

## Condition Your Dog to Compete (Part 1)

**Can you imagine the Olympics without the athletes stretching before competing?**

*Terry Long*

Posted: Mon Feb 28 00:00:00 PST 2005

If your dog has been conditioned well, she will move more freely, knock fewer bars, and show fewer refusals. Then, when faults occur or if your dog suddenly slows down, you know it's time to see your veterinarian to assess whether there's a muscle injury or weakness that needs to be addressed. Appropriate exercises, strengthening equipment (like the underwater treadmill), and knowledge of biomechanics and neuromuscular training are taking the sport to a new height. Find a qualified professional to work with you and your canine athlete. Lucky for those of us addicted to agility, more and more professionals are specializing in agility fitness programs for both humans and canines. After receiving veterinary clearance for Sarah, Fenoglio embarked on a conditioning program supervised by Snelleman. "I can't believe the difference in my performance in the ring," says Fenoglio. "And Sarah and I are no longer incapacitated after a trial!"

Page 1 | 2 | 3