



KATHY LANG CANINE COACHING

Helping owners achieve dog training success

www.KathyLangCanineCoaching.com

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October Classes @ Win-Star in Tacoma

Starting October 28, 2025

4:15 pm Body Awareness & Conditioning

5:30 pm Beginning Retrieving & Jumping

6:45 pm Foundation Skills 2

8:00 pm Body Awareness & Conditioning

Varies – field trips for students



Scan the QR
code for more
information.

Comments From Tammie Wilcox, owner of Win-Star:

When Kathy Lang contacted me and asked if we would let her rent our facility for her classes, we were thrilled. Kathy has been a wonderful trainer involved in the Puget Sound area for several years. Also, this gives me the opportunity to sign up for the classes and not travel further than my front door. As a retired professional handler, I'm also taking the information from her class and sharing it in my handling class and using it on my personal show dogs. I highly recommend her classes, and I believe you will enjoy the energy from Kathy, and also the students.

Foundation Skills (FS-1) This is the class where it all begins for handlers interested in all dog sports, but especially Competition Obedience and Rally training. This class is appropriate for all ages (even puppies) who do not have behavior issues that would impact the other students in the class. (Kathy does provide private lessons for behavioral training.) The class introduces games and exercises to build a cooperative, mutually beneficial and enjoyable relationship between dog and owner. Everything starts with focus, attention and engagement. Handlers learn to better understand what motivates their dogs, and dogs become eager to interact with their owners – an important skill that evolves into ignoring distractions in trial and show environments (as well as the real world).



A new FS-1 class will start Oct. 29 in Kent. The

next FS-1 class at Win-Star will be announced soon; however, Kathy may be able to accommodate 1-2 new students in the current FS 1 class at Win-Star, or FS 2 when it begins. Email Kathy for more information: KathyLangCoaching@outlook.com.

Body Awareness & Conditioning (BAC-1) This class introduces dogs and handlers to the basic concepts of body awareness and conditioning. It's great for dogs in all types of sports and those showing in conformation. (Note: Dogs with physical issues -- injury, rehab after surgery, etc.-- should be evaluated by a sports medicine veterinarian before enrolling. Please ask if you need a referral.)

This class is taught with extreme attention to detail. Just as you would expect a coach to help you achieve ideal form if you were lifting weights or working in a gym, Kathy will teach you how to use your hands, treats, the dog's collar and props (as needed) to achieve proper form. One of the great things about this type of training is your ability to work at home with a few pieces of equipment. You can work your dog's brain and body even when the weather is bad. BAC exercises support overall conditioning to improve dog sports performance, create proper body use/development in young dogs and help seniors maintain their fitness. It's also a great way to improve communication with your dog, enhance your luring and shaping skills, and increase your attention to detail. And the dogs love it! It's fun!