



MIDDLE TENNESSEE DOG TRAINING EXPERTS

Sit Means Sit provides professional training and puppy obedience training in Smyrna, Walterhill, Christiana, Rockvale, Lascassas, and surrounding Rutherford County areas. Our expert trainers offer a variety of training programs to cater to your needs, whether you have a mischievous puppy or an older dog with deeply ingrained bad habits.

Have you seen dogs that can walk with their owners down the street or act well-behaved in stores, outdoor seating restaurants, and other public places? Have you thought to yourself, "I wish my dog could behave like this in public?" Sit Means Sit can help. Whether you have a mischievous puppy or an older dog with deeply ingrained bad habits, we tailor our programs to suit dogs of any age and any breed with any behavioral issue. We are dedicated to providing top-notch obedience training for your furry friend.

We offer multiple programs to cater to your needs. Furthermore, we focus on training dogs to have the obedience you would see at the highest competitive level. Our program transforms your pet to solve the most difficult problems. While our goal outcome is training them to be distraction-free to the point of being dependable off leash, we also deal with problem behaviors including, but not limited to jumping, mouthing, chewing, not coming when called, leash pulling, barking, unruly behavior, [aggression](#), etc.

Take a look at what our classes have to offer. If you have any questions or would like more information, please [contact us](#) for a Free Consultation!

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CONTACT US

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Lab Mix - Sirius



DOG TRAINING CLASSES

ANY DOG 🐾 ANY AGE 🐾 ANY PROBLEM



DAY TRAINS

It's not a daycare program, it's a training program! Drop your dog off, or let us pick them up, and they will spend the entire day with our professional dog trainers. We'll work to correct problem behaviors, help with anxiety management, build positive habits and even practice socialization skills by taking field trips to dog-friendly, public locations. At the end of the day, we'll give you a quick consultation to go over what your dog learned throughout the day so you can keep training dogs



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BOARD & TRAIN

Give your dog the ultimate training vacation with our board and train programs! When your dog comes to stay with us for 5 or 10 consecutive days, they'll get the superstar treatment both day and night. Like our other programs, we'll work to correct problem behaviors, build positive habits, and even practice socialization skills by taking field trips to dog-friendly, public locations. After the board and train program, we'll give you a quick consultation to go over what your dog learned throughout the day so you can keep training dogs to you during your private time. Our top-rated boarding and effective dog training programs all in one place, our board and train program is perfect for you and your pup!



Hi there, have a question?
Text us here.

effective way to train your dog to behave, our day train programs are a great option. We cover the basics of sit, stay, lay down, heel and loose leash walking.

[More](#) [Contact Us](#)

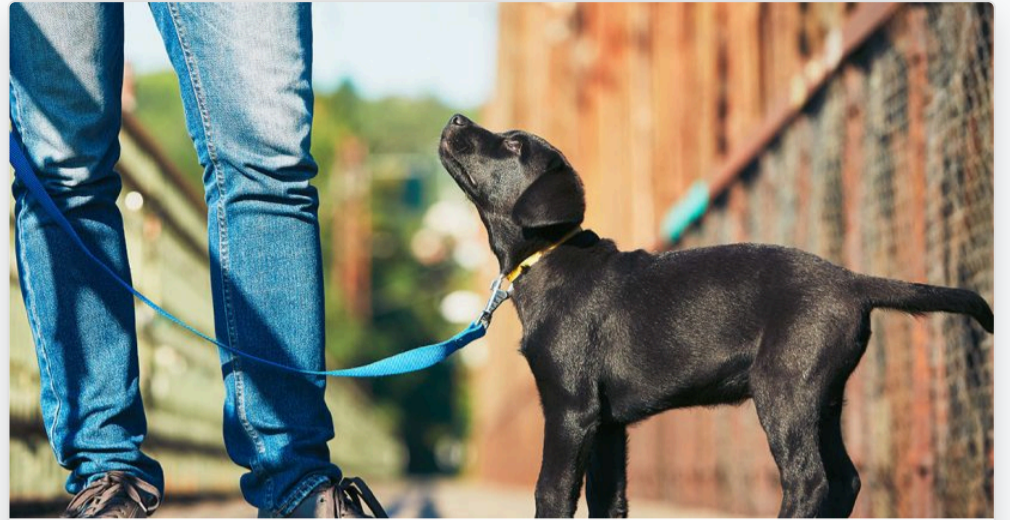
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HYBRID PRIVATE LESSONS

If you enjoy working your own dog, then our one-on-one lessons will give you the support needed under the supervision of a professional trainer. We get the ball rolling by spending the day with your dog to start the foundation for you. Then you will take the reins; this will allow you to build a solid bond with your dog that will be unbreakable. We will give you the tools and guidance for you to teach your fur baby high obedience on your own with our support. At the end of each lesson, you will get tasks to complete in order to build upon the next lesson. Whether you need intensive training for a new puppy or want to break bad habits in an older dog, our hybrid private lessons give you the knowledge and tools needed to help your furry friend succeed at home.

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PUPPY CONSULTATION


Got a new puppy? Congrats! As you now know, it takes time to prepare your puppy for the real world. You have to complete multiple rounds of vaccinations, get them chipped, find the right food...and the list goes on and on. Adopting a new puppy can be stressful – luckily, Sit Means Sit is here to help. Our puppy consultation aims to help fill the gap between the day you bring your new puppy home and his or her final round of necessary vaccinations when they can officially enroll in our top-rated puppy training classes. We'll work one-on-one with your new furry friend, using food-based training to build a solid foundation, help your new dog socialize, and gain confidence. Our puppy consultation is the best way to get your new pet off on the right paw, and to prevent any behavioral issues as you set the foundation for the future! If you've recently adopted a new puppy, a consultation at Sit Means Sit is a necessity. Our puppy training classes are designed to give your new furry friend the best start in life.


[More](#) [Contact Us](#)

FREE TRAINING CONSULTATION
 CONTACT US TO SCHEDULE A FREE TRAINING DEMO TODAY!

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DOG TRAINERS & STAFF

PROFESSIONAL TRAINERS. ATTENTIVE FRIENDLY STAFF.



TEDDY WALL

OWNER & HEAD TRAINER

Hi, I am the owner and head trainer at Sit Means Sit located in Middle Tennessee. I moved here in 1996 from Long Island, NY. In 2001, I graduated from MTSU with a degree in criminal justice. Since I was 5, I have been a soccer player and competed at the college level. I am also an avid Crossfitter. I have an AMAZING daughter who shares her father's love for animals.

[More](#) ▾



SUSIE TRAMEL

CO-OWNER

Hey there, I am the Co owner at Sit Means Sit in Middle Tennessee. I grew up on my family's large farm in Pall Mall, TN. After graduating high school I moved here to attend MTSU. I got my degree in Horticulture and opened my first Garden Center in 2001 in Lascassas. I have three wonderful children who definitely keep me on my toes. I enjoy anything fitness, being with family, love to travel, plants are my jam, and dogs bring me much joy.

[More](#) ▾



LAURA WALTERS

HEAD TRAINER

Howdy, I'm thrilled to be the head trainer here at Sit Means Sit in Middle Tennessee. I grew up in GA and SC and moved to TN when I attended college at Sewanee. I studied theatre in college and eventually pursued a masters degree while living in Las Vegas. Afterwards, I traveled the country making theatre and petting dogs. After 20 years in the theatre I decided to take a leap and pursue another passion and moved back where my heart is most happy, Middle Tennessee. I'm now happily residing in the woods with my three pups – Hamilton, Leo, and Newman.



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SPEAK WITH A TRAINER

SCHEDULE A NO-HASSLE, ONE-ON-ONE DOG TRAINING EVALUATION.

 **GET STARTED** 



















SERVICE AREAS

WE PROUDLY SERVE THE FOLLOWING AREAS IN MURFREESBORO.










COUNTIES

-  Rutherford County

CITIES

-  [Smyrna](#)
-  [Rockvale](#)
-  Lebanon
-  Christiana
-  Chapel Hill
-  Readyville
-  Walterhill
-  Lascassas
-  Mt Juliet
-  Salem
-  Woodbury
-  Christiana
-  [La Vergne](#)
-  Walterhill
-  Eagleville
-  Kittrell

ZIP CODES

-  37037
-  37129
-  37132
-  37167
-  37127
-  37130
-  37133
-  37128
-  37131



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