

TCKC welcomes Lisa Schmit

PhD, CCFT, CPMP, Member of Bobbie Lyons K9FITTEAM

Seminars Offered:

- Saturday March 28th (8:00-5:00) - Conditioning for the Canine Athlete**
Sunday March 29th (8:00-12:00) – Iliopsoas & Shoulder Injury Prevention
Sunday March 29th (1:00-5:00) – Canine Massage

Lisa Schmit, PhD, CCFT, CPMP is a NADAC Certified Clinician, Certified Pet Massage Practitioner, FITPAWS Master Trainer, Certified Canine Fitness Trainer and a member of Bobbie Lyon's K9 Fit Team. She gives agility, conditioning and massage seminars across the continent. She teaches online classes through www.inthezoneagility.com as well as through Bobbie Lyons Canine Campus - <https://www.bobbilyonscaninecampus.com>.

CONDITIONING FOR THE CANINE ATHLETE – 5 remaining Working Spots / Unlimited Auditing **Saturday March 28th - 8:00AM-5:00PM w/ lunch break Noon-1PM**

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 & SHOULDER INJURY PREVENTION – 7 remaining Working Spots / Unlimited Auditing

Sunday March 29th – 8:00AM-Noon

We are seeing more and more psoas and shoulder injuries in sporting dogs. These injuries can be career enders. Preventative care is key. 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.

CANINE MASSAGE – Working Spots – FULL (waitlist is being maintained) / Unlimited Auditing **Sunday March 29th – 1:00PM-5:00PM**

Learn how to massage to your dog. In this workshop, Lisa will show you different techniques that helps 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.

****These seminars will be taught in a group setting, therefore dogs must be able to work around other dogs on leash.****

Seminar Registration Timeline

Opens February 15th, 2020

Payment & completed registration forms must be received by :

Closing Date: March 20th, 2020

Auditing Spots – All seminars have unlimited auditing available. Must register for each auditing opportunity you wish to attend to ensure materials are available

Auditing Spots

Completed **Registration & Payment due by March 20th, 2020** for all auditors.

Full Day – Saturday March 28th: Conditioning the Canine Athlete	\$50
1/2 Day – AM Sunday March 29th: Iliopsoas & Shoulder Injury Prevention	\$25
1/2 Day – PM Sunday March 29th: Canine Massage	\$25

Working Spots

Working Spots

Completed **Registration & Payment due by March 20th, 2020** for all auditors.

Full Day – Saturday March 28th: Conditioning the Canine Athlete	\$150
1/2 Day – AM Sunday March 29th: Iliopsoas & Shoulder Injury Prevention	\$75
1/2 Day – PM Sunday March 29th: Canine Massage	\$75

***** NO registration is considered complete without a signed waiver, completed registration form, & full payment for seminar spot(s).**

*****There will be no refunds for working spots unless there is an available team on the waitlist to purchase the spot.**

Lunch is TBD – more information to come.

Need fitness equipment? Lisa is a FitPaws Partner. She will have the ability to order equipment for you to purchase. More info to come.

*****Added Bonus for Attending a Lisa Schmit Seminar**

- Invited to become a member of the In The Zone Facebook Group
- Access to video library that contains over 100 training videos
- Receive valuable handouts that contains over 30 pages of notes and video links

Any Questions?

Contact Angie Evans – hhredang@hotmail.com

Please return completed registrations to:

Angie Evans
P.O. Box 154
Ellsworth, IL 61737

****Please make checks payable to: TCKC*

Registrations CLOSE on March 20th.

NO seminar registration will be excepted without payment, completed registration form, and signed liability waiver.

Lisa Schmit Fitness Seminars @ TCKC

REGISTRATION FORM

Working spots are filled on a first-come, first-served basis. A wait list will be maintained.

Auditing Spots

Completed Registration & Payment due by March 20th, 2020

Full Day – Saturday March 28th: Conditioning the Canine Athlete	\$50	
1/2 Day – AM Sunday March 29th: Iliopsoas & Shoulder Injury Prevention	\$25	
1/2 Day – PM Sunday March 29th: Canine Massage	\$25	
	Total:	

Working Spots

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1/2 Day – PM Sunday March 29th: Canine Massage	\$75	
	Total:	

Weekend Total: _____

Please return completed registrations to:

Angie Evans
P.O. Box 154
Ellsworth, IL 61737

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Registrations CLOSE on March 20th.

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Lisa Schmit Seminars: AUDITING & WORKING SPOT PARTICIPANT INFORMATION

Name: _____

Address: _____

Email: _____

Tel: _____

WORKING SPOTS, PLEASE COMPLETE THE FOLLOWING

(1) Dog's Name: _____ Breed: _____

K9 Age: _____ Saturday: _____ Sunday AM: _____ Sunday PM: _____

(2) Dog's Name: _____ Breed: _____

K9 Age: _____ Saturday: _____ Sunday AM: _____ Sunday PM: _____

(3) Dog's Name: _____ Breed: _____

K9 Age: _____ Saturday: _____ Sunday AM: _____ Sunday PM: _____

Please describe any physical limitations of your K9 or any concerns about physical conditioning activities for your K9:

Please sign and date the liability waiver on the next page and include with your registration.

*Please submit your registration with payment to Angie Evans (via email, snail mail or in club mailbox) no later than **March 20th, 2020**. Emailed registration will not be accepted before Wednesday, January 1st, 2020. If submitting registration via email, please place signed waiver and payment for the class in my mailbox. hhredang@hotmail.com*

TOWN & COUNTRY KENNEL CLUB OF MCLEAN COUNTY
Release & Waiver of All Liability and Indemnification Agreement

I, as a member, visitor, guest, or class participant of Town & Country Kennel Club of McLean County (hereinafter referred to as "TCKC"), understand that training and/or handling my dog(s) at the property physically located at 2507 Fox Creek Road, Bloomington, IL, or at any other location an activity is taking place, is not without risk, harm, or damage to myself, my dog(s), or my property. I further understand that although health and safety precautions will be taken, the personalities of the dog(s), the level of dog handling experience of myself and others, the various types of physical activities, and the unpredictable nature of animals pose a certain level of risk beyond the control of TCKC. Any of my activities performed on their property or at any location a TCKC activity is held is done voluntarily and based on my dog(s) abilities. I further acknowledge that dog training may involve running, jumping, and the use of scaling objects, tunnels, jumps and tires that may result in injury to myself, my dog(s), or others. I assume full responsibility for any and all risks that my dog(s) and I may encounter while attending a training session and/or any other function of TCKC while on TCKC grounds or any other location.

I hereby agree to hold harmless TCKC, its officers, directors, shareholders, staff members, volunteers, agents and sponsors for any and all liability of any nature in connection with my observation, participation or mere presence at a TCKC event/activity whether located at the aforementioned physical address or any other location a TCKC event/activity is held for injury, loss, or damage which my dog(s) or I may suffer including specifically, but not limited to, any injury, loss or damage resulting from my actions, those of the dog(s) I control, or the actions of others or the dog(s) they control. I expressly assume the risk of any such damage or injury while training on TCKC property or at any location a TCKC event/activity is held.

I certify that the following statements are true and correct and that TCKC relied upon the truthfulness of information I provided in order to allow myself and my dog(s) to train and/or participate in a TCKC event/activity:

1. I am 18 years of age or older.
2. I understand that control of my dog(s) is, at all times, my sole responsibility.
3. I represent that there are no medical or physical conditions that would prevent me and/or my dog(s) from training. I certify that my dog(s) are healthy and free from contagious disease(s).
4. I have kept a copy of this Waiver for my records.
5. I understand that TCKC has absolute authority to handle any dog or human situation as they see advisable.
6. I understand that at any time, for any reason, TCKC has the right to dismiss my dog(s) and I from the property without refund.
7. I agree to be responsible for any and all damage to property caused by my dog(s) while attending a TCKC event/activity whether at the aforementioned physical address of the club or at any location a TCKC event/activity is held.

In consideration of, and as inducement to acceptance of my use of TCKC property and participation in TCKC events/activities, I hereby agree to indemnify and hold harmless TCKC, its officers, directors, shareholders, staff members, volunteers, agents and sponsors from and against all loss, costs, expenses or any claim thereof, of whatever nature, arising out of or related to participation in or observation of any activity at the aforementioned location or any location a TCKC event/activity is held. This indemnification includes but is not limited to all legal fees and costs incurred by TCKC and/or all the above named associates in enforcing this release of liability.

I understand that by signing this document, I certify that I have read and voluntarily sign this Waiver and Release of All Liability and Indemnification Agreement. I understand that this document may be used in a court of law.

Signature: _____ Date: _____

Parent/Guardian Signature (if under 18): _____

Printed Name: _____