

2020 Upcoming Events

MARK YOUR CALENDARS NOW FOR ETRC's EVENTS!

1. August TBD: Summer picnic
2. September TBD: Club Trial
3. October 17-18: ETRC Fall Hunt Test, Sweetwater. 2 flights MH (132), double JH & SH. Keep your fingers crossed.....



Photo of the Month

What to do during these down times? Peter Torok has been working with Kaypesh on developing her land navigation and trail sign reading skills.



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Cancellations

TWRA is not opening up the Hiwassee WMA until June 1. As a result, we are having to cancel our spring hunt test scheduled for May 23 –24. We all hope that the situation in the fall is much better and that we'll be able to have a full test at Lucky 7 Ranch in Sweetwater in October.

In an abundance of caution, we are also canceling the club trial that was tentatively scheduled for May 9. Stay safe, everyone!

Health Notes

<https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19/sars-cov-2-animals-including-pets> This link (sorry it's so long and won't be clickable) is from the American Veterinary Medical Association and has updated information on SARS-CoV-2 (the virus that causes Covid 19) in pets. Apparently there may be some limited transmission possible from humans to pets, particularly cats, but it is unclear (and probably unlikely) that there can be transmission back in the other direction. While the several cats (including tigers) that showed positive did have mild respiratory symptoms, the three dogs so far have had no clinical signs whatsoever. The article does recommend that if a pet owner should catch the virus, that limited contact with the pet is the best approach, and further recommends an emergency kit of 2 weeks of food and medicines for the pet be kept on hand in the event the owner is unable to care for the animal.

<https://www.akc.org/press-center/covid-19-updates-from-the-american-kennel-club/> This link is the AKC's pandemic page, with questions and answers, information on cancellation of dog events, and resources, ideas, advice and some fun things to help dog owners deal with the situation.

Member News

Litter Announcements — Puppies For Sale

J. Michael Evans still has one male yellow Lab puppy available, now 6 weeks old, from his Miss Ivy litter. Contact him, text is best, at 865-824-8638.

Membership Renewals Due NOW

Your 2019 memberships expired the last day of February. You will stay on the email notification list until June 1, at which time we purge the rolls and change the passwords on the website.

So why not renew now while you are thinking about it? Membership is \$25 for a single person or a family (one vote). The renewal forms are available online at <http://www.etrclub.org/join.htm> — just click the link, print it off, and send it to:

Karen Edwards, ETRC Secretary, 254 Babbs Road, Lenoir City, TN 37771.

Cost is still just \$25 which includes electronic copies of the newsletter, special announcements, eligibility to attend all ETRC Sponsored events, and consideration for end of the year awards plus the opportunity to make friendships with like-minded dog people and learn more about our favorite sport. It's a bargain!

Training Corner

Conditioning the Canine Athlete

—Starmark Animal Behavior Center, Texas

Editor's Note: Most of us rely on just regular training to keep our dogs fit and in shape, and also on airing them before working for providing a warmup. Here's an article that has a more structured program that may help keep our dogs in shape during these strange times.

The body of a canine athlete should be physically toned to enable him to perform and excel in whatever sport or task required of him. Though all dogs need daily exercise, ones who regularly work or perform need a more expansive exercise regimen to maintain top physical form. Physical conditioning involves not only exercise, but also stretching, and warm-up and cool-down exercises. Most dogs do not exercise themselves with peak conditioning in mind, so it is important to make exercise part of your dog's daily routine to maintain top body form.

Before beginning any exercise program with your canine athlete, have your veterinarian perform a full health check to detect any physical problems that could be aggravated by the activity. Extra weight means extra stress on bones and joints, so make certain your dog is at his ideal weight before leading into activities that may be too strenuous. Very young dogs must be limited in their activities to ensure that the exercise will not harm still-forming bones. (In general, it is best to wait until the growth plates have fully closed.) Care must also be taken with older dogs to guard against injuries to joints. In choosing your dog's exercise program, consider his body structure and any physical limitations he may have so as not to push him beyond his limits. (Some characteristics include brachycephalic or flat head, long back, or heavy-boned build.) The benefits of an exercise program are many. Physically conditioned dogs perform better in sport and competition with less occurrence and severity of injury. They are also able to maintain a healthy weight much more easily. Exercise is healthy psychologically for dogs as it gives them an appropriate outlet for energy and helps reduce hyperactivity, as well as behavior problems related to boredom or insufficient activity.

Where to Exercise. The environment in which you exercise your canine athlete is equally important for his safety as the exercise routine itself. Choose a securely enclosed area, or keep your dog on leash. The ground in the area you choose is ideally grass covered to provide soft and stable footing. Avoid concrete or asphalt, as these surfaces are not only hard on joints and bones, but can also cause scrapes and abrasions on the foot pads. Also beware of temperature conditions. Take caution in exercising during warm and very cold times of the year, and avoid physical activity during the hottest parts of the day to help prevent heat exhaustion.

Warm-Up and Cool-Down. A human athlete wouldn't consider running a marathon just after waking up, and you shouldn't expect the same from your dog. Strenuous exercise performed without some kind of warm-up or stretching can lead to pulled muscles and other injuries. While a warm-up prepares your dog's body for physical activity, a cool-down is equally important to prevent muscles from getting tight afterwards. Warm-ups and cool-downs don't have to be long—usually only 2-3 minutes will suffice. Begin with a rub down over the entire length of your dog's body, focusing on the areas along the spine. Next, have your dog turn one complete spin to each side.

When stretching your dog, use gentle motions without forcing a movement that may be uncomfortable or even harmful. With one hand just in front of your dog's back leg for support, guide his front end to one side and hold the position for about three seconds before switching sides. You may hold a piece of food slightly in front of your dog's nose to help lure him to face the proper direction. Next, stand behind your dog and have him sit facing away from you. With one hand supporting the back of his head and the other lightly holding his muzzle, gently lift his head to look upward, downward, and side to side, holding each position about three seconds. Next, with your dog standing sideways in front of you, pick up one leg and gently extend it straight out and then bend it at the joints while supporting the knee and hock joints with your hand. Continue this motion with each leg. Once you have completed stretching, trot your dog about fifty paces for a short aerobic warm-up.

The Canine Conditioning Program. There are four basic components to a canine conditioning program: nutrition, strength training, endurance training, and event training. With any physical program, your dog will need a high quality of food to help him sustain energy and a toned physique. In each area of conditioning, it is important to start slow and gradually progress at intervals as your dog shows he is able to progress. Never push your

Training Corner, Continued

dog beyond his physical limits, as this can cause injury.

Strength training should be conducted on nonconsecutive days three times a week for about fifteen minutes per session. Some strength training exercises include short, intense retrieving sprints on land or in water for a full body workout and uphill running for hind leg conditioning.

Endurance training is any aerobic activity several times a week for about thirty minutes per session. Exercises can include distance running, as on a treadmill or even accompanying you on a jog, or distance swimming. (These exercises are aside from retrieving for strength.) Again, take care not to run or swim your dog for longer than he can physically handle to avoid injury or exhaustion.

Your dog will greatly benefit in his performance in any sport through strength and endurance training, but event training is specific to the particular sport in which your dog competes. While all sports require an agile body and general soundness, you will need to determine where your dog needs the most work in his particular sport and practice in those areas.

All dogs can benefit from a physical conditioning program, but it is most apparent in the canine athlete. Through physical training you will not only see better results in competition, but the overall health of your dog will also improve by bounds.



Yellow Lab Puppies at 6 weeks — J. Michael Evans litter out of Miss Ivy.

Squibs

Got an email from a fellow who offers a nice variety of Labrador Retriever gift items. Unfortunately, nothing for Chessies or Goldens. Here's his recent email:

There's nothing that says you love the Lab-Mom in your life more than a gift with her fur baby on it. We invite you to shop our full line of Labrador Retriever gifts for that special woman in your life and save 15% on your total purchase.

Nakedcanyon.com

Dog transport — if you have a dog that needs to go from one place to another during this time of social distancing and lockdowns, you might try David Rosenthal. He's a licensed USDA Class T carrier who moves a lot of dogs between owners and trainers, which is where we got his name. He's moving a lot of puppies around right now! His website with contact info is huntingdogtransport.com and he moves dogs coast to coast in his customized Ford Econoline van. Wish our Jessie x Zoey puppy Robin good luck on her long trek to Oregon!

Youth Program



2018 Award Recipients, Cade and Ivan Chambers

The Luthenauer Young Handler program is entering its fifth year. Kids who are interested in working in retriever sports are encouraged to join; check out the website for rules and an application form at http://www.etrclub.org/etrclub_youth_program.htm.

There is no application fee; if the applicant is not already part of a family membership, their membership fee will be paid for by the Luthenauer fund. The program will reimburse AKC Hunt test fees, and ETRC Club Trials are free for enrollees.

Yearly awards include a perpetual trophy along with a plaque to keep, and participation award for everyone in the program.

Around the Region – Seminars, Tests, & Trials

Upcoming AKC Retriever Hunting Tests & Field Trials

All the tests and field trials in our area scheduled through the end of April have been cancelled due to the coronavirus pandemic. Many of the tests in May have already been cancelled as well. This feature will return at a later date. Until then, check Entry Express for updates.

Seminars

Check out Elite Retrievers (Pat Burns) facebook page. He is posting training tips and drills online, with some short videos. Not quite like a seminar but the price is right!

Master National Qualifications

The MNRC board has decided the 2020 MNRC Qualifications will be determined as follows:

- ◆ MNH dogs (3 MNRC qualifications) remain qualified for life.
- ◆ MNR dogs (2 MNRC qualifications) are automatically qualified for the 2020 event.
- ◆ MH dogs that qualified for the 2019 event are automatically qualified for the 2020 event.
- ◆ MH dogs with at least 4 MH passes during the current qualifying year (8/1/19-7/31/20) will be qualified for the 2020 event. Please read the entire MNRC blog for more information.

Newsletter Info

The ETRC newsletter is published monthly, as close to the 1st of the month as we can get it together. Send us your test results, litter info, new dogs, dog-related jobs and services, death notices, interesting articles, and any brags you care to share, along with pictures! Deadline is the 26th of the month but we can sometimes sneak something in a little late.... Send items to: Karen Edwards (edwardskc@gmail.com).

You may notice we have a new numbering system. When I first took over the newsletter, I just continued on with the volume # from the last issue, then upped it by one every year. But, it makes no sense, and doesn't reflect how many years of newsletters we have anyway! So beginning with the January 2020 issue, the volume number will be the last two digits of the year, in Roman numeral format — so this is now Volume XX (for 2020).