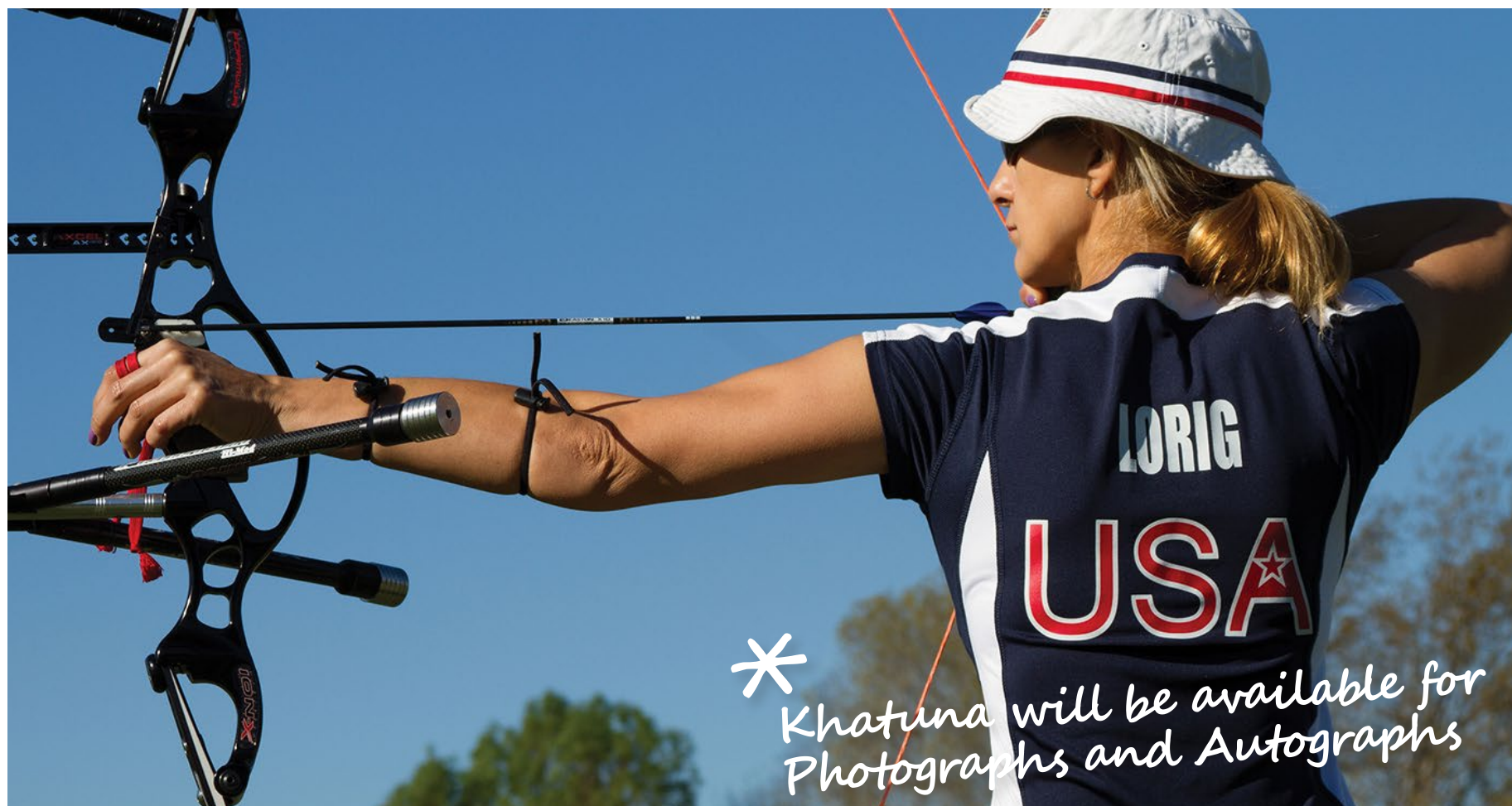


KHATUNA LORIG

Expert Archery Coach / 5X Olympian / Olympic Bronze Medalist



* Khatuna will be available for Photographs and Autographs

KHATUNA LORIG WORKSHOPS ARE BROUGHT TO YOU BY

LAKESIDE ARCHERY

NOVEMBER 21, 22 & 23

Workshops Overview

My workshops are an intense, informative and fun way to work on your technique. There are a limited amount of openings in each workshop, book now!

Elite & Coaches Workshop

Saturday November 22nd 10am-1pm

Beginner Workshop

Saturday November 22nd 3pm-6pm

JOAD, Advanced Archers & Coaches Workshop

Sunday November 23rd 10am-6pm

Archery Seminar

Friday November 21st 6:00 - 7:30 PM
90 minutes

This informative seminar includes discussion about technique, shot process, mental game, mindset, experience in 5 Olympics, training and questions & answers. Recurve and compound archers are encouraged to attend.

After the seminar, we will be attending the opening of the next Hunger Games movie at a local theater. Don't miss the opportunity to watch the movie with the coach that trained Jennifer Lawrence!

Archery Seminar

\$30 per person

Archery Seminar & Movie

\$50 per person

About Khatuna Lorig

With over 28 years of shooting experience, Khatuna Lorig has represented the USSR in 1992, 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.

Khatuna has been featured in *People Magazine* as well as *Glamour Magazine* and her 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.

To find out more about Khatuna, visit:

KHATUNALORIG.COM

Register by emailing:

lakesidearchery@gmail.com

or call 207-829-6213

