

## Northwest Narwhals – 2022 North Texas Summer League

The Northwest Narwhals swimming team is a member of the North Texas Summer League. Our program is for Northwest ISD students ages 5-18 and offers a competitive format over a short period of time.

**Requirements:** 10 and under swimmers will need to be able swim 25 yards of the pool using the freestyle stroke while using side breathing. 11-18 swimmers will need to do the same while going 50 yards.

**Tryouts:** Please contact me [kpottorff@nisdtx.org](mailto:kpottorff@nisdtx.org) to set up your tryout day and time.  
**We still have spots available in ALL age groups!**

**Cost:** \$200.00 for each swimmer that qualifies for the team (\$175.00 for NISD District Employees). No refunds after June 1, 2021. Cost includes all entry fees, an awesome tee-shirt, and a team swimming cap.

### Pre-Season Practice Schedule:

May 16, 2022 – May 26, 2022 (Mondays and Wednesdays)

10 and Under 4:00 pm – 4:45 pm

11-18 7:15 pm – 8:15 pm

### Regular Season Practice Schedule:

May 31, 2022 – July 15, 2022

Morning Practices (Monday – Friday)

11-18 9:45 am – 11:00 am

10 and Under 11:00 am – 12:00 pm

Evening Practices (Monday-Thursday)

10 and Under 7:00 pm – 7:45 pm

11-18 7:45 pm – 8:45 pm



<https://northwestisdac.store.rankone.com/Camp/List>

**Time Trials:** *It is recommended that all swimmers participate in the time trials meet*  
June 11, 2022 (Saturday) at the NISD Aquatic Center (1976 Texan; Justin, TX)

### Circuit Meets:

All swimmers are eligible to swim at the two evening circuit meets and Regionals  
June 22, 2022 (Wednesday) at the Keller ISD Natatorium (1000 Bear Creek; Keller, TX)  
June 29, 2022 (Wednesday) at the Northwest ISD Aquatic Center (1976 Texan; Justin, TX)

### Regional Meet:

July 16, 2022 (Saturday) at the Northwest ISD Aquatic Center (1976 Texan; Justin, TX)

### Contact:

Kristi Pottorff at [Kpottorff@nisdtx.org](mailto:Kpottorff@nisdtx.org)