MOTION: To recommend the proposed budget to the General Membership. APPROVED.
3. Agility Trial 2014 Budget. MOTION: to approve the budget as presented by Wanda. APPROVED
4. Kathy Lang has offered her building for a limited two ring obedience trial only (no rally) on Labor Day weekend. MOTION: to approve the holding of obedience trials August 30-31 at Family Dog Training Center with Kathy Lang as chair. APPROVED. Kathy will have the judges ballot at the General Membership meeting in January

**Good of the Order**

**Adjournment:** The meeting was adjourned at 8:54 pm  
Submitted by Janice Bergman, Secretary.

# Connie Cleveland Obedience Problem Solving Seminar



Sponsored by WSOTC  
June 21 and 22, 2014  
at  
The Dog Works  
154 Village Court, Monroe, WA 98272

We are delighted to welcome Connie Cleveland back to the Northwest. Connie gives a two day theory/ problem solving seminar. She will begin by discussing how dogs learn and then will work with the handlers and dogs attending.

Connie Cleveland was born in Lansing, Michigan and received her B.S. in Engineering from Michigan State University. She spent 10 years as the Training Director for Dogs for the Disabled. Currently, she lives in Fountain Inn, South Carolina, where she owns and operates Dog Trainers Workshop, a training and boarding facility. Connie teaches obedience to over 100 students each week. Connie's obedience experiences include 9 Obedience Trial Champions, a UDT Maltese and a CDX Shih-tzu. Currently, she shares her home with a variety of retrievers and a Shih-tzu and is competing in both field trials and obedience with AFC OTCH Topbrass Caleb UDX OM2 and Goldstar Micah CDX\*\*\*. She has been a frequent contributor to Front and Finish and The Golden Retriever News. She is the author of Dogs are Problem Solvers. (For more information, please visit Dog Trainers Workshop homepage at [www.dogtrainersworkshop.com](http://www.dogtrainersworkshop.com) where you can check out her blogs and training videos).

This seminar is limited to twenty four (24) working spots. There will be room for observers. Those wanting working spots must attend both days. Connie will work with each dog/handler team at least once during the weekend.

Cost:

\$200 for each dog/handler working team

\$100 observer both days

\$60 observer one day

The seminar will begin at 9 am on Saturday June 21 and 8:30 am on Sunday June 22. A light breakfast and lunch will be available both days. You may want to bring your own chair. For more information contact Terrie Sato at 425-788-6628 or [wdsato@cablespeed.com](mailto:wdsato@cablespeed.com).

Send checks (made out to WSOTC) and registration to:

Terrie Sato  
31902 NE 139th St  
Duvall, WA 98019

## Connie Cleveland Obedience Problem Solving Seminar

Registration:

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_ E-mail \_\_\_\_\_

Dog Breed \_\_\_\_\_ Call Name \_\_\_\_\_

Age of Dog \_\_\_\_\_

Current Training Level \_\_\_\_\_

What are your training goals? \_\_\_\_\_

What problems are you encountering?

Are there other issues you would like to address?

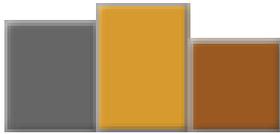
Liability waiver (must sign)

I agree to hold harmless The Dog Works, WSOTC, its board of directors and officers, from any liability, loss or damage to property while attending this workshop. I further agree to accept full responsibility for the actions of any animal brought onto the property by myself.

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Print name      I accept the conditions above (signature)      Date

----- EARLY BIRD ENROLLMENT DISCOUNT ENDS JANUARY 15 -----



**MENTAL  
MANAGEMENT®  
SYSTEMS**



**SATURDAY, MARCH 1, 2014**

**FOCUS ON: OBEDIENCE, RALLY, FREESTYLE**

**SUNDAY, MARCH 2, 2014**

**FOCUS ON: AGILITY**



1515 Central Ave. S., Kent, WA 98032  
familydogonline.com / Info@familydogonline.com  
(253) 854-9663 voice / (253) 850-3647 fax

We are thrilled to have Heather Sumlin of Mental Management Systems share her expertise and knowledge with the Northwest Dog Sports community on March 1 & 2, 2014. Heather is the daughter of Mental Management Systems founder, Lanny Bassham, as well as the Director of Performance Programs. Heather specializes in Mental Management training for subjective sports and competitive outlets including dog obedience, rally, freestyle and agility.

In this seminar you'll learn the techniques for managing the mental aspect of your game. Attend one day or both days (for greater immersion in the Mental Management System). Cost for one day: \$95 before Jan. 15, 2014 or \$115 after. Cost for two days: \$175 before Jan. 15, 2014 or \$225 after. Registration and seminar details on the back of this page.

### **History of Mental Management**

In 1972, at the Munich Germany Olympic Games, Lanny Bassham failed in his attempt to win the Gold Medal in International Rifle Shooting. He had a mental failure resulting in his taking the Silver instead. Frustrated, Lanny wanted to take a course in controlling the mind under pressure. After looking for such a seminar and not finding satisfaction, Bassham began to interview Olympic Gold Medalists to discover what they were doing differently to win.

What he discovered was truly remarkable. Bassham created a system of mental control he called Mental Management®. Within the next six years Lanny Bassham dominated his sport, winning 22 world individual and team titles, setting four world records and winning the coveted Olympic Gold Medal in Montreal in 1976.

**Testimonial from Melanie Miller:** In November 2013, Melanie and her young dog, Grit, won the 26" Agility Biathlon at the UKI US Open in Fletcher, NC, earning a spot on the US Team that will compete at the WAO in Italy in May 2014. Melanie has been working with Heather Sumlin to refine her mental game for three solid years, and now has a Mental Program that is second nature. She attributes her success to always staying focused on the positive, learning from her mistakes, and finding the joy in the moment.

*"Heather has made an incredible difference in my own mental game. Through years of coaching and "peeling back the onion", we have uncovered the most powerful strategies to allow me to perform at my maximum potential, and then how to remain consistent in those strategies regardless of environment, surprises or competition I'm attending. Heather has an amazing ability to empathize with the canine half of the team as well, with sometimes unexpected insights and ideas. I cannot imagine my journey down this path without Heather!" -- Melanie Miller*

**Testimonial from Daisy Peel:** After her amazing accomplishments in 2006 at the AKC National Championships Daisy wrote: *"I just wanted you to know how thankful I am for having been able to participate in that seminar a couple of years ago...if I hadn't gone, I don't think I would ever have been able to say that I valued the headspace I was in more than the win itself - being able to be consciously aware of the value of that kind of positive imprinting was amazing...being able to watch myself get in to that mental space and STAY there was a truly incredible experience that I can't wait to experience again. The saying "train hard, compete easy" really hit home - I don't think I've ever "competed easier" and yet somehow less conscious effort translated to high scores on the leaderboard." -- Daisy Peel*

**For more information on Mental Management Systems, visit their website at: <http://mentalmanagement.com/>  
Prior to the seminar, we recommend you read "With Winning in Mind" by Lanny Bassham.**

# MENTAL MANAGEMENT SYSTEMS® SEMINAR DETAILS

Each seminar will begin promptly at 9:00 am. The training center will open at 8:00 am so everyone can arrive, pick up seminar materials and get settled. Participants are welcome to bring their own comfortable chairs or use one of our folding metal/plastic chairs. No dogs in the facility, please. No video or audio recording of any kind is permitted. Refreshments will be provided for morning and afternoon breaks. Lunch will be on your own. Each seminar will end at 5:00 pm. Registrations will be accepted in the order received. Registration is limited.

If you register and are unable to attend, there will be no refunds; however, you may send someone in your place (with your written permission emailed to Family Dog). In the event the seminar is canceled by the seminar sponsor or speaker due to unforeseen circumstances, seminar fees will be refunded. Driving directions may be found at [http://www.familydogonline.com/CartGenie/pg\\_DrivingDirections.asp](http://www.familydogonline.com/CartGenie/pg_DrivingDirections.asp). Our facility is a well-lit, heated warehouse facility with plenty of parking. We are located near Sea-Tac Airport and major freeways. You may register online at [www.familydogonline.com](http://www.familydogonline.com) with Visa, Mastercard or Discover, or you may register through the mail with check (US Funds). To register in person, contact our office at (253) 854-9663. You will receive email confirmation of your registration as soon as it is processed.

## **REGISTRATION – KEEP A COPY FOR YOUR RECORDS – PRINT CLEARLY**

Participant \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

### **CHECK ALL THAT APPLY**

\_\_\_\_ Saturday (Focus on Obedience, Rally, Freestyle)      \_\_\_\_ \$95 (before 01/15/14)      \_\_\_\_ \$115 (after 01/15/14)

\_\_\_\_ Sunday (Focus on Agility)      \_\_\_\_ \$95 (before 01/15/14)      \_\_\_\_ \$115 (after 01/15/14)

\_\_\_\_ BOTH DAYS      \_\_\_\_ \$175 (before 01/15/14)      \_\_\_\_ \$225 (after 01/15/14)

Amount Enclosed: \$ \_\_\_\_\_ US FUNDS      Circle Payment Method: Check / Discover / Visa / MasterCard / Cash

For credit card payments: Print Name on Card \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_ Signature \_\_\_\_\_

*By providing your credit card information you authorize Family Dog Training Center to process your payment specified upon receipt.*

### **PARTICIPANTS MUST READ AND SIGN BELOW**

I understand that there will be no refunds issued for any reason (other than seminar cancellation); however, a participant who is unable to attend may send someone to take his or her place provided permission is given in writing and a copy is submitted to Family Dog Training Center. Due to space constraints participants should leave their dogs at home. Returned or NSF checks are subject to a \$30 bank processing fee. Declined credit cards that result in late payment due to delayed processing are subject to a \$30 late payment fee.

I agree to indemnify and hold harmless Heather Sumlin, Mental Management Systems®, Kathy Lang Dog Training Services, Inc., The Family Dog Training Center, and its owners, board of directors, officers, agents, employees, instructors, and staff members, from any and all claims, demands, actions, causes of action or liability of any kind whatsoever, for death, personal injury or property damage in any way proximately caused by myself, my family members, my friends and/or any animal belonging to, or brought onto the premises by myself or any member of my family or my assigns. I further agree, on behalf of myself, my family and my assigns, to assume complete and sole responsibility for any and all actions of any animal belonging to, or brought onto the premises by myself, any member of my family or my agents or assigns.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Keep a copy of this page for your records. Mail with payment to:**

**Family Dog Training Center, 1515 Central Ave S, Kent, WA 98032 / (253) 854-9663 / [Info@familydogonline.com](mailto:Info@familydogonline.com) / [familydogonline.com](http://familydogonline.com)**