

The logo for "Rock Solid Dogs" features the words "ROCK SOLID DOGS" in a bold, metallic, blocky font with a 3D effect. The text is centered within a yellow rectangular background that has a thin blue border at the top and a thin orange border at the bottom.

## Pre-Flight Checklist

*This form is based on the "Rock Solid Pre-Run Routine"  
Use this as a reminder of the steps to take for your most  
consistent performance in the ring.*

### Mindset:

What state of mind helps you perform most consistently? \_\_\_\_\_ (Remind yourself of this word EVERY time you enter the ring.)

### Before the Walk-Through:

Review the course map, do a "Perimeter Prowl" to see if anything about the course may be different from what you were expecting.

### Walk-Through:

1. As you enter the ring, set your intention ... assume your mindset from above.
2. See what your dog will see
3. Plan your Handler Path
4. Visualize your run in "real time"
5. If time allows, actually run the course with visualization AND emotion!

### Post Walk-Through:

- Visualize the run again on your way back to the crate.
- During stretches and potty walk, "talk" your dog through the course.
- While waiting to enter the ring, make time to intentionally connect with your dog (3 x 3 tricks with energy and rewarding treats!)

### Entering the Ring and "Setting Up" for the run:

1. As you enter the ring, set your intention ... assume your mindset from above.
2. Set your dog up approximately 15 feet from the start line. (*Ensure they see what they need to see for the second piece of equipment.*)
3. Kisses, Prayers, Go through your pre-run "focus routine" to let your dog know that it's truly "Show Time"
4. Reinforce your own confidence as you take your lead-out
5. Before releasing your dog from the start, recall the first three things you will be doing on this course.
6. Release your dog from the start line and have a fun run!

### During the Run:

There is no time for evaluation or critique. If your dog is doing their job at their best capacity, they are probably running at 4 – 8 yards per second. Everything you say and do requires your complete attention and focus. Save the mental "chatter" for after the leash is back on the dog!

### After the Run:

- Have a positive, self-reinforcing and team-reinforcing Headline that will answer the question "How did it go?"
- While returning to the crate, tell your dog all the things that went well!