

THIS SEMINAR IS FOR INTERMEDIATE TO ADVANCED RECURVE ARCHERS AND COACHES

OLYMPIC STYLE ARCHERY SEMINAR

FEATURING
GUY KRUEGER



NOV. 22 - 23, 2003
SALT LAKE ARCHERY
801-486-8242



DO YOU EXPERIENCE UPS AND DOWNS? DO YOU THINK YOU WOULD HAVE MORE FUN BY WINNING MORE? DO YOU WANT TO MAKE SHOOTING IN COMPETITIONS EASY? IF SO - THIS SEMINAR IS FOR YOU!!

GUY KRUEGER IS A WELL KNOWN AND RESPECTED TEXAS ARCHER AND IS CURRENTLY A RESIDENT ATHLETE AT THE ARCO OLYMPIC TRAINING CENTER. SOME OF HIS ACCOMPLISHMENTS INCLUDE:

2003 PAN AM GAMES INDIVIDUAL SILVER MEDALIST
2003 PAN AM GAMES TEAM GOLD MEDALIST
2003 US WORLD INDOOR AND OUTDOOR TEAM
2002 WORLD UNIVERSITY BRONZE MEDALIST
2000 WORLD UNIVERSITY GOLD MEDALIST

Guy has trained with some of the top Korean coaches and archers and this training has had a major impact on his shooting. He has offered to share this information with us. He will offer seminars for both archers and coaches.

The Archers' Seminar will be conducted on Saturday and Sunday, Nov. 22 and 23 from 2:00 pm to 5:00 pm. Recurve archers will receive coaching, equipment and training tips, and their will be some video analysis. Recommended minimum age of archers is 12, with at least an intermediate level of shooting.

The Coaching Seminar will take place on Saturday and Sunday, Nov. 22 and 23 from 9:00 am to 1:00 pm. This seminar will take an in depth look at the Korean methods of shooting and training. The course will explore the reasons to shoot with correct bone alignment, how to get correct bone alignment, details and how-to's of all aspects of the shot, and training regimens. There will also be analysis of video footage of the world's best archers.

Contact Larry (slarcher@xmission.com) or Randi (hotshot@xmission.com)
at Salt Lake Archery for more information: 801-486-8242

Costs:

Archer's Seminar \$50 archer
Coaching Seminar \$100 coach
Both Seminars \$120 person

Family Plans (2 or more from same family)

Archer's Seminar \$40 archer
Coaching Seminar \$85 coach
Both Seminars \$100 person

Registration Form: Send form and payment to:

Salt Lake Archery

c/o Randi Smith

1130 East Wilmington Avenue

Salt Lake City, UT 84106

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Age _____ Years shooting _____

Archer's Seminar (\$50) ____ Coaching Seminar (\$100) ____ Both (\$120)

Family Plan (per person)

Archer's Seminar (\$40) ____ Coaching Seminar (\$85) ____ Both (\$100)