

Preparing for Trial

There are several steps for preparing for trial, which we'll discuss here, but one that is close to my heart is the actual trial day.

Face it, you, will be nervous, this nervousness will travel to the dog, so what to do so both of you have a good and successful trial?

In my opinion, I think that breathing is forgotten at trials and that in it self sets you up for trouble.

- 1. Take a deep breath and relax.**
- 2. Have faith in yourself and your dog that you both will do well in this trial, you both know what is expected.**
- 3. Be the moment, not tomorrow or yesterday, there is no rush, in other words the trial, this moment and now.**
- 4. Don't think about it, you have practiced enough and both you and your dog know what is expected of each other, DO IT.**
- 5. Take a deep breath and relax before you start, clear your mind, smile at your dog and the judge and DO IT.**