

Disc Dog

Does your dog enjoy retrieving? Is your evening walk just not enough exercise for your energetic pup? You might consider disc dog, a dog sport which many dogs and humans enjoy. It doesn't cost a lot or require a lot of equipment. It's a great form of exercise for your dog, and you can compete with other dog-loving team members. The sport is basically comprised of a human member of the team throwing a plastic disc at various heights and distances. The dog is scored on his or her ability to chase and catch the disc before it hits the ground.

There are different events for which teams train and compete. In 'toss and fetch', you are given a set amount of time to throw a disc and have your dog retrieve it as many times as you can. You are judged on the distance and number of retrieves.

In 'long distance', teams compete to see who can throw and retrieve at the longest distances.

In 'freestyle,' handlers create their own routines, which can be elaborately choreographed with the dogs jumping off of the handlers, through their legs, and vaulting into the air. Routines are judged for creativity, difficulty and athleticism.

If you're interested in disc dog, check out the club website for 'Disc Dogs in Southern California' at d2disc.com.