



TRIUNE CANINE TRAINING AND EVENT CENTER

1903 E. EDWARDSVILLE ROAD
WOOD RIVER, IL 62095

Presents: Kim Fugua Canine Conditioning Seminar Sunday July 8, 2018 9 a.m - 5 p.m.

Kim Fuqua developed an interest in Canine Conditioning when she lived in the Middle East over five years ago. She was looking for ways to keep her competition dogs physically and mentally active and engaged with limited space and blistering temperatures. She spent over a year working with Bobbie Lyons online and returned to the US finishing MACHs on her 9 year old aussie and 10 year old border collie within 6 months. She continued to compete with them qualifying for AKC nationals twice and retiring them both completely sound at 11 and 12. She attributes this to her warm-up/cool-down methods and solid conditioning plans as well as massage therapy. Kim finished her CCFT (Certified Canine Fitness Trainer) with FitPaws in 2017. Kim is also a CCMT (Certified Canine Massage Therapist) through Equissage. She regularly performs sports massages on canine athletes at agility trials. Kim enjoys working with all dogs and has a strong desire to help them feel better and perform at their very best.

This seminar will focus on proper warm-up/cool-down/stretching related to your canine's activities. We will discuss the proper movements, planes of motion and injury prevention. We will also discuss active versus static stretching, when it should be done and how often. We will also work on proper cool-down techniques and the benefits. We will also cover the basic foundation behaviors needed to build a fitness plan. We will discuss how to use these behaviors to strengthen the core, shoulders and hind end of the dog. Kim will discuss how to implement fitness into your day and the physical and mental benefits of fitness.

Learn to keep your canine companion in top condition.

Cost: Working Spots \$100 _____ Auditing Spots \$30 _____

Name: _____

Address: _____

City: _____ State: _____ ZipCode: _____

Phone : _____ Email address: _____

Breed of Dog: _____ Dog's Age _____

Vaccinations Dates:

DHLPP _____ Rabies _____ Bordetella _____

Agreement to Hold-Harmless Waiver & Assumption of Risk

I hereby waive and release Triune Canine Training Center their agents from any and all liability of any nature, for injury or damage which I or my dog may suffer, including specifically, but without limitation to, any injury or damage resulting from the action of any dog, and I expressly assume the risk of such damage or injury while attending any training session or while on the training grounds or the surrounding area thereto. I hereby agree to indemnify and hold harmless Triune Canine Training Center and their agents from any and all claims, or claims by any member of any family or any other person accompanying me to any training session or while on the grounds or the surrounding area thereto as a result of any action by any dog, including my own.