



Cowtown Dog Sports
Presents

Tara Monahan, CPCFT, CMT
Building Better Athletes
Sat & Sun, Mar 14 - 15, 2020



This is a 2 day seminar that focuses on exercises that provide dogs the strength and flexibility needed to participate safely in a wide variety of dog sports, including agility, herding, obedience, lure coursing, dock diving, etc. It is also ideal for working dogs!

Seminar will be held Indoors on matting in our climate controlled building.

Seminar located 20 minutes west of downtown Fort Worth, TX at the I-20/Hwy 180 split!

**205 Crestview Dr
Hudson Oaks, TX 76087**

If you have any questions, please contact us at
robin@cowtowndogsports.com
or go to www.cowtowndogsports.com!

BUILDING BETTER ATHLETES SEMINAR DESCRIPTION

This two day seminar focuses on exercises that will provide dogs with both the strength and flexibility needed to participate safely in dog sports, including agility, herding, obedience, lure coursing, dock diving, etc. It is also ideal for working dogs.

Topics covered include:

- How to effectively warm up and cool down your dog.
- How to recognize gait issues.
- Evaluating structure from a proactive perspective.
- How to choose exercises that will strengthen the dog as a whole and promote efficient movement.
- How to focusing on specific muscle groups (depending on the sport/work) to reduce the risk of injury.
- How to break down the movements required in your sport/work, evaluate the stress placed on your dog's body, and create a conditioning plan to address the areas of concern.
- How to use simple massage techniques to assist in your dog's post-event recovery.

This is an in depth seminar that is ideal for owners who are passionate about learning how to help their dogs meet the physical demands of the sport or working world. There are 12 working spots available and unlimited auditing spots. This two day seminar focuses on exercises that will provide dogs with both the strength and flexibility needed to participate safely in dog sports, including agility, herding, obedience, lure coursing, dock diving, etc. It is also ideal for working dogs.

WORKING SPOT:

Students with a working spot are expected to attend both days. You may swap out dogs if you wish, but only one dog/exercise. Quiet dogs may be crated in the seminar area along the walls of the building Please crate noisy dogs outside or in your vehicle. Your dog must be comfortable working with other dogs present. Please leave reactive dogs at home.

AUDIT SPOT:

Auditors may bring dogs, but they must be crated outside or in the vehicle due to space concerns.

SEMINAR FEES:

Working spot (2 days) - \$300;

Audit - \$80 /day or \$150 for both days

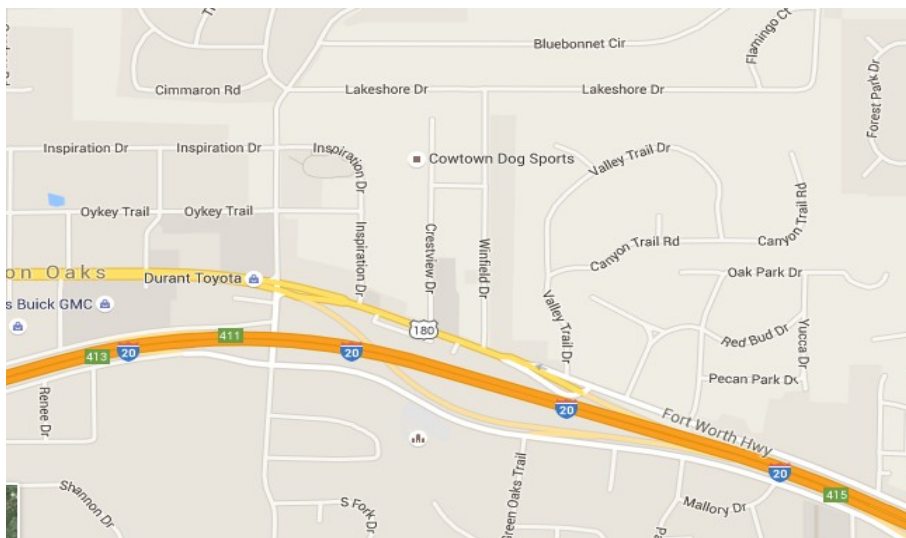
Working spots require a non-refundable 50% deposit and will be reserved upon receipt of the deposit and completed registration form. Please send deposit and registration form to Cowtown Dog Sports, 205 Crestview Dr, Hudson Oaks, TX 76087. Non-refundable balance is due Feb 15, 2020. Unpaid balances will result in the forfeit of working spot and loss of deposit. Participants may sell their spots to qualified teams upon approval by Robin.

Tara Monahan is the owner of Canine Fitness Innovations, a canine conditioning and massage facility operating just outside Thunder Bay, Ontario. With a diverse background in dog training, dog sports, education, canine conditioning, massage, and technology, her skill set has allowed her to develop a range of seminars that are engaging, effective, and enjoyable. Her seminars seamlessly blend technology, audience interaction, and hands-on skill development so that learners leave the seminar confident in their newfound knowledge and excited to continue learning.

As a Certified Professional Canine Fitness Trainer and Canine Massage Therapist, Tara works with dogs of all breeds, ages, and abilities to improve strength, balance, proprioception, and flexibility. Every year she presents a variety of workshops and seminars to the public focusing on taking a proactive approach to their dog's health and well-being. Whether she is teaching gait analysis or fitness foundations, she prioritizes owner engagement and education, and scaffolds the information to ensure both the dog and the owner benefit from the seminar and meet their full potential.

SEMINAR LOCATION:

Cowtown Dog Sports is located at 205 Crestview Dr, Hudson Oaks, TX 76087. The seminar will be held in a large climate controlled building with matting. Porta potties are available.



TRAVEL INFORMATION:

There are dog friendly hotels only 5 miles west of the seminar site in Weatherford, TX on I-20 including Motel 6 (817-594-1740), La Quinta (817- 594-4481), and Super 8 (817-598-0852). A variety of restaurants - both fast food and “sit-down” - are available both close to the hotels and to the seminar site.

RV sites are available about 5 miles east of the seminar site right off of I-20. Contact Cowtown RV Park (www.cowtownrvpark.com, 817-441-7878) for more information.

For any questions regarding the seminar, please contact Robin Barber at robin@cowtowndogsports.com.

Tara Monahan Seminar - Registration Form

March 14 - 15, 2020

Mail to: Cowtown Dog Sports, 205 Crestview Dr, Hudson Oaks, TX 76087

To reserve a working spot, please fill out and return with a 50% deposit made out to Cowtown Dog Sports. (One form per dog.) Balance is due no later than Feb 15, 2020.

Working Spot (2 days) - \$300 \$ _____

Audit 1 day - \$80/day \$ _____
Saturday _____ Sunday _____

Audit 2 days - \$150 \$ _____

Name: _____

Address: _____

Phone: _____ Email: _____

Dog 1 Name & Breed: _____

Dog 2 Name & Breed: _____

I have read and agree to the below policies of Cowtown Dog Sports for this event.

Name (print): _____

Date: _____

Signature: _____

Cowtown Dog Sports, LLC Covenant and Assumption of Risk

In consideration of the acceptance of this enrollment and the opportunity to participate in this seminar, I (we) agree to hold Canine Fitness Innovations, Tara Monahan, Robin Barber, Cowtown Dog Sports agents and representatives, and Cowtown Dog Sports, LLC harmless for any claim for loss or injury which may be alleged to have been caused directly or indirectly to any person or thing by the act of my (our) dog(s) while in, upon or near the premises, and I (we) personally assume all responsibility and liability for any such claim. I (we) further agree to hold the aforementioned parties harmless from any claim for loss of my (our) dog(s) by disappearance, theft, death or otherwise, and from any claim for damage or injury to the dog, whether such loss, disappearance, appearance, theft, damage or injury, be caused or alleged to be caused by the negligence of the parties aforementioned, or by the negligence of any other person, or any other cause or causes. I (we) hereby assume the sole responsibility for and agree to indemnify and save the aforementioned parties harmless from any and all loss and expenses (including legal fees) by reason of the liability imposed by law upon any of the aforementioned parties for damage because of bodily injuries, including death at any time resulting there from, sustained by any person or person, including myself (ourselves) or on account of damage to property, arising out of or in consequences of my (our) participation in these classes, howsoever such injuries, death or damage may be caused, and whether or not the same may have been caused or may have alleged to have caused by negligence of the aforementioned parties or any of their employees, agents, or any other person. I (we) certify that the dog to be entered in this seminar is not a hazard to persons or other dogs. I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY, AND FULLY UNDERSTAND THE CONTENTS THEREOF. I/WE ARE AWARE THAT THIS IS RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND COWTOWN DOG SPORTS AND SIGN IT OF MY OWN FREE WILL FOR MYSELF OR MY CHILD, OR ANY INDIVIDUAL TO WHOM I AM THE GUARDIAN.

COWTOWN DOG SPORTS POLICIES & INFORMATION - 50% deposit must be included with registration and the balance by Feb 15, 2020. Checks that do not clear are subject to a \$50.00 fee. Deposits are non-refundable. Unpaid balances will result in a forfeit of working spot and loss of deposit. Participants may sell their spots to qualified teams upon approval by Robin in the event of no wait list. This seminar is in an indoor building available and it will take place regardless of weather as long as the presenter arrives, however alternative parking may go into effect. Partial refunds will be given only in the case that the presenter does not arrive. BITCHES IN SEASON are required to wear panties while on the grounds to protect equipment and the facility.