

A person you are feeling sorry for yourself because of something that happened on someone else's team. To your dog, that's not the way, and you should be sorry for the belly and wag with all the cat naps. There. There it is!"



Overcoming Disappointment in Competition

By Sandy Rogers

When one of my students is talking about wanting agility it is usually because she is tired of feeling disappointed or even, by the time she is coming to me about it, she has really suffered. It breaks my heart to see in disappointment is a horrible feeling and in our sport we have the risk of not only feeling disappointed in ourselves in chronic frustration for some people, but we can end up feeling disappointed in our dogs. Guilt is right there on the heels of disappointment when that happens. And guilt feels just about as crappy as disappointment. If disappointment is getting the better part of you on time that, one really don't have to rush agility to turn the train around.

You need to do what you need to do to stop being disappointed—the old “where there’s a will, there’s a way”!!

Lessing Perspectives

I think it is easy to lose a healthy perspective in this sport. We aren't playing with balls that either go where we put them or don't. We are engaged with a living being that is supposed to live in agreement to know what we mean, and agreement is understood as. We have this dog who we love so love and we really want to share with the world how wonderful our dog is and we want to be proud. We want our dogs to look and be happy. We want to do well. We want our name on maps. After we come to realize how much we want all these things, we start to think we deserve them. After all, we invested a bunch of our time and money and that was just the tip of the iceberg in what we invested. We invested our hopes, we made goals, and we are asking our dogs for great stuff. We believed if we played our cards right we would be successful. Everyone else seemed to be. And if we didn't do well, who would care? We still would be having fun, right? This is almost a recipe for disappointment, we put so much on the plate. What we don't realize is doesn't seem fair. We forget why we started to do agility in the first place. All these wonderful rea-