

# Conditioning and Injury Prevention for the Canine Athlete

# January 31, February 1 & 2, 2020

# Location: DogWorks, 6976 Palm Ave, Burnaby, BC V5J 4M3

Leslie graduated from Colorado State University's Veterinary School in 2006. She completed a rotating internship in small animal medicine in Albuquerque, NM from 2006-2007 and worked in general small animal practice for 5 years. In 2012 she became certified in canine rehabilitation with a focus in sports medicine. She is now a resident with the American College of Veterinary Sports Medicine and Rehabilitation while working at Sound Veterinary Rehabilitation Center in Seattle.

She also helped to create the Certified Canine Fitness Trainer (CCFT) program through the University of Tennessee's NorthEast Seminars and taught it for two years.

Leslie has competed in agility since 2002; she has trained two dogs to their ADCH and her first agility dog to ADCH Bronze, an ATCH and a MACH. Multiple dogs have qualified for Cynosports, ASCA Agility Finals, and AKC Nationals. In 2017, she competed with Stig at European Open Tryouts. Most recently she competed with Ghost and Stig at the UKI US Open where both dogs had top ten placements.



### Location:

DogWorks, 6976 Palm Ave, Burnaby, BC V5J 4M3

## **Schedule Overview:**

#### Friday, January 31, 2020

#### Fit Form<sup>™</sup> Building Blocks Lecture, 7:00-9:00pm

Learn crucial concepts for teaching your dog strength, balance, and flexibility exercises. Attending this lecture is required for all handlers with working spots.

#### Saturday, February 1, 2020

#### Conditioning For Front End Injury Prevention, 8:30am-12:30pm

Help to prevent your dog from being sidelined by a front end injury by incorporating these preventative exercises into your fitness routine. These exercises will target the shoulders.

#### Cavalettis For Fitness, 1:30am-5:30pm

Enhance your dog's fitness program by incorporating a variety of foundation cavaletti exercises. These exercises are appropriate for all dogs and will focus on body awareness (proprioception), flexibility, and strength.

#### Sunday, February 2, 2020

#### Conditioning For Hind End Injury Prevention, 8:00am -12:00pm

Of course we cannot forget about our dogs' rear ends! Complete your dog's injury prevention routine by appropriately strengthening their knees and iliopsoas.

#### Advanced Cavalettis For Fitness, 12:30pm-4:30pm

Get creative with cavalettis! Learn advanced and combination exercises to take your dog's body awareness, flexibility, and strength to the next level. These exercises are appropriate for dogs with some previous exposure to cavaletti training.

### Cost:

Working spots	\$160/4 hour session, limited to 8 working dogs \$150/4 hour session if registering for two or more sessions		
Auditing spots Excludes Fit Form™ Building Blocks lecture	\$180 full weekend \$100/day \$60/4 hour session	For those with working spots same day auditing is included at no additional cost.	
Fit Form™ Building Blocks lecture	\$25 for participants with a working spot \$40 for auditors		
Fit Form™ Building Blocks is required for All working spots			

# Registration: Conditioning & Injury Prevention for the Canine Athlete

Name						
Email			Phone			
Dog 1's Name Dog 2's Name		ne	Age	Primary Sport		
		ne	Age	Primary Sport		
Dog 1	Dog 2	Friday		Cost	Total	
		7:00-9:00pm	Building Blocks Lecture Working spot (Saturday or Sunda	<b>\$</b> 25		
□ 7:00-9:00pm		7:00-9:00pm	Building Blocks Lecture Audit on	ly \$40		
Dog 1	Dog 2	Saturday		Cost	Total	
		8:30am-12:30pm	Conditioning for Front End Injury Prevention - Limit 8 dogs	\$160/one session \$150/two or more sessions		
		1:30-5:30pm	Cavalettis for Fitness - Limit 8 dogs	\$160/one session \$150/two or more sessions		
		8:30am-5:30pm	Full Day Audit	\$100		
		8:30am-12:30pm	Conditioning for Front End Injury Prevention Audit	\$60 Free if working Saturday PM		
		1:30pm-5:30pm	Advanced Cavalettis for Fitness Audit	\$60 Free if working Saturday AM		
Sund	day					
		8:00am-12:00pm	Conditioning for Hind End Injury Prevention - Limit 8 dogs	\$160/one session \$150/two or more sessions		
		12:30pm-4:30pm	Advanced Cavalettis for Fitness - Limit 8 dogs	\$160/one session \$150/two or more sessions		
		8:00am-12:00pm	Full Day Audit	\$100		
		8:00am-12:00pm	Conditioning for Front Hind End Injury Prevention Audit	\$60 Free if working Sunday PM		
		12:30pm-4:30pm	Conditioning for Hind End Injury Prevention Audit	\$60 Free if working Sunday AM		
FULI	_ Wee	ekend Audit				
		Sat: 8:30am-5:30pm Sun: 8:00am-4:30pm	Full Weekend Audit	\$180		
				TOTAL		

# **To Register:**

- 1. Please complete & send this registration and signed waiver by email to spitfire.entries@gmail.com
- 2. Please ☑... I am sending payment by:
  - E-transfer to spitfire.entries@gmail.com using the password **Spitfire**, or:
  - Email us to coordinate payment by cheque.

# The Fine Print:Your spot is not reserved until FULL Payment is receivedSpots are non-refundable, but may be transferred.

Any Questions? Please contact us at <a href="mailto:spitfire.entries@gmail.com">spitfire.entries@gmail.com</a>

# Participation Waiver & Release – Conditioning and Injury Prevention for the Canine Athlete with Dr. Leslie Eide

Participants Name		
Dog Name(s) (if working spot)		

In consideration of the acceptance of this entry by Spitfire Dog Sports Club (the "Organizing Club") and the opportunity to have the Dog participate, compete in and/or be judged at this seminar, event, or Match (the "Event"), I, the undersigned, agree as follows:

1. I certify that I am the actual owner of the Dog, or that I am the duly authorized agent of the actual owner of the Dog and that the Dog is not a hazard to persons, property or other dogs.

2. I agree that the Organizing Club for the Event may refuse my entry for any reason that it deems to be sufficient.

3. I understand and acknowledge that participation in the Event carries certain risks, including, but not limited to injuries (including serious injuries and death) to myself, the Dog, another dog under my control or persons attending as my guests (my "Related Parties"), damage to property and other losses. I waive any and all claims that I have or may have in the future against, and release from all liability and agree not to sue the Organizing Club or any of the directors, executives, committees, representatives, employees, volunteers or agents of either the Organizing Club (the "Personnel") for any injury, death, property damage or other loss that I or my Related Parties sustain due to any cause whatsoever, including negligence, breach of contract, breach of duty, statutory or otherwise, or mistakes or errors of judgment of any kind.

4. I assume full responsibility for the conduct of myself and my Related Parties during the entirety of the Event. I agree to indemnify and save harmless the Organizing Club and the Personnel from and against any and all claims that may be made against them or costs, fees, expenses or liability (including, without limitation, lawyers' fees on a solicitor and own client basis) incurred by the Organizing Club or the Personnel that may arise due to:

a. any act or omission of myself, my Related Parties or any party for whom I am liable at law; or

b. aggressive behaviour by the Dog or any other dog under my control.

5. I have read, and do understand the rules of competition and the additional rules (if any) appearing in the Match schedule for the Event, as well as the policies of the Club pertaining to discipline (collectively, the "Rules"). I agree to abide by the Rules and to conduct myself and the Dog in accordance with the Rules. I understand that myself and/or the Dog may be subject to disciplinary procedures or sanctions for breach of the Rules and agree to respect and be bound by any disciplinary decision made by the Organizing Club.

6. I understand that the Organizing Club may, in the course of administering the Event or conducting its activities generally, collect, use or disclose my personal information and that any personal information collected, used or disclosed by the Organizing Club will be treated in accordance with their policy and applicable privacy and personal information laws. I hereby consent to the collection, use and disclosure by the Organizing Club of my personal information.

7. I have been given the opportunity to read and understand the terms of this Agreement before signing it, and have in fact done so. I understand that by signing this Agreement, I am restricting my legal rights and I sign this Agreement voluntarily and of my own free will.

Signature:

Parent or Guardian must sign as well, if handler is under 19 years of age.

Date (mm/dd/yy):