

## **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.**