

A few notes about Wednesday practices:

- I've scheduled each practice to post at noon on the Sunday preceding the practice, so, for instance, the May 19<sup>th</sup> practice will be up on the website May 16<sup>th</sup> at noon.
- I've included more than one option for a sequence (and generally two for most courses, one original and one easier). You may have up to six options. Don't let that overwhelm you. For starters, just pick one you'd like to try, figure out what you need to work on, and come back and try the same sequence again. If you ace it, you may want to move on to another option.
- Most of these practices are drawn from previous ARFF practices and from teaching classes at the MSPCA. I hope you can find something useful and fun in them.
- Print out the practice PDF (generally just one) and, if you get a chance, study it before you come so you can be better prepared to make the best use of the options.
- Don't forget that the agility field—and all the activity around it—offers fantastic opportunities to train focus, recalls, and general self-control. If your dog needs this kind of training, you might want to start off your Wednesdays with some non-agility work. It'll pay off handsomely if your dog is more attentive to you and less likely to run off to play with some dog on course.