

LISA SCHMIT, PhD

PhD Public Policy Analysis

Certified Canine Fitness Trainer

Certified Pet Massage Practitioner

Certified Canine & Equine Myo-Manipulative Functional Practitioner

Certified Animal Cold Laser Practitioner

Certified Canine & Equine Craniosacral Practitioner

Certified Canine & Equine Kinesiology Tape Practitioner

If doing a full day seminar, then the minimum is 6 working teams and a maximum of 10. If doing ½ day workshops, then the maximum is 6 working spots per session. If doing 1 day seminars, if possible please try to group by level so have a novice group one day, advanced group the other. I generally start at 8 Am break for lunch for about ½ hour and end around 4. Please put a disclaimer in the registration that the end time of the day will depend on the number of dogs, weather and the physical and mental state of the dogs and handlers.

TOPICS

CPE SPEEDWAY SEMINAR: Learn how to train and handle the new CPE pitspot, slingshot and pole position courses. We will go over how to train and handle barrels, hoops and tunnels. We will push you to be more clear, crisp, consistent and calm in your handling. We will focus on when, where and how to cue your dog properly using body language, verbal cues and motion. Emphasis will be on understanding the importance of drawing the dog's path to direct your dog through sequences/courses. Teams at all levels are welcome but dogs must be able to perform tunnels and hoops.

CPE JACKPOT SEMINAR: In this workshop, multiple Jackpot courses will be set. Time will be spent on discussing and working various handling strategies for each team. The workshop will also focus on pushing for more distance with obstacles and independent obstacle performance. Skills covered will include how to get your dog to work ahead and laterally away from you. Dogs at all levels are welcome but must be able to perform all agility obstacles.

DRIVING AT A DISTANCE SEMINAR: During this seminar we will work on sequences to teach and refine directionals while incorporating more distance into the exercises. We will push you to be more clear, crisp, consistent and calm in your

handling. We will focus on when, where and how to cue your dog properly using body language, verbal cues and motion. Emphasis will be on understanding the importance of drawing the dog's path to direct your dog through sequences/courses. Teams at all levels are welcome but dogs must be able to perform tunnels, jumps, hoops and contacts. Sequences/Courses will be presented in a way that will push each team according to their level of training. More advanced teams will be pushed to gain more distance and more novice teams will work on gaining distance skills.

FOUNDATION FOR DISTANCE: This seminar will focus on the foundation skills necessary to be successful working away from your dog. Whether it is 10 feet or 100 feet, strong foundation skills are imperative for good distance control. Topics: Directionals (GO, HERE, SWITCH, OUT, IN), discriminations and other foundation skills as well understanding the importance of being crisp, clear, calm and consistent with your handling. All levels of teams are welcome - beginner teams that need to learn these skills and more advanced teams that need a "tune-up" or would like to push for more distance. My goal for this class is to teach my favorite foundation exercises needed to move on to more advanced exercises.

GROUNDWORK FOR CUES, CONNECTION and DISTANCE

The key to success is having a strong foundation. There is so much you can do to train agility and distance without agility equipment. In this workshop, we will go over important connection exercises to teach calm focused dogs. We will go over my foundation exercises including startlines, shadow handling, targeting using toys and target buckets, and using toys to teach cues and crosses. We will also work on foundation exercises I do to teach distance without agility equipment. We will use toys, targets and cones to work the groundwork exercises I do with my dogs. We will also add some obstacle work to show how we utilize the groundwork skills on course. All levels of teams are welcome...beginner teams that need to learn these skills and more advanced teams that want a "tune-up" or how some holes in their training.

ADVANCED DISTANCE SKILLS: Are you ready for more distance challenges? This workshop will push the distance with challenging and fun sequences. Do you want to try bonus lines? During the workshop, we will really push the distance! We will examine different handling techniques needed to work farther from your dog. During this seminar we will work on sequences to refine directionals while incorporating more distance into the exercises. We will push you to be more clear, crisp, consistent and calm in your handling. We will focus on when, where and how to cue your dog properly using body language, verbal cues and motion and push for more distance. Teams must be competing at least at the Open level to attend this seminar.

BIG DISTANCE/ BONUS HANDLING: Do you have good distance, but am ready to push for more? This seminar will push you to handle at big distances! Do you want to

try bonus lines? During the workshop, we will really push the distance! We will examine different handling techniques needed to work farther from your dog. During this seminar we will work on sequences to refine directionals while incorporating more distance into the exercises. We will push you to be more clear, crisp, consistent and calm in your handling. We will focus on when, where and how to cue your dog properly using body language, verbal cues and motion and push for more distance. Teams must be competing at least at the Elite level in Chances (or equivalent on other venues) to attend this seminar. My goal for this seminar is to work with people that already have good distance but am ready to push for more.

CHANCES: In this workshop, multiple Chances courses will be set. Time will be spent on discussing and working various handling strategies for each team. The workshop will also focus on pushing for more distance with obstacles and independent obstacle performance. Skills covered will include how to get your dog to work ahead and laterally away from you. Dogs at all levels are welcome but must be able to perform all agility obstacles.

DISCRIMINATIONS WORKSHOP During this workshop we will cover how to perform obstacle discriminations using verbal, body language and motion cues. This workshop will help you gain the understanding and skills needed to perform obstacle discriminations confidently. Exercises will include Aframe/tunnel discriminations as well as other discriminations. Teams at all levels are welcome but dogs must be able to perform tunnels, jumps, hoops and contacts.

DISTANCE OFF OF CONTACTS: An important skill to have is to be able to send your dog off a contact from any location. Having distance off of contacts opens up your handling options!! Many Chances/Gamblers/ etc require the dog to send ahead while being behind the line or requiring lateral distance. If you aspire to do bonus lines, you must be able to send your dog off contacts from being lateral and behind your dog. In this workshop, we will go over the steps I take to teach my dogs distance off of contacts. We will start off targeting, review contact behaviors, step 1 training distance with a board, bench, or mat. Then we will work on lateral distance, send off contacts then put it together!

CUEING YOUR DOG: When do you cue your dog and what cue do you use? This workshop will discuss when, where and how to cue your dog. It will teach you to be clear, crisp, consistent and calm in your handling while drawing your dogs path. The workshop will cover body language, verbal cues and motion. This workshop will use mostly tunnels and hoops to practice how and when to cue your dog.

FOUNDATION SKILLS: This workshop will cover learning and refining agility foundation skills.. We will focus on when, where and how to cue your dog properly using body language, verbal cues and motion. Emphasis will be on understanding the importance of drawing the dog's path to direct your dog through short and fun

sequences. We will work on directional skills, such as go, here, switch, as well as learning and increasing distance skills. Also, we will work warm-ups, startlines, and my favorite foundation exercises! All levels of teams are welcome...beginner teams that need to learn these skills and more advanced teams that want a "tune-up" or would like to push for more distance. My goal for this class is to teach my favorite foundation exercises needed to move on to more advanced exercises.

JUMPERS SEQUENCES: This workshop will cover various sequences seen on NADAC Jumpers courses. Emphasis will be placed on working serpentines, pinwheels, 180s and going through boxes. The workshop will focus on walking different sequences and understanding different handling options for these sequences, understanding where your dog's path needs to be through a sequence, and what you need to do to ensure your dog is on that path. All dogs that are performing sequences with jumps are welcome.

JUMP TRAINING: This workshop will go over foundation jumping exercises as well as other various jumping grids and sequences. These exercises will help to teach your dog when to take off and how to bend over a jump. We will go over exercises to teach extension, collection and bending. Dogs must be over a year old.

PUPPY TRAINING: This workshop will discuss what fun things that you can do with your puppy without agility equipment. There are so many fun exercises/tricks to teach puppies that teach them to think and become happy confident partners. Exercises will also help puppies learn body language, cues as well as balance and coordination. In this workshop, we will go over connection games to do with your pup to keep your pup in the Connection Zone with you. Additionally, we will work on teaching your pups your cues. We will use toys, targets and cones to work the groundwork exercises that will teach your pup to follow your body language, learn your verbal cues and understand motion that helps give them the confidence and understanding of your cues before ever seeing any agility equipment. We will also start working distance right from the start so that you and your pup get comfortable working away from each other. Teaching groundwork exercises will help your puppy learn to follow your body language, learn your verbal cues and understand motion. It also helps to teach distance skills. This workshop is great for puppies as well as older dogs that need to learn these skills.

SERPENTINES VS 180s: During this workshop we will teach you to recognize the difference between serpentines and 180. These two sequences require different handling and cues.

BOXES: Do you have a hard time when there are boxes in a course? Do you often send your dog off course when there is a box? During this workshop we will go over the proper handling and cues to successfully perform boxwork.

BARREL TRAINING: This workshop will cover how to train barrels and various

sequences seen on NADAC courses or in the new CPE Pole Position Class.. The workshop will focus on walking different sequences and understanding different handling options for these sequences, understanding where your dog's path needs to be through a sequence, and what you need to do to ensure your dog is on that path.

GROUNDERS: During this workshop we can go over how to teach hoop and barrel skills and how to run the new grounders class!! We will define and show various directional cue and go over cueing your dog using body language, verbal cues and motion. We will discuss targeting, luring and rewarding.

THE CONNECTION ZONE: 4 hour workshop Do you have a high or stressed dog? Does your dog leave you to go sniffing or visit ring crew? This class we will go over connection games to do with your dog to keep your dog in the Connection Zone inside and outside the ring.

DIRECTIONALS: GO GO GO: As I travel all over the continent doing seminars, one skill I find is consistently lacking is "GO – GO STRAIGHT !!. Many dogs cannot do 2 (3 or more) jumps or hoops in a row in a straight line without curling in, spinning or barking. If you have a dog that has a hard time continually moving forward and/doing the last obstacle, this workshop is for YOU!!

TEACHING TURNS AND ADDING DISTANCE

Do you want to know how to teach your dog to turn? What cues to use? Do you need help deciding HOW and WHEN do cue your dog to turn? Do you want to know to push your dog for more distance while turning? Do you want to tighten up your turns? This class is great for young dogs just starting out or for more seasoned teams that want to push more distance.

STARTLINE STAYS AND LEADOUT: Learn how to train and maintain a connected, confident fun startline. Not all dogs require a leadout, but all runs should start when the handler releases the dog. If you let your dog break its stay or start the run, it is difficult to have a connected run. During this workshop you will learn how to train a connected confident startline with a fast happy release! We will also work on proofing the startline. In addition, we work on different leadout positions that will create efficient and SAFE path for your dog.

LATERAL AND LAYERING: In this workshop, we will go over how to teach and become comfortable with lateral distance and layering obstacles. What cues to use to keep my dog working away? Do you want to know to push your dog for more distance? This workshop is great for young dogs just starting out or for more seasoned teams that want to push more distance.

TUNNEL TIME: Most classes have tunnels in them. Can you send your dog to the tunnel? Does your dog drive forward confidently out of tunnels? Can you turn your dog out of tunnels? Can you rear cross and turn your dog away from you when they exit the tunnel? In this workshop, we will go over how to teach your dog your turn and drive forward cues! We will work on building commitment to tunnels and build distance driving to and out of tunnels! We will focus on teaching the appropriate cues so our dog knows when to drive to a tunnel, when to drive forward out of a tunnel and when to turn out of a tunnel! This class will be great fun and very informative!

NADAC CHAMPS PREP Do you have a group of students going to champs? We will set prior champs courses! We will analyze the different challenges in the courses and work on sequences we tend to see at NADAC champs.

TRAIN THE TRAINERS: This is a workshop designed for agility instructors. We will go over what skills to train, what sequences to work on etc.

MASSAGE WORKSHOP 3 hour Workshop

Learn how to massage to your dog. In this workshop, I will show you different techniques that help promote good health, circulation and well being. Massage has physical, emotional and mental benefits. Massage helps reduce pain from stiffness, inflammation and muscle spasm, improves muscle tone, flexibility and range of motion, promotes good circulation and builds trust and self-confidence. You will learn various massage strokes by working with your own dog.

CANINE CONDITIONING WORKSHOPS

CANINE CONDITIONING: Canine Conditioning is very important for all dogs. From puppy to senior, from couch potato to the canine athlete, there are fun exercises to help improve your dogs overall well being. These exercises improve body awareness, balance, flexibility, mobility, and muscular strength. If you have a canine athlete that competes in agility, conformation, obedience, flyball, herding, etc, a fitness plan can improve performance and help prevent injury. Besides the incredible physical benefits, doing these exercises will provide mental stimulation, strengthen the bond with your dog, increase dog's confidence and create more focus. Plus it is really fun to do!!

Are you interested in creating a fitness program for your dog but you don't know where to start? Have you seen pictures and videos of dogs doing cool stuff on fitness

equipment but you have no idea how to teach it? Do you have some equipment and do not know how to progress with the exercises?

CANINE FITNESS FOUNDATION

During this hands-on workshop we focus on teaching dogs to use their bodies to increase balance and general fitness. Dogs will learn fitness exercises on the flat and then on balance equipment. You will get time to practice them so you understand how to perform the exercises properly. We will go over a proper warm-up and cool down routine. We will also teach proper and safe body placement for exercises with and without equipment. You will learn the 'basic' fitness exercises on the ground and then perform some of these moves on fitness equipment (fitbones, pods, balance disc, benches)

ADVANCED CANINE FITNESS FUN

During this workshop, we will focus on teaching more advanced exercises using various pieces of fitness equipment. We will focus on good form and technique while progressing the exercises. Dogs must have experience with fitness equipment and be able to do tuck sit, sphinx down, sidepass and backup (Participant must attend a previous workshop this weekend or have taken previous conditioning classes/seminars).

CONDITIONING FOR THE CANINE ATHLETE

If you have a canine athlete that competes in agility, conformation, obedience, flyball, herding, etc, a fitness plan can improve performance and help prevent injury. Besides the incredible physical benefits, doing these exercises will provide mental stimulation, strengthen the bond with your dog, increase dog's confidence and create more focus. Plus it is really fun to do!! This hands-on workshop will focus on teaching dogs to use their bodies to increase balance strength and flexibility. Dogs will learn fitness exercises on the flat and then on balance equipment (Fitbones, pods, balance disc, benches). You will get time to practice them so you understand how to perform the exercises properly. We will go over a proper warm-up and cool down routine. We will also teach proper and safe body placement for exercises with and without equipment.

ILIOPSOAS and SHOULDER INJURY PREVENTION

We are seeing more and more psoas and shoulder injuries in sporting dogs. This workshop will target these areas with exercises that will help warm-up, strengthen and stretch these muscles groups. The exercises are intended to help reduce the risk of injury by increasing balance, stability, flexibility, strength and body awareness.

FUN WITH FITBONES

Fitbones are my favorite pieces of fitness equipment. They are very versatile and can work muscles in different ways. This workshop will focus on teaching exercises using fitbones. We will primarily use fitbones but will pair it with other fitness equipment. Fitbones are great for increasing body awareness and balance and also for

strengthening and stretching.

CONDITIONING FOR JUMPING

Conditioning is very important for agility dogs! Your dog needs great core strength as well as front and hind limb strength to jump properly. The exercises taught during this workshop will target the muscle groups used when jumping! In order to condition our dogs for optimal and safe jumping, we need to work the whole body- front, core and hind limbs with strength, flexibility and balance exercises. In this class, we will go over exercises geared toward conditioning dogs for jumping. We will go over exercises that can strengthen the front, hind-end and core muscles and increase flexibility and balance with emphasis on proper form, technique and reward placement. It will also increase your bond/relationship with your dog.

CONDITIONING FOR CONTACTS Regardless of the contact method and end behavior trained, the dog needs great core strength as well as front and hind limb strength. The exercises taught during this workshop will target the muscle groups used when performing contacts. In order to condition our dogs for optimal and safe contacts, we need to work the whole body- front, core and hind limbs with strength, flexibility and balance exercises. We will go over exercises that can strengthen the front, hind-end and core muscles and increase flexibility and balance with emphasis on proper form, technique and reward placement. It will also increase your bond/relationship with your dog.

CONDITIONING FOR WEAVES Weaves are one of the most physically demanding obstacles on our dogs. Never in the wild would you see your dog go out and choose to weave something. Weaving is very taxing on the dogs body especially if they are not in good shape. But even dogs that are in good shape lack body awareness, strength and flexibility needed to properly weave. It is very important that we condition our dogs to handle weave training and trialing. In order to condition our dogs for optimal and safe weaves, we need to work the whole body- front, core and hind limbs with strength, flexibility and balance exercises. We will go over exercises that can strengthen the front, hind-end and core muscles and increase flexibility and balance with emphasis on proper form, technique and reward placement.

CONDITIONING FOR PUPPIES AND SENIOR DOGS

During this workshop, we will focus on teaching exercises geared toward the young whose joints and muscles are still growing as well as for the aging dog. Performing conditioning with puppies is beneficial as long as proper form and technique is obtained. Older dogs benefit greatly from conditioning and can really enhance their life. We will go over what to do, what not to do and how long to perform exercises with pups and older dogs.

CONDITIONING FOR BARRELS

In order to condition our dogs for optimal and safe barrel performances, we need to

work the whole body- front, core and hind limbs with strength, flexibility and balance exercises. In this class, we will go over exercises geared toward conditioning dogs for optimal barrel performances. We will go over exercises that can strengthen the front, hind-end and core muscles and increase flexibility and balance with emphasis on proper form, technique and reward placement. It will also increase your bond/relationship with your dog.

Let me know if you would like more information- inthezoneagility@gmail.com

ABOUT ME



Lisa Schmit Ph.D
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Certified Canine Fitness Trainer
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Certified Canine & Equine Craniosacral Practitioner

Multiple NADAC Championship Winner with Multiple Dogs
Distance Expert
Numerous NATCHES, Speed Stars and Bonuses with over 10 dogs
JP7- Purple Versatility Distance Cup (less than 5 dogs in world have this award)
JP7- Purple Distance Cup (less 10 dogs in world have this award)
Tandem-Silver Versatility Distance Cup (less 10 dogs in world have this award)
Tandem Rev & JP7 - PURPLES MODSQUAD Awards- Master of Distance and Speed
(less than 20 dogs in the world have this award)
Tandem JP7 and Rev - Silver Distance Cup Awards

Lisa is the owner of In The Zone, LLC. She gives agility, conditioning and massage seminars across the continent. She teaches online classes through In the Zone Dog Training School <https://inthezonedogtraining.teachable.com> as well as Bobbie Lyons Canine Campus and Clean Run Learning Center. Lisa hosts around 12 NADAC Trials yearly as In The Zone Agility.

As well as an agility expert, she also is very knowledgeable in canine and equine fitness and bodywork. She is a Certified Canine Fitness Trainer, Certified Pet Massage Practitioner, Certified Canine Myo-Manipulative Functional Practitioner, Certified Animal Cold Laser Practitioner, Certified Canine & Equine Craniosacral Practitioner, and a Certified Canine and Equine Kinesiology Tape Practitioner.

Lisa is one of the most accomplished handlers in NADAC. Her consistent, clear positive approach to dog training is evidence with her continual success with multiple dogs as well as the success of her students. Lisa has come home from the NADAC Championships with 10 trophies with 5 different dogs. She has finished in Overall Top 3 at NADAC Champs 22 times with 9 different dogs including her Brittany and Aussie. She has earned very rare and extremely hard to achieve distance awards with multiple dogs show consistency with distance and speed. Tandem, JP7 and Revolution earned Purple MODSQUAD --Master of Distance and Speed. Only 20 dogs in the world have this award. JP has earned Purple Distance Cup and Purple Versatility Cup. He also has earned two Silver Distance Cups. Tandem has earned Silver Distance Cup and Silver Versatility Cup. Revolution has earned Silver Distance Cup. Inspire is only a few bonuses away from Silver Distance Cup.

Lisa currently has five Border Collies and a small mix breed rescue dog. She is also training her sister's beagle as well as training with her 10 year old nephew Luke with his dog Zoomy. She has owned, trained and completed with 15 dogs which have ranged from soft to hard and slow to fast and novice to multiple championships. She has been teaching agility seminars for over 15 years giving her years of experience with many different breeds, skills and issues. This allows Lisa to bring real life experiences into her training that includes good foundation training, skill training, motivation and consistent, clear handling all in a fun positive way.

While she primarily competes in NADAC, her training and handling philosophy translates to all venues. Path work is paramount in all venues. Being able to draw efficient lines, speedy independent obstacles, and providing clear and consistent cues help teams compete successfully in all venues.

Lisa grew up in the horse world training and showing Quarter Horses as well as dabbling on the racetrack. She also played volleyball and softball. The skills learned training and competing in other sports have transferred to dog training. In the past few years, Lisa is back in the horse world competing in cow sorting with her horse Kismet. Coming back to the horse world and learning a whole new sport is making her a better dog trainer and teacher.

To view more about her <http://inthezoneagility.homestead.com/aboutme.html>

- Owner of In the Zone, LLC
- Agility, Fitness and Massage Seminar Presenter for over 15 years

- Certified Canine Fitness Trainer, Certified Pet Massage Practitioner, Certified Canine & Equine Myo-Manipulative Functional Practitioner, Certified Animal Cold Laser Practitioner, Certified Canine & Equine Kinesiology Tape Practitioner and Certified Canine & Equine Craniosacral Practitioner
- Multiple NADAC Championship Winner with Multiple Dogs
- DISTANCE EXPERT
- JP7 earned the coveted Purple Distance Cup and Purple Versatility Cup Award-less than 10 dogs in the WORLD have this award.
- Tandem and JP7 earned Silver Versatility Distance Cup Award-less than 10 dogs in the WORLD have this award.
- Tandem, JP7 and Revolution with Purple MODSQUAD Awards- Master of Distance and Speed-less than 25 dogs in the world have this award
- Tandem, JP7 and Revolution with Silver Distance Cup
- Numerous NATCHES, Speeds Stars and Bonuses with Multiple Dogs