

SAUK PROGRAM: GROUP DESCRIPTIONS



This document outlines the basic description for each of our 5 groups. You can also find more information on our SAUK programming [HERE ON OUR WEBSITE](#), or you can send the coaches an email if you have any questions. Go BAC!

OVERVIEW: We have our swimmers grouped into three loose age categories – ‘age group’, ‘middle school/Junior’, and ‘high school’. Within most age groups we have two different practice groups – placement is determined by not just the swimmer’s ability, but by their commitment to the sport.

GROUP PLACEMENT: This is the second year of programming at our Sauk Prairie based site. For our returning swimmers, our coaching staff knows them well enough to place them in the appropriate groups. New swimmers should read the descriptions below and connect with the coaches on initial group placement. We’ll then confirm groups once we see them in the pool Week 1 of practice, or we may have the opportunity to run some ‘preseason’ evaluations ahead of September 12th.

GROUP DESCRIPTIONS: Short, simple descriptions of each group - note that there is intentional overlap on the ages.

- **AGE GROUP RIBBON**
 - For our youngest swimmers, typically 1st through 3rd grade. Ribbon swimmers are familiar with all four strokes but may or may not be legal in all four. This group will have a VERY heavy emphasis on learning.
- **AGE GROUP TROPHY**
 - Trophy swimmers typically have some swimming experience and are a little older – 3rd through 5th grade. They have 4 legal strokes and are working towards proficiency. Practices still involve a lot of technique and instruction, but elements of training are introduced at this age as well.
- **MIDDLE SCHOOL**
 - As the name implies, swimmers in this group will be in 6th through 8th grade, possibly some older 5th graders. Practices will be a challenging mix of stroke technique and training elements. There are no practice attendance or meet requirements for MS, so it’s a perfect group for more casual swimmers.
- **JUNIOR**
 - Junior swimmers will typically be in 5th through 7th grade, with some 8th graders as well. This is the group for our most committed younger swimmers – those looking to attend practice regularly and compete in several meets a season. Junior swimmers will still work technique, good habits, and fundamentals, but more often within a more challenging set.
- **HIGH SCHOOL**
 - These swimmers are generally already in HS, though some 8th graders may fit into this group as well. Practices will be a challenging mix of stroke technique and training elements. Practice is offered every night and regular attendance is highly encouraged