



HEEL AND SIT

GREAT SALT LAKE DOG TRAINING CLUB

NEWSLETTER

◆◆◆ **JULY 2026** ◆◆◆

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WHAT'S HAPPENING

What: Two AKC ATT Tests

When: July 28, 2026

Where: The West Jordan Armory

Details: The premium list is on the [Great Salt Lake Dog website](#) and the [AKC Events website](#).

What: **FastCat Trial** in conjunction with Intermountain West Scottish Deerhound Club.

When: October 23 – 25

Where: Golden Spike Arena Center at Weber County Fairgrounds

Details: Premium list will be available on the AKC website soon.

Note: *These trials fill fast, so keep your eyes peeled for the premium list.*

Reminder: The Summer TDU Tracking classes will wrap up July 25.
Watch for the next class which will be around November.

What: The Annual GSLDTC Picnic

When: 6:00 pm August 24th Happy Hour followed by dinner and meeting to follow

Where: Pavillion 4, Murray Park. Enter off Vine Street, east of the pool

Bring: A side dish, salad or dessert for approximately 12 folks

RSVP: Count to Michelle via text at 801-541-1207



VOLUNTEERS NEEDED

Calling for volunteers for the September Obedience and Rally Trials which will be held at the USU Bastain Equestrian Center in South Jordan.

Dates are Sept 11-13 and hours are approximately 7:30 am – 2 or 3 pm depending on the number of entries.

It's a great way to get in your self-certification hours and learn about these fun dog sports.

If you are interested in volunteering, please contact:

Jodie Hanson jodhan801@msn.com for Obedience
Cindy Whitehair cmwhitehair@gmail.com for Rally



August Classes

Tuesday classes which begin in August Sign up for these classes on August 4 @ 7PM	
Novice Rally	7:00
Advanced/Competition Rally	7:00
Novice Scent	7:00
Advanced Scent	7:00
Competition Scent	8:00

Wednesday classes which begin in August Sign up for these classes on August 5 @ 7:00 PM	
Beginning Obedience	7:45
Intermediate Obedience	7:45
Advanced Obedience	7:45
Tricks	7:00
S.T.A.R. Puppy	7:45

September Classes

Note: No sign ups for new Tuesday classes in September	

**TUESDAY CLASSES
CONTINUE FROM AUGUST**

Wednesday Classes which begin in September Sign up for these classes on September 2 @ 7:00 PM	
Beginning Obedience	7:00
Intermediate Obedience	7:00
Advanced Obedience	7:00
Tricks	7:00
S.T.A.R. Puppy	7:00

Classes run **8 weeks**, giving you plenty of time to learn, grow, and have fun with your four-legged family member along the way.

Click on this link to see class descriptions:

<http://gsldtc.com/training/>

Class Sign Up Information:

- **Where:** West Jordan Utah National Guard Armory,
7602 So. Airport Road, West Jordan, UT [*Click for Directions*](#).
- **How to Enter the building:** Entry for signups and all classes is on the South side of the building

Helpful Tips from AKC



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Heatstroke in Dogs: Signs, Symptoms, Treatments

Dogs only have a few ways of dissipating body heat: [panting](#), blood vessel expansion, and, to a lesser extent, [sweating through their paw pads](#). When a dog's internal temperature exceeds 105.8 degrees Fahrenheit, they may suffer heatstroke. Also known as hyperthermia, this life-threatening condition can develop in minutes, especially in areas of high humidity or in confined spaces, like unventilated cars.

Understanding the symptoms, treatments, and prevention of heatstroke can help protect your dog year-round.

How Heatstroke Develops in Dogs

Heatstroke is a progressive, rapidly developing condition that can lead to serious complications or death if not addressed quickly. As a dog's body temperature rises, it begins to damage tissues and organs, potentially leading to multiple organ dysfunction.

"Heatstroke usually occurs when high ambient temperature overcomes the dog's ability to dissipate heat," says Dr. Jerry Klein, the American Kennel Club's Chief Veterinarian. "The degree of damage is determined by how high a body temperature is reached and how long the animal is exposed."

Some dogs are more vulnerable than others. Puppies, senior dogs, overweight dogs, and those with underlying health issues face increased risk. Breeds with short snouts, as well as dogs with conditions like [hypothyroidism](#), cardiac disease, or laryngeal paralysis, also require extra caution in warm weather.

Signs Your Dog May Be Overheating

Recognizing the symptoms of heatstroke can help promote your dog's health, comfort, and safety. Early signs can include:

- Heavy panting
- Rapid breathing
- [Excessive drooling](#)
- Bright red gums and tongue
- Skin that feels hot to the touch
- Increased heart rate
- Dry mucous membranes
- Sudden hyperactivity
- Difficulty maintaining balance

As heatstroke progresses, symptoms can become severe:

- Pale or bluish gums
- Drop in blood pressure and shock
- Hyperventilation, dilated pupils, and muscle tremors
- Despondency or unwillingness to move
- Uncontrolled urination or defecation
- Collapse or coma

How Veterinarians Confirm Heatstroke

Even if your dog appears to recover after cooling down, a veterinary visit is essential. Heatstroke can cause internal damage that isn't immediately visible.

At the clinic, your veterinarian will take a detailed history of the incident, including possible triggers like exercise or confinement in a hot space. From there, they'll conduct a physical examination, which will include assessing your dog's temperature, response to stimuli, and the state of their gums. They may also pinch and lift the skin between the dog's haunches, judging its elasticity. If the skin "tents" or is slow to return, this could indicate [severe dehydration](#).

Further testing may include bloodwork and urinalysis to detect organ damage and determine whether ongoing treatment is needed.

What to Do if Your Dog Has Heatstroke

Quick, careful action can help stabilize your dog before reaching a veterinarian. The goal is to gradually lower body temperature without causing shock:

- Move your dog to a cool, well-ventilated or air-conditioned space
- Spray or sponge them with tepid or cool (not cold) water, especially on their underside or where fur is close to the skin
- Place your dog in front of a fan to promote evaporative cooling
- Offer room-temperature water, if your dog is alert and able to drink

A [rectal thermometer](#) is a great tool to have in your [dog's first aid kit](#), as it can help you monitor your dog's condition.

Continue your cool-down methods if your dog's temperature remains higher than 105 F. If it hits 104 F, or you can't get it below 105 F within a reasonable amount of time, keep spritzing them and get them to a veterinarian right away, preferably in a cool, air-conditioned car with the fans on high. Severely affected dogs may require fluids, medication, oxygen, and further support to recover.

Recovery and Risk After Heatstroke

Dogs who survive heatstroke may face ongoing health challenges depending on how severe the episode was. Some recover fully with prompt treatment, while others may need long-term care due to organ damage.

In those instances, your veterinarian will implement a treatment and monitoring plan tailored to your dog's health goals, which may include recurring examinations, medications, and limiting outdoor activities. Other considerations, such as [watching your dog's weight](#), can improve your dog's cardiovascular function and prevent future instances of heatstroke.

The prognosis for heatstroke also isn't a one-size-fits-all matter. While many can make a full recovery with prompt cooldown interventions and treatment, others need more intensive care, such as ongoing medication and routine testing, if they've suffered organ damage.

How to Help Prevent Heatstroke

Our dogs live to please us. If we ask them to jog, hike, or play catch, they'll do it with enthusiasm — even when temperatures soar into the triple digits. As such, we must plan ahead when going on outdoor excursions, whether that involves an hours-long [hike](#) or a frolic in the sunshine.

Pay attention to weather conditions, including temperature, humidity, and sun exposure. Always bring enough water for your dog's size and activity level, and plan breaks during outdoor activities.

Never leave your dog in a parked car, even for a short time. Temperatures inside vehicles [can rise rapidly to dangerous levels](#), putting your dog at immediate risk.

Key Takeaways

- Heatstroke in dogs can develop rapidly and become life-threatening above 105.8°F
- Early symptoms include panting, drooling, and red gums; severe signs include collapse and shock
- Immediate cooling with tepid water and prompt veterinary care are critical
- Some dogs are at higher risk, including puppies, senior dogs, and those with existing health conditions
- Prevention depends on limiting heat exposure, staying hydrated, and avoiding confined hot spaces



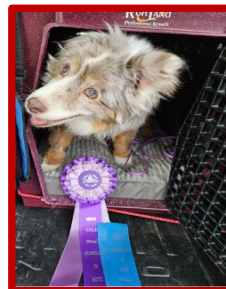
SHARE YOUR SUCCESS

Old dogs can indeed learn new tricks—from Cindy Whitehair

At 13 most dogs are content to nap on the couch, especially if they are blind, but not Jill. Calypso Jill RA CGC added a new title to her name at the Eastern Idaho Spring Classic. She had 3 qualifying runs (despite her human's temporary stupidity) to earn her SCN (Scent work Containers Novice) title.

The following Monday she had her **10th qualifying run in Containers to earn her CWAG-S Level 1 ACE title!**

Not bad for an old gal who started playing this game 18 months ago.



We Want to See You and Your Dogs!

Share your favorite photos with us! Whether you're out on an adventure, attending one of our classes or training sessions, competing at an event, or volunteering for the club, we'd love to feature you and your dog(s) in an upcoming newsletter.

Don't be shy—send us your snapshots and help us celebrate you and your dogs!

Send your photos and information to: Maria Sweeten, msweeten22@gmail.com

2026 Officers & Committee Chairs	
President:	Tom McLelland
Vice President:	Michelle Larsen
Secretary:	Amanda VanAusdal (Acting)
Treasurer:	Judy Campbell
Show:	Betsy Coleman
Equipment:	Jeff McCleery
Hospitality:	Michelle Larsen & Lacey Goforth
Training:	Austin Kalfaolu & Cindy Whitehair
Trophy Chair:	Tavia DiFrancesco (Acting)

Questions?



glsdogtrainingclub@gmail.com



www.gsldtc.com

Have a great Summer!



This newsletter is published six times each year.