

Foundation training for truly satisfying agility success.

Build the communication and connection you need to train reliable skills, compete with confidence, and create the agility experience of your dreams.

Agility lovers KNOW that foundations are important, so we DIVE IN. To wing wraps and crate games, restrained recalls and shadow handling, and all the sporty things.

But jumping straight into “agility-specific foundation skills” ignores massive and essential components of a true foundation for success. *Limitless Agility Foundations* fills these gaps.

Don’t leave the quality of your communication and connection up to chance. Elevate your training, deepen your relationship, and transform your results inside *Limitless Agility Foundations*.

Enrollment for Limitless Agility Foundations opens on May 18!

A foundation for success in agility involves SO much more than a collection of fancy sport-specific skills. It requires:

- Raising a dog with a stable nervous system, strong emotional regulation, and confidence in the competition environment.
- Nurturing mutually-enjoyable and highly-functional relationships between yourself, your dog, and all the components of agility.
- Building a language clear and robust enough to effectively communicate the complex concepts and behaviors agility dogs need to know.
- Self-awareness and personal responsibility on YOUR end of the leash so you can lead your team with stability, kindness, and vision.

In Limitless Agility Foundations I prioritize those qualities and objectives while covering the following topics:

- **A nuanced approach to socialization and daily life for puppies and adolescents**
    - Socialization strategies that support a stable nervous system
    - Necessary life skills for navigating public spaces
    - Fulfilling your puppy's needs
    - Nurturing self-regulation in daily life
    - Responding to over-reactions or inappropriate behaviors

- **Building reinforcement value and reinforcer skills**
    - How to foster enthusiasm for food and toys
    - Marker cues for clarity around WHEN and WHY reinforcement has been earned
    - Constructing a versatile collection of reinforcement strategies
    - Nurturing conflict-free toy play and toy skills

- **Understanding the nuts and bolts of clean training**
    - Using clean loops and clear structure to optimize your puppy's focus and enthusiasm in both familiar and novel locations
    - The consistent process behind teaching any new behavior
    - Understanding cues and how to build strong and reliable verbals

- **Puppy-appropriate conceptual foundations for agility behaviors**
    - Targeting behaviors

    - Obstacle and handler focus
    - Initiative, independence, and bravery
    - Verbal relevance
    - Arousal regulation

- **Practical mental management to support your role as leader and teacher**
    - Strategies to cope with the mental drama that stands in your way
    - How to become calmer and more present for your puppy or adolescent
    - Supportive coaching on the ups and downs of raising a sport puppy

The next session of Limitless Agility Foundations starts on May 25!

The program content is a combination of written lessons on a course platform and weekly video calls. On the calls I will both teach and answer questions, but recordings wll be available for anyone who is misses a live call.

- **This session runs from Monday May 25 to Sunday July 5, 2026**

- **Group video calls:**
    - Thursday May 28 at 5:00pm Pacific
    - Thursday June 4 at 5:00pm Pacific
    - Thursday June 11 at 5:00pm Pacific
    - Thursday June 18 at 5:00pm Pacific
    - Thursday June 25 at 5:00pm Pacific
    - Thursday July 2 at 5:00pm Pacific

- **Recordings of the coaching calls will be available.** You'll be able to leave questions ahead of time if you can't attend live. Attending live is strongly suggested, but I understand it may not be possible for everyone!

- **Community and video feedback will be hosted in a private online community separate from Facebook.**

Enroll in a working spot for personalized support.

- **Prompt video feedback Monday through Friday.** Get quick responses so you stay on track. You'll be able to submit videos of any length up to five times per week. You must wait for a response from me before submitting another video.

- **Weekly group coaching and Q&A calls.** Talk to me live about the challenges you're facing; we'll get to the heart of what's holding you back.

- **Access to the Agility Odyssey Membership until July 26th.** This means you'll have full access to the content within my membership, including my Sustainable Start Lines course, Spire's Training Journal, and our weekly Q&A calls on Tuesdays at 5pm Pacific.

- **Price: $295** (Limited to 12 spots.)

Auditing Limitless Agility Foundations is available through the Agility Odyssey membership.

As a member of the Agility Odyssey Membership you'll have access to all my content, including Limitless Agility Foundations, Sustainable Start Lines, and Spire's Training Journal.

All members are invited to attend the Limitless Agility Foundations calls live, participate in the conversation, and ask questions.

The cost to join the membership is $47/month, and you are free to cancel anytime.

Enrollment for Limitless Agility Foundations Opens on May 18!

Have questions? Please feel free to message me on Facebook or email smespinozasokal@gmail.com.

Frequently Asked Questions:

What age puppy is this program appropriate for?

- I designed this program with puppies in their first year of life in mind — so the quick answer is 8 weeks to one year old.
- We will be working on things you can and should start with your puppy when you first bring them home. Because the focus of this program leans towards HOW

you train more than WHAT you train, you can begin to incorporate these skills at any age.

Would this program be helpful for a dog older than one year?

- Yes, it always pays to add more clarity to your training. It can feel like a bit more of a struggle when you and the dog already have some habits around how training works, but it IS possible with commitment and patience.
- It is certainly appropriate for young dogs over one year who are working through some normal adolescent challenges, both in training and in daily life. I'd be happy to help you with this!
- Part of the challenge of going through this program with an older dog is you may feel more conflicted about doing this work when you COULD be doing more "sexy" stuff — like training their agility obstacle skills or handling. But if you are ready to take some steps back to lay the foundation you really want for your team, I can help you.

What can I submit video of?

- If you have a working spot, you can submit videos of just about anything. Socialization, life skills, crating, adolescent challenges — these things all fall within the scope of the progam. In addition to your sport foundation training of course!
- Because the focus of this course is heavily on HOW you train, I am happy to look at videos of exercises or skills you may be working on that aren't included in the course content. Session structure, clean training loops, good mechanics, reward placement — these things impact everything you train, so I'm more than happy to help you apply these principles more effectively to whatever skills you're working on.

How long will I have access to the content?

- A working spot will grant you access to all the content within the Agility Odyssey Membership until July 25, 2026, including Limitless Agility Foundations.
- If you would like to retain access to the content and on-going support from me, you can join the Agility Odyssey Membership (cost $47/month).
- You are welcome to copy and save the content within Limitless Agility Foundations!

Testimonials from previous rounds of Limitless Agility Foundations:

“I LOVED this puppy course! It's possibly the best puppy course I've ever taken (and I have quite a few in my library!). Even though I have raised multiple puppies and have a pretty good idea what to focus on, Sarah's course provided new insights, some extra tips for teaching already familiar exercises more efficiently. And it also gave me the missing pieces for exercises that I had tried to teach previously, but hadn't gotten the results I wanted.

But most of all I loved how much this course focused on building a RELATIONSHIP with my puppy. Sarah made me think more about our daily life and how it will affect our relationship in the future. While I do want to play sports with my puppy, I know very well it will be a small part of our life together. I do want a relationship where my puppy (or adult dog) is comfortable resting at home, going to new places and relaxing by my side when needed. That's what I feel has been missing from other sport puppy courses, and was delivered so beautifully in Sarah's course.

Thank you Sarah for bringing this course to life and sharing your very structured and well thought through plan for raising confident, happy sport puppies!”
~Mari V

“I’m so glad I enrolled in this course with my new puppy, Zip. I hope Zip will become my second agility dog, and this course was the perfect way to begin our journey. Sarah is incredibly caring in her teaching, and the content is thoughtfully focused on building a strong relationship—not just obstacle skills. That’s exactly what I felt was missing in my experience with my first agility dog, as I don’t have working breeds but Spitz’s so it really resonated with me. That’s why I was so focused this time on building our relationship from the start. Interestingly, the obstacle training felt simple in comparison to the depth and nuance of the relationship work, which I feel is so individual for each dog and handler team.

I worked through most of the practical exercises with video, using the format in a way that helped me focus on getting my mechanics right. Sarah’s feedback was invaluable—she gave fantastic tips not just on agility, but also on puppy-related challenges like fussing, and how to handle those moments with clarity and compassion.

This course gave me more confidence in my handling and training approach. It helped me understand how to recognize when Zip and I aren't quite on the same page, and how to turn those moments around with connection instead of frustration. Sarah also offered really helpful guidance on managing the emotional side of dog training—the human part we don't always talk about.

This course went above and beyond any online training I've participated in before. Some of the things I learned are honestly hard to put into words, as they reached a level of depth and understanding that goes beyond what can be explained in a short testimonial. I highly recommend this course—it gave me clear tools for training Zip and helped me feel more capable, connected, and calm along the way."
~Vanessa W

"I am so glad I took Sarah's Foundation class. My puppy was 8 months old when we started and all that she covered were skills and techniques we needed. Sarah's instruction is very well thought out and very clear. She helps you bring clarity to your training while making it fun for your puppy. I highly recommend Sarah to anyone looking for a Foundation class for their puppy."
~Diana V

"I can't say enough great things about this program! Sarah is a wealth of knowledge. The course is laid out well with easy to follow explanations and videos. I can't wait to see what's next!"
~Troye K

Testimonials about my coaching and previous classes:

"I signed up to work with Sarah before I brought home my first sport puppy, Bindi. Bindi is a border collie and I wanted to make sure I had someone to help me navigate foundations. I loved working with Sarah because she is so observant and helped me work on my goals based on how I was feeling from where I was at. She gave me tips on timing, mechanics, and ways to troubleshoot to make my puppy most successful. She teaches in a way that makes you feel good about the effort you're putting in.

I shared with her that my previous two dogs (albeit, not border collies), had attention issues in agility and that was my biggest fear with Bindi. While I would focus on what didn't go well in our videos because of my dreaded fear, she was quick to always point out what went WELL (maybe so I didn't freak out as much? Ha!). Her feedback and check ins helped me adjust my plan every step of the way with specific exercises so I wasn't getting stuck doing the same old exercises, but I was able to build on our skills.

If you have a chance to work with Sarah, you won't be disappointed. She has a passion for strong foundations, and it shows - both in her dogs and when she's working with others. Thank you Sarah!"
~Erica B

"What I appreciate most about Sarah is her astute sense for knowing when to advance and how to split training appropriately to build our team's confidence and enthusiasm while improving our skills. She keeps Rumble's emotional state as a priority in our training.

Sarah is also able to help with goal setting, trial prep, and mindset work, and helps formulate plans for achieving those goals. The only thing I wish was different is that we could have started with Sarah when Rumble was a young puppy to optimize our potential."
~Tanya M

"Her eye for detail, and identifying training splits and steps is excellent, and her feedback is based on a careful analysis of the videos, and questions from her students."
~Sgian

"I worked with Sarah for a month of 1:1 coaching but looking forward for more. She's been very helpful in showing me how to be more clear with my dog, helping us to progress step by step without hurrying things up but carefully making sure the dog understands every task very well before proceeding. The best way to set clear foundations for a future agility champion. Thank you Sarah!"
~Laura

“Sarah is such a kind and clear coach! Such a wonderful, high value on clear and consistent training for both the dog and the handler, she has a great way of making improvement suggestions without taking away from the effort up to that point!”
~Brianna F

“Sarah is a wealth of knowledge and experience when it comes to knowing how to train the brain to positively impact your performance. I particularly loved how her approach is relationship centered vs. achievement only. Other coaches I’ve worked with have, in my opinion, put too much emphasis on achieving the outcome as the only marker of success instead of all the rewards that are involved in the journey itself.”
~Courtney T

Enrollment for Limitless Agility Foundations Opens on May 18!

Have questions? Please feel free to message me on Facebook or email smespinozasokal@gmail.com.