



OIDA Presents:

## CANINE FITNESS FOR PERFORMANCE AND WORKING DOGS

**A workshop by Teri Rolph of Pawsitive Pals Plus**

Sunday, May 4th 2025 at the Kukini Field in Hawaiian Acres, 9am to 4pm

**PROGRAM:**

- **Introduction**
- **Dogs Assessment and Video Analysis**
- **Working Session:**
  - Fitness on the Flat
  - Balance, Strength, and Flexibility Exercises
  - Cardio
  - Mental Fitness
  - Warm-Up and Cool Downs

The number of working teams (handler with one dog) is limited to eight.  
The number of auditors is unlimited.

**The registration deadline is Tuesday 29 April.** Registration must be done online at  
<https://forms.gle/P7hG39pdBkurjaie9>

Working spots will be filled in order of registration.

**Fees: a link for online payment will be provided to registrants.**

Working Team		Audit
OIDA Member	Not a Member of OIDA	
\$60	\$80	\$30

## **Logistics**

Bring food and water for you, and your dog if you are a working team. Bring your own chair, and a crate for your dog if you are a working team.

### **Directions to Kukini Field, 16-1208 Rd #1 (Uhini Ana), Hawaiian Acres**

- \* Take Volcano Highway 11
- \* From Hilo, after mile marker 13, turn LEFT at the traffic lights onto South Kulani Road
- \* Continue on South Kulani until it ends in a “ T “
- \* Turn LEFT into Hawaiian Acres (now on rd #1); the road will bend to right in ¼ mile
- \* Kukini is the 4th or 5th property on the RIGHT
- \* The property is fenced with bushy palms and the number 16-1208 is on the gate post

**Teri Rolph** is a Certified Professional Dog Trainer on the Big Island. She is an Officer/Trainer/Handler for Conservation Dogs of Hawaii.

### **Professional Certifications/Affiliations include**

- Certification Council for Professional Dog Trainers (CPDT-KA)
- Karen Pryor Academy- Certified Training Partner (KPA-CTP)
- Fear Free Certified Trainer
- Certified Nose Work Instructor (NACSW)
- University of Tennessee Certified Canine Fitness Trainer (CCFT)
- Tellington TTouch -Practitioner
- Tallgrass Animal Acupressure Institute -Small Animal Practitioner
- Association of Professional Dog Trainers
- Service Dog Coach Cooperative Paws
- AKC Evaluator