



COASC Canine Conditioning Winter Workshop - 2017

Hosted by Central Ontario Australian Shepherd Club (COASC)



Topics will include:

- Key components of an exercise program and program design (science based)
- Conditioning principles for training specificity, overload and progression
- Stretching, injury prevention and a review of common injuries
- Specific exercises related to strengthening front, rear, core and improving flexibility

Do you want to learn what all the hype is concerning canine conditioning and the importance of conditioning for your performance dog?

Do you want to learn how to have fun with your dog while teaching your dog to engage their core, improve their body awareness and strengthen their limbs?

Are you wondering what types of exercises will help to strengthen your dog's overall condition, improve their health and prevent injuries?

Do you wonder what should be included in your dog's physical conditioning program?

If you answered yes to any of these questions, then this seminar IS for you and your dog!

Workshop Date: March 25, 2017

Location: Campaign Dog Academy, Georgetown, Ontario

2 time slots available: : 9-1 pm OR 2-6pm

Cost: \$110 COASC members and \$120 non COASC members

Auditing spots available \$50 (COASC member) and \$60 (non COASC member)



Seminar offered by Carolyn McIntyre, MSc. PT., Dip Canine Rehab (c)

Carolyn obtained her Masters of Science in Physiotherapy from McMaster University in 2008. Carolyn is uniquely qualified with advanced training in Canine Rehabilitation and has a mobile Canine Rehab Company with a passion for injury prevention and canine conditioning. Carolyn currently offers and instructs seminars on improving jumping performance in agility dogs and teaches weekly canine conditioning classes. She also offers 1 on 1 canine physio appointments where she will assess your dog and formulate a progressive treatment plan. Carolyn has 3 dogs who actively train and compete in conformation, agility, obedience and rally.