



2020 WINTER SESSION SYLLABUS

The winter session is for dogs of any age or skill level that have been enrolled in ODMAD Classes during the year. You may work multiple dogs, but must have dogs not working in crates or ex-pens. There are some fitness exercises just for you, so your dog needs to be confined or he must stay on a mat while you do something. Brings all the training equipment, treats, toys, etc. and water for you each week. There will be some handouts and you may work on other skills besides what we are doing in the syllabus. The cost is \$25 for the entire session, or \$5 per week drop-ins.

The winter session is lots of fun. It is sometimes wild and crazy with lots of stimulation. If your dog(s) cannot work in this type of environment it might be best to watch and only do the exercises that your dog(s) can handle. Because we train for two hours, which is too long for any one dog to do, without losing attention or motivation, I suggest you work for shorter periods in each of the sessions. Many of the exercises only take a few minutes. You need to make sure your dog is not getting mentally and physically fatigued.

November 23 – Week 1

6:00 – 6:30 pm Get in Shape: Handlers without dog (Feet first)
Jump grids for dogs

6:30 – 7:00 pm Recall games and Nose Touch

7:00 – 8:00 pm Agility startlines and recalls – collection and back-up

November 30 – Week 2

6:00 – 6:30 pm Core strength exercises

6:30 – 7:00 pm Turns for obedience and rally

7:00 – 8:00 pm Pause Table and Go work

December 7 – Week 3

6:00 – 6:30 pm Feet on things with pivots and rear-end awareness

6:30 – 7:00 pm Stand work for obedience and rally

7:00 – 8:00 pm One jump work with wraps

December 14 – Week 4

6:00 – 6:30 pm Lateral steps You and the dog

6:30 – 7:00 pm Figure 8 for obedience and rally

7:00 – 8:00 pm Weave poles – entries and proofing

December 21 – Week 5

6:00 pm Christmas Party for the Dogs – Bring a gift for the dogs to exchange and any goodies you would like to share. We will play some games, do photos and eat goodies.

December 28 – Week 6

6:00 – 6:30 pm Set point jumping exercise and 3 jump grid

6:30 – 7:00 pm Toys and Food motivators

7:00 – 8:00 pm Lateral leadouts and sends

January 4 – Week 7

6:00 – 6:30 pm Core strength for 2o2o position

6:30 – 7:00 pm Recalls for obedience and rally

7:00 – 8:00 pm Tunnel Fun and contact behavior

January 11 – Week 8

6:00 – 8:00 pm Combined Obedience, rally and agility course. We will run each dog through one at a time and video them. Have a crate or mat your dog can relax in or on while the other dogs are running.