

FALL '25 SAUK PRAIRIE:

FALL 2025 GROUP SCHEDULE



BELOW IS OUR TENTATIVE FALL 2025 SCHEDULE FOR THE SAUK PRAIRIE LOCATION

What does 'TENTATIVE' mean? We're fairly confident in the pool time we're going to get, and in the best way to fit all of our Sauk pieces together. However, things can change between July and September. While we don't anticipate any changes, we would communicate those right away if needed.

What does 'FALL' mean? Our 'Fall' session run from September 15th – December 7th. However, we often have to adjust our schedules a bit when the WIAA seasons change from girls (in the fall) to boys (in the winter). (Some of the HS teams have slightly different practice schedules for the girls vs the boys, and our older groups typically have more girls than boys so need more space/time.) This should be our weekly schedule through November 16th, and we'll likely keep most of the schedule the same through the rest of fall and winter as well.

GROUP	MONDAY	TUESDAY**	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY**
SAUK RIBBON	6:00 – 7:15	6:00 – 7:15		6:00 – 7:15		<p>There are multiple Tuesday that – due to home WIAA meets – Sauk practice will be canceled.</p> <p>Typically on these weeks we will have a make up offered on Saturday from 9:00 – 10:30am</p>
SAUK TROPHY	6:00 – 7:15	6:00 – 7:15	6:00 – 7:15	6:00 – 7:15		
SAUK SILVER	6:00 – 7:30		6:00 – 7:30		6:00 – 7:30	
SAUK JUNIOR	7:15 – 8:45	7:15 – 8:45	7:15 – 8:45	7:15 – 8:45	6:00 – 7:30	
SAUK GOLD	7:15 – 8:45	7:15 – 8:45	7:15 – 8:45	7:15 – 8:45	6:00 – 7:30	

**Sauk swimmers that are interested in attending Madison-area practices on the weekend can reach out to Coach Derek for possibilities*