



## Camp Unleashed Blue Ridge Fall 2018

### About the Activities

Camp is about having fun and having the chance to spend a whole weekend with your dog, doing things that are enjoyable for both of you, deepening your bond and mutual trust. We are NOT about training for serious competition. Feel free to participate, watch or just spend some leisurely down time in the tranquility of the beautiful natural surroundings. Camp is yours to experience and enjoy as you like it. That said, we do offer a range of activities so that every dog no matter size, age, or athletic ability can experience something new with you!

Here are the Activities planned for this session of Camp Unleashed:

#### **Agility – Becca Hancock**

Dogs and humans will get to try out some equipment used in competition dog agility. It'll require both dog and human to learn and complete the obstacle course. Great for building confidence and trust with your dog!

- 1) Agility Foundation: If you have never done agility, come to this course which includes learning the basics that your dog needs to participate such as a sit, come to the side, understanding commands like over, and learning to be comfortable around the equipment.
- 2) Agility for Fun: A Beginners Course for dogs new to Agility and will cover things like, going through one tunnel, one jump, and then a combination of tunnel and jump.
- 3) Intermediate/Advanced For those who are doing agility or have had a beginner's course with their dogs....maybe working on weaves, combining elements, different crosses, some practice runs.

What to Bring: Leash, High Value Treats

### **Barks and Crafts**

There are several fun and creative projects are planned for this camp!

Repurpose an old sweatshirt and socks!! Stefanie will teach you how to create a dog bed out of an old sweatshirt and create plushy dog out of socks. **Bring an old sweatshirt (the bigger the better!) and old fuzzy socks to camp with you.** You will create a lasting and unique memory of your time at Camp Unleashed.

**Painting with Paws** - The dogs will complete a painting using their paws. Various designs are available, dogwood branches or a flower pot or vase. This class is offered two times on Saturday; there is a maximum of 20 dogs (and their humans) for each session.

Stacey Clear's Facebook site: Stacey Clear Art Classes

### **Barn Hunt – Elizabeth Stanley**

**Intro to Barn Hunt** - This session is for teams interested in learning more about Barn Hunt or for teams that need to improve their dog's indication on a rat tube. We will briefly cover the basic rules of barn hunt, talk about indications and why dogs sometimes don't indicate, how to maintain a natural indication or build a trained alert and we will introduce your dogs to a rat and to the idea of 'hunting' to find the rat. The rats used in Barn Hunt are family pets that are used to dogs and being handled. NO rats are injured, frightened or abused are any time during these events.

**Barn Hunt Practice** - This session will build on the skills that were in intro sessions or for dogs currently participating in barn hunt. This session will prep your dogs for potentially trialing or just allow more practice/fun time. A novice course will be set and the dogs will climb on a bale with all four feet, go through a tunnel, and alert the owner to the rat location.

What to Bring: High Value Treats, Leash

### **Building Impulse Control – Caitlin Morrow**

We all could use more impulse control and this class will be geared towards training to help encourage ways to make impulse control a routine part of your dog's life.

What to Bring: Please bring treats with you.

### **Canine Massage - Sue Juzack**

Join Sue J with your canine partner and learn how to give a gentle relaxation massage! Your dog will reap the benefits of massage including stress relief/relaxation, pain relief, emotional well-being, as well as increasing your connection and bond. Bring a blanket or bed for you and your dog to be comfortable as we will be sitting on the floor. Get ready to relax and enjoy a peaceful and fulfilling session with your best friend!

What to Bring: Leash, mat or bed for a comfortable place to lie on

### **Canine Rehabilitation – Lisa Bendenbaugh**

Lisa will discuss the importance of weight control, benefits of keeping your dog fit and how to avoid the “weekend warrior” syndrome. She will also conduct a workshop on identifying potential injuries in sporting and/or active dogs.

### **Cooperative Vet Care – Caitlin Morrow**

We will be diving into the world of teaching our dogs all about veterinary procedures including ways to willingly participate and enjoy the procedures. We will be working on some basic starting positions and then if we have time we will work on individual situations and questions. This sets the foundation for everything from blood draws, nail trims, ear cleaning, eye drops or care requirements.

What to Bring: Please bring treats and a towel.

### **Disc Dog - Becca Hancock**

If your dog loves to chase toys or play fetch, this class is for you. You will learn the basics of how to get your dog interested in a disc, how to chase the disc, catch the disc, and bring it back to you! This is both a great way to bond with your pup and exercise them at the same time. No prior experience is required, just a dog with a desire to play and chase.

### **Dock Diving – Steve Mize**

We will be teaching the basics for all dogs to enjoy dock diving. We will cover showing a dog the proper way to jump and swim. For more advanced dogs we can give pointers on how to get the dog jumping farther.

What to Bring: Leash, floating toy or ball

### **Dog Portraits**

Sign up with Monica for a portrait session or an action shot of your dog at camp!

### **Fitness Foundations – Kirsten Holt**

Learn about canine fitness is important. Kirsten will explain why fitness matters, benefits to your dog, total canine health puzzle pieces, exercises, equipment basics, and importance of cardio. Will also briefly touch on how to customize your canine fitness program.

### **Warm up/Cool down Basics – Kirsten Holt**

This class will include the importance of warm up/cool down, injury prevention, body awareness, prep the body for skill work or competition, exercise selection, and stretching.

### **Hiking Topics – Stacia Bennett**

**Going the Distance:** Preparing your dog for longer hikes and backpacking trips

This class will include information on conditioning, signs of fatigue and heat intolerance, necessities for long hikes, managing your dog's increased metabolic needs, finding and filtering water, using a dog backpack safely and properly, sleeping in the backcountry, emergency preparedness/first aid

**Hiking Essentials:** What you need to have a safe and enjoyable hiking experience with your dog

Learn what to include in a canine first aid kit, environmental safety hazards (bears, poisonous plants, snakes, human and animal feces, water and tick-borne illnesses), important behaviors to master, trail etiquette, gear essentials, emergency preparedness/first aid, finding dog-friendly trails, etc.

**Long Hikes:** Choose one or both long hikes and information about trail etiquette, safety, first aid, information about local flora and fauna, environmental hazards, and beneficial behaviors. Both hikes will be off Camp Coleman's property and dogs must be on leash.

Friday Afternoon Long Hike:                      Blood Mountain via Appalachian Trail  
Hike time: 2.5 hours  
Information click [HERE](#)

Saturday Morning Long Hike:                      Raven Cliff Falls 4.8 miles  
Hike time: 2+ hours  
Information click [HERE](#)

### **Intro to Swimming/Water Sports – Eileen Brown**

Swimming provides wonderful exercise for dogs of all sizes, shapes, and ages. If your dog has not yet experienced the joy of playing in water and swimming, come to this engaging class that will help your dog build a positive association.

Bring a swimsuit, as you may need to get into the water with your dog. Also bring a motivating water retrieving toy for your dog and lots of yummy treats that do not dissolve in water!

What to Bring:                      Leash, floating toy or ball, lots of high value, smelly treats!!

### **Lure Coursing – Steve Mize**

Lure coursing is a sport for dogs that involves chasing a mechanically operated lure. It is a great way to provide mental stimulation and physical exercise for any dog that loves to chase or exhibits prey drive. Coursing is an old sport, dating back to the nobles and other wealthy landowners who had wide hunting grounds to practice their sport on. Sighthounds were bred and used for sight tracking small game like hares, foxes, and pigs, as well as larger game like deer and antelope. Today, the sport is more likely to use an artificial lure that is made to look like a live animal. The lure is dragged across the ground at a high rate of speed, with a set number of turns and changes in direction to simulate the movements of a live animal or "game."

### **Parkour - Becca Hancock**

One of the newest dog sports to sweep the nation, parkour is a total blast! Your dog is taught how to get on, under, and through all sorts of fun obstacles. Your relationship is strengthened while you teach them to focus on their body awareness, as well as your instructions. This also is great for body awareness and core strength, too. Just bring some treats, and your dog's favorite toy as a reward.

### **Rally FrEe – Mary Baker**

Come join this class to learn about a fun sport that combines the structure of Rally-Obedience with the creativity of Canine Musical Freestyle. In class teams will learn enough Rally FrEe signs to complete a short course. The signs learned in class will be a combination of Rally-Obedience and Canine Freestyle moves. This is fun class for beginners and those familiar with Rally-Obedience or Canine Musical Freestyle. Sign up add a little pizzazz to your Rally skills!

### **Raw Nutrition and Your Dog's Health – Nancy Fitzpatrick**

Nancy will talk about numerous cases of cancer among both domestic canine and feline worlds, as well as pets with chronic issues such as ear infections, itchy skin, intestinal issues, including diarrhea and constipation, and inflammation. She firmly believes that dry, processed kibble is a huge reason for these issues; not only in her own dog's (former) life and health changes, as a result of switching from kibble to raw, but also in all the things she learned from this raw nutrition course. Her goal is to help owners learn about how they can better their furry friend's lives, as well as cutting down (and hopefully ELIMINATING) expensive vet bills. She will have handouts on the why and how to start your dog on raw meals (or dehydrated and freeze-dried, if raw is just too unpleasant), as well as some suggestions for sources of raw protein sources.

### **Recall - Caitlin Morrow**

This class is all about working various aspects of recall work. There are a variety of ways to teaching a dog to come when called and we will be teaching and practicing a few of these different techniques to create the foundation for a reliable come when called. We can also answer questions and help create a training plan for owners having difficulty with their recall.

What to Bring: High Value Treats, Leash (long line if possible)

### **Scent Work for Competition – Mary Baker**

This class is for those who are interested in competing in Scent Work with their dogs. The class will focus on AKC Scent work skills. Most of the exercises will be at Novice level, but the upper level scents will be available for teams to work with. Teams should have a little knowledge of nose work, if not I would recommend the Super Sniffer Fun class. Please bring your scented article to work the Handler Discrimination exercise (Novice class is a cotton glove or sock). Teams may bring their own scent work kits if they like. I will have the following scents available to work with: Birch, Clove, Cypress and Anise.

### **Super Sniffer Fun – Mary Baker**

Want to have some fun finding stuff with your dog? This class will have your dog using their noses to find stuff hidden in boxes, containers and fun obstacle courses. Also learn about fun games you can play at home to keep your dog thinking and using one of his best senses. This class is for both beginners and experienced scent dogs. This class is all about having fun, building confidence and strengthening our bond with our dogs. Teams should bring soft smelly or fragrant treats that their dog likes with them.

### **Trick Dog Titles – Mary Baker**

Join this class and learn a few upper level tricks with your dog! Also in this class I will be evaluating for any level AKC or Do More with Your Dog Trick Titles (except for AKC Elite Performer and DMWYD Trick Dog Champion, but can video for you). This class is for any level dog ready or almost ready to evaluate for a title. Teams need to bring any props they need for their tricks. Paperwork for trick applications will be provided.

### **Tricks for Fun – Mary Baker**

Teach your clever pooch some cute tricks to entertain your friends and family! In this class we will learn a variety of novice level tricks (for those interested in getting either their AKC trick Title or Do More with Your Dog Trick Title) For the more experienced dogs we will learn how to fade the lures, get more distance and chain several tricks together. This class is for both beginner and more advanced dogs. This class helps to build confidence, focus and impulse control!

### **Tricks with Props and Selfies - Mary Baker**

Want to get that perfect photo of or with your Dog! This class is full of tricks to help position your dog and get that perfect shot! Learn how to teach a Chin Rest, Paws Up, Cross your paws, Head Tilt, Look at the Camera, Head on Shoulder. Teams should bring any special props that would like their dogs to work with. There will small assortment of props on hand to work with. Teams will also want to bring their phones or cameras with them (needed for Look at Camera Trick)

### **Siesta**

We encourage rest time for dogs and people. If you don't want to nap in your cabin, come join us for Naptime for Dogs and People. Listen to Dog Calming Music, hear a naptime story about dogs, and give your pup a mini-massage.

### **Taking Home Camp Unleashed**

A time to share what we have all learned at Camp Unleashed about ourselves and about our dogs...a time for learning and a time for sharing.

### **Evening Activities**

The Bark O'Lounge will be open during the evenings as a place to hang out, to chill out, and to meet other people and their dogs. Snacks and drinks will be available. Come by to rest and relax.

Campfire and S'Mores on Saturday night!! Gather around the fire with the dogs and roast some marshmallows for S'mores. If anyone wants to bring a guitar or other musical instrument to play some tunes, please do!

### **Yappy Hours**

Morning coffee and tea for you and social play for your dog on a big, grassy open field. No ball throwing please.

# Body Massage for Humans

## Chair or Full Body Massage - Sue Juzcak

Treat yourself to a full body or chair massage expert massage. You deserve one just as much as your dog does, and Sue, our massage therapist, is absolutely terrific!

Private Sessions by Advance Appointment: \$20 for 15 minutes. See Sue to sign up.

Please pay directly by check or cash. Signups will be available for appointments at camp.