

SAUK PRAIRIE: 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 Coach Derek – coachderek@badgeraquatics.com 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 Sauk swimmers can fill out the Team Unify registration right now. Please make sure you've had a conversation with Coach Derek or another Sauk Coach 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 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.
- SILVER
 - Swimmers in this group will be in 6th and 7th grade, possibly with 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 Silver, 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. Practice is offered every night and regular attendance is highly encouraged.
- GOLD
 - These swimmers are often already in HS, though many 8th 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. Practice is offered every night and regular attendance is highly encouraged.

PLEASE REACH OUT TO COACH DEREK AT coachderek@badgeraquatics.com WITH ANY QUESTIONS!