

PAPILLONIA DOG TRAINING ACADEMY PROUDLY PRESENTS

PETRA FORD

SATURDAY, AUGUST 5 AND SUNDAY, AUGUST 6, 2017

Petra Ford, co-owner of Aqua Dog Rehabilitation, graduated from UMDNJ School of Health Related Professions over 20 years ago with a degree in physical therapy. She attended the Canine Rehabilitation Institute in 2007 and is a certified Canine Rehabilitation Therapist. Petra built a systematic approach to dog training based on techniques used in the world of elite human athletes. She has trained/trialed her Labrador Retrievers in obedience, agility, field and nosework. Her black Labrador Retriever, Tyler, has the distinction of being the **2008 and 2009 National Obedience Champion** and First Runner-Up in 2010. In 2012, Petra and Tyler became the **first American team to win the Obedience World Cup at Crufts** (placed 2nd in 2010). Petra's dogs have earned field titles (MH, QAA). She has written for Clean Run, Whole Dog Journal and Front & Finish. Currently she is competing at the Master's Level in agility with Zaidan and Zeal has earned his OTCH. Petra: <https://www.youtube.com/watch?v=AsJQt7Zm5gl>

Saturday, August 5 - Create a Powerful Mind for Peak Performance

Practical strategies to implement immediately and create a difference in 5-10 minutes a day.

- ❖ Goal setting for success
- ❖ Identify problems as challenges/opportunities. There is no "failure"!
- ❖ Mental management muscle, the more you train it the stronger it gets!
- ❖ The myth behind ring nerves
- ❖ Embracing ring nerves and using it to your advantage
- ❖ Comfort zone – it's called that for a reason!
- ❖ Identifying and conquering negative self-talk
- ❖ Habits: Harnessing their power
- ❖ Strategies PROVEN to reduce stress
- ❖ Responsibility is Empowering
- ❖ Gratitude and Smiling
- ❖ Breathe, breathe, breathe
- ❖ Key words, mantras, affirmations
- ❖ Small changes yield large results
- ❖ Taking Control: Internal vs. External
- ❖ Demystifying "clutch", "cool", "unbeatable"
- ❖ Clear criteria
- ❖ Proper planning and preparation
- ❖ Connection to anchor both you and your dog
- ❖ Optimize your dog's success: training & trial picture
- ❖ Handler body awareness and how it impacts our dogs
- ❖ The Power of Quiet

Sunday, August 6 - Getting the Same Dog in the ring as in Training

We all know the feeling. Our dog is brilliant in training, wonderful at a match. Warms-up beautifully and then, as soon as we enter the ring, we have a completely different dog! Learn Petra's formula for overcoming this problem.

Training

- ❖ Clear Picture and criteria
- ❖ Handler awareness & attention
- ❖ Right the FIRST time

Effective Warm-up

- ❖ Develop a routine

Engagement = relationship

- ❖ Connection = emotional anchor
- ❖ Disconnect – 4 second rule at setup
- ❖ Transitions
- ❖ Dealing with Distractions

Handler must present same picture in training as in ring

- ❖ Quiet & Physically the same

Managing Drive State

- ❖ Too high/too low
- ❖ In training
- ❖ Outside the ring and in the ring

Applied to

- ❖ Fronts & Finishes
- ❖ Heeling
- ❖ Setups
- ❖ Transitions
- ❖ Ring entrance
- ❖ Engagement out & in the ring

In the Ring

- ❖ Handler body
- ❖ Handler voice
- ❖ Handler same as in training

**Papillonia Dog Training Academy Presents
Petra Ford
August 5-6, 2017**

**Two Days, Two Subjects @ One Location
1127 Felton Road Red Lion, PA
papillonia.com**

Students have the option to attend one or two days
No refunds after July 6, 2017
Lunch will be served both days
Registration will be acknowledged by email
For hotel block information, contact Rebecca Elliott
Sunday is limited to 20 working teams and unlimited auditors
A working wait list will be maintained once the 20 working spots fill

For questions and concerns, contact Rebecca A. Elliott (Rae) at dogsrfun4rae@gmail.com or 301-693-2432

Event Location: Papillonia Dog Training Academy, 1127 Felton Road Red Lion, PA

Make checks payable to PDTA

Mail your registration and check to Rebecca Elliott 329 Greenwood Rd Spring Grove, PA 17362

Name:

Phone:

Email:

Mailing Address:

Dog's Name with All Titles:

Breed/Dog's Age:

▪ **Current Level of Training (Circle One):** Novice Open Utility

▪ **Highest obedience title you would like to obtain:** Novice Open Utility UDX OTCH

▪ **What is your goal for scores? Please circle one:** Qualify! 190-197 197+

▪ **What obedience exercises/skills are you most eager to hear more detail about?**

Registration/Fees (Lunch is included both days)

_____ Saturday Only: \$120 (not attending Sunday)

 ❖ Saturday seminar is theory/instructional based; there are no working teams

_____ Sunday ONLY Auditing: \$120 (not attending Saturday)

_____ Sunday ONLY Working: \$ 175 (not attending Saturday)

_____ Saturday and Sunday Working: \$275 (attending Saturday and as a working student on Sunday)

_____ Saturday and Sunday Auditing: \$220 (attending Saturday and auditing on Sunday)