

Welcome to SJC Dog Club!

Train – Play - Connect

Get out with your dog, practice real-life skills & obedience, and have fun with fellow enthusiasts! This is **your** path and **your** goals. Train at your own pace in a supportive, low-pressure environment. Don't know where to start? We're happy to help!

Things to Work On - Ideas




- **Obedience:** Sit, Down, Stay, Recall, Heel
- Other commands, your choice! Leave It, Wait, Middle, Place, Target, etc.
- **On-Leash Play:** Tug, short fetches, toss & catch, find-it games
- **“Chill”:** Relaxing around people & dogs (in or out of command)
- **Public Manners / Neutrality:** Human greetings & neutral dog passes (when appropriate)
- **Rally Obedience** (Signs provided)

Sample Session (Adapt to your goals)

Adult dogs often do well with ~20 min active training + 20 min cooldown

1. **Warm-up:** Sniff, eliminate, and orient outside the area
2. **Goal 1:** Loose Leash Walk (use stops & turns for engagement)
3. **Break:** Play or sniff break
4. **Goal 2:** Recall Game (treat toss or stay & call)
5. **Break:** Sniff break
6. **Goal 3:** Down Stay (build duration & distance gradually)
7. **Cool Down:** Release & wander or “Chill” time

Training Zones

-  **Group Zone:** Dog-friendly/neutral teams practice together
-  **Reactive Zone:** Work individually at a comfortable distance (no barking, good check-ins)
-  **Chill Zone:** Sit & practice relaxation (**bring a chair**)

Reactive Dog Guidelines: Work at whatever distance your dog needs. Focus on calm thinking & connection. **Review the reactivity attachment.**

Other Ways to Participate: Be a distraction/assistant, take video, or hold a helper dog

General Reminders • All dogs leashed • Clean up after your dog • Respect everyone's space • Have fun & be kind!