



2013

# BOLTON HILL MASTERS SWIMMING

We are a program based at Bolton Swim and Tennis in Baltimore, MD. Designed to improve fitness and reach specific goals, this program promotes healthy lifestyles through friendship and camaraderie in and out of the pool.

This energetic group of swimmers practice three mornings a week in the summer season, focusing on proper stroke technique, endurance, speed and strength, and injury prevention. Our team welcomes members of all adult ages and skill levels.

**Mondays, Wednesdays, and Fridays**  
**6:30 - 7:30 AM**

**Session I: June 3<sup>rd</sup> - June 28<sup>th</sup>**

**Session II: July 1<sup>st</sup> - July 26<sup>th</sup>**

**Session III: July 29<sup>th</sup> - August 23<sup>rd</sup>**

**\$70 per session, \$8 drop-in fee**

(20% of all proceeds go to Bolton Swim and Tennis)

Interested swimmers should come to the pool on a practice day or contact Head Coach, Katie Pumphrey  
pumphreykatie@gmail.com  
301-639-3483

Join our group in the pool & join Bolton Hill Masters Swimming on Facebook!



# BOLTON HILL MASTERS COACH KATIE PUMPHREY

Coach Katie Pumphrey has been working with swimmers of all ages for over 9 years. A native to Maryland, Katie has been a competitive swimmer since age 5, swimming with Monocacy Aquatic Club and in high school. She graduated with a Bachelors of Fine Art from the Maryland Institute College of Art. Choosing to study art without a collegiate swimming career, Katie has continued to swim competitively in open water races, including the 7.5-mile Potomac River Swim and the 4.4-mile Chesapeake Bay Swim.

Katie returns this summer for the Bolton Hill Masters **FOURTH** season!  
Katie is also the Head Coach of the Bolton Hill Barracudas!

Year round, Katie coaches with Merritt Athletic Swimming, a year round club swim team, with over 150 swimmers ages 5-18. Katie also coaches the year round masters swim team at Merritt Athletic Club in Canton.

As a coach, Katie strongly in developing well-rounded swimmers with a focus on stroke technique and injury prevention.

## **Current Certifications**

Certified USA Swimming Coach, Swim Coaches Safety Certif., CPR/First Aid, Lifeguard, WSI Swim Instructor.

Coach Katie Pumphrey  
pumphykatie@gmail.com  
301.639.3483



# **BOLTON HILL MASTERS F. A. Q. & Additional info:**

## **Additional Info:**

1. Children are not allowed in the pool area during early morning swim.
2. This is a BST-members only program; non-BST members are not allowed to participate in Masters swim practices.

## **FAQ:**

1. What do I need to bring to practice?  
**Swim suit, goggles, swim cap, towel, and a water bottle.**
2. Do I need to be a fast and experienced swimmer?  
**No, we have a variety of skill levels and ages on the team. If there are things you want to learn, we can help you reach those goals. All are welcome.**
3. Do I need to know all four strokes: freestyle, backstroke, breaststroke, and butterfly?  
**No, but if you would like to learn we can make that happen. Practices will include all four strokes, but workouts can be adapted as need be. Freestyle will be used most.**
3. What is circle swimming?  
**With multiple people in a lane, like we have during swim practice, the rules of driving apply. We share the lane, and you always swim on the right.**

Please contact Coach Katie with any other questions or concerns you may have:  
pumphreykatie@gmail.com  
301-639-3493

**Hope to see you at the pool!**

# BOLTON HILL MASTERS SWIMMING REGISTRATION

Bolton Swim & Tennis  
Dolphin Lane  
Baltimore, Maryland

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Occupation: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**Practices:** Mondays, Wednesdays, Fridays 6:30 - 7:30 AM

**Pricing:** \$70 per session or \$8 drop-in fee

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*Please be sure to consult with a health care provider before beginning any type of exercise program.*