

KHATUNA LORIG

Expert Archery Coach / 5X Olympian / Olympic Bronze Medalist



WILL BE CONDUCTING WORKSHOPS AT
**LAKESIDE
ARCHERY**
NOVEMBER 17, 18 & 19

WEEKEND OUTLINE

Friday Tournament

Friday 6:00 PM - 8:00 PM | \$20.00

Come shoot Friday night! Lakeside Archery is hosting a Tournament and JOAD Qualifier. Prizes for winning your category and a special prize if you out shoot Khatuna. Categories include: Recurve, Compound.

Beginner Workshop

Three Hour Workshop | 10 to 12 Students | \$135.00

Saturday 10 AM - 1 PM

Designed for archers shooting for less than 9 months. Training will focus is on proper archery form and shot execution utilizing the NTS method. We will discuss proper shooting form, strength, and conditioning.

Advanced Workshop

Three Hour Workshop | 10 to 12 Students | \$135.00

Saturday 3 PM - 6 PM

Designed for archers shooting for more than 9 months. Training will focus on NTS steps training. Each archer will have one-on-one time with Khatuna to focus on individual form issues. We will discuss how to overcome adversity using your strengths, biomechanics, and strength training.

Elite & Coach Workshop

Six Hour Workshop | 12 Students | \$225.00

Sunday 10 AM - 6 PM

Designed for archers shooting for more than a year and competing along with their coach. Training will focus on proper archery form and shot execution utilizing the BEST and NTS Methods. Archers will need to share what they are struggling with and Khatuna will provide one-on-one training to help resolve issues. We will discuss competition shooting and mindset, proper shooting form, biomechanics, strength, and conditioning.

About Khatuna Lorig

With over 28 years of shooting experience, Khatuna has competed in 5 Olympics. In 1992 she represented USSR, where she earned a bronze medal in Women's Team competing. In 1996 and 2000 she represented The Republic of Georgia, and in 2008 she represented the USA at Beijing where she earned 5th place and was honored with carrying the US flag in the closing ceremonies. She finished in 4th place in London's 2012 Olympic and brought home gold at the 2015 Pan American Games. Khatuna's Four Time Olympian status made her the only choice to coach Jennifer Lawrence for her role for The Hunger Games.

Khatuna specializes in coaching for all levels and ages. Her coaching includes Introductory levels to High-Performance, for all styles of recurve archers and coaches.



Register by email

lakesidearchery@gmail.com

or call **207.829.6213**