

# BARABOO PROGRAM: GROUP DESCRIPTIONS



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

**OVERVIEW:** Swimmers will generally move through our program spending 1.5-2.5 years in each age group. The age group descriptions have a lot of intended overlap of a swimmer's age. This reflects the varied experiences, abilities, and strengths of different swimmers that might all be the same age, and allows us to group them in the best possible practice environment.

**GROUP PLACEMENT:** Returning Baraboo swimmers can fill out the Team Unify registration right now. Please make sure you've had a conversation with Coach Jill BEFORE selecting a group.

New swimmers should read the descriptions below and make a 'best guess' at group placement. New swimmers do NOT click the Team Unify registration. Instead, use the Google Form link (on the page linked below) to register for a New Swimmer Evaluation. You can find more information on the [SPRING 2026 PROGRAMMING](#) page on our website.

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

- AGE GROUP RIBBON
  - For our youngest swimmers, typically 1<sup>st</sup> through 3<sup>rd</sup> 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 MEDAL
  - Age group medal is typically the correct placement for swimmers that have done Ribbon or have other swimming experience, but aren't quite ready for the Trophy Group
- AGE GROUP TROPHY
  - Trophy swimmers typically have some swimming experience and are a little older – 3<sup>rd</sup> through 5<sup>th</sup> 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.
- SILVER
  - Swimmers in this group will be in 6<sup>th</sup> and 7<sup>th</sup> grade, possibly with some older 5<sup>th</sup> graders. Practices will be a challenging mix of stroke technique and training elements. There are no practice attendance or meet requirements for Silver, so it's a perfect group for more casual swimmers.
- JUNIOR
  - Junior swimmers will typically be in 5<sup>th</sup> through 7<sup>th</sup> grade, with some 8<sup>th</sup> 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.
- GOLD
  - These swimmers are often already in HS, though some 8<sup>th</sup> graders may fit into this group as well. Practices will be a challenging mix of stroke technique and training elements. This group has our widest age range and practices for different swimmers will be adjusted accordingly.

## ADDITIONAL PRACTICES AT SAUK:

*The addition of our Sauk Prairie programming opens up some opportunities for swimmers looking for more practice options. Any swimmer interested in doing some Sauk practices in addition to what is offered at Baraboo should email Coach Jill.*