



# Casey Cavaliers VJBL Team Structure Update

Basketball Victoria has announced a major restructure for the VJBL beginning in 2026.

The introduction of the 'Regional League' (RL) will replace the RDL competition, and this creates a three-tier pathway for all U12 & U14 Athletes.

1. Victorian Championship (VC) - Elite State-Level Competition
2. Victorian Junior League (VJL) - Graded Divisions
3. Regional League (RL) - Competition organised into geographical pools to reduce travel

It will remain a two-tier pathway for U16 & U18 Athletes.

1. Victorian Championship (VC) - Elite State-Level Competition
2. Victorian Junior League (VJL) - Graded Divisions

## Under 12 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-4 (2 pools of 10 teams)
- Victorian Junior League 5 (3 pools of 10 teams)
- Regional League (Remainder of teams, separated into geographical pools)

## Under 14 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-3 (1 pool of 10 teams)
- Victorian Junior League 4 (2 pools of 10 teams)
- Victorian Junior League 5-8 (3 pools of 10 teams)
- Regional League (Remainder of teams, separated into geographical pools)

## Under 16 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-3 (1 pool of 10 teams)
- Victorian Junior League 4 (2 pools of 10 teams)
- Victorian Junior League 5 and below (3 pools of 10 teams)

## Under 18 - Boys and Girls

Teams will now grade for the following competitions

- Victorian Championship (2 pools of 10 teams)
- Victorian Junior League 1-4 (1 pool of 10 teams)
- Victorian Junior League 5 and below (3 pools of 10 teams)



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Casey Cavaliers Restructure of Junior Team Selections:

In light of the changes to the VJBL 'Regional League', it has brought change as to how the Casey Cavaliers VJBL teams will be selected.

There will no longer be separate VJBL & RDL Cavaliers teams, these will merge into one program.

Casey Cavaliers will aim to fill the following teams for 2025/56

- U12 Boys - 12 Teams
- U12 Girls - 8 Teams
- U14 Boys - 12 Teams
- U14 Girls - 12 Teams
- U16 Boys & Girls - 6 Teams
- U18 Boys & Girls - 4 Teams
- U20 Boys - 2 Teams
- U20 Girls - 1 Team

## Team Makeup

### U12 + U14 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Teams 4/5/6/7/8 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level

Emerging Teams: Teams 9/10/11/12 - Give athletes a chance to develop their skills within a structured environment with direct practice planning by the Casey Basketball BDM & BDO. Team goals are purely developmental focused.

### U16 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Teams 4/5/6 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level.

### U18 Boys & Girls

Performance Teams: Teams 1/2/3 - Aiming to all grade as high as possible with Teams 1 & 2 aiming to grade in VC, play in NJC. Team 3 aiming to grade in VJL1

Development Teams: Team 4 - Big emphasis on development & building the skill level/decision making of athletes while still competing at the highest possible level.



# Casey Cavaliers VJBL Team Structure Update

## Team Practice

### Teams 1-8 (U12 & U14 Boys + Girls)

Practice will remain the same.

1 x 2hr practice Sunday & 1 x 1.25 or 1.5hr practice midweek (court space dependant)

Sunday practice will be planned by Casey Basketball BDM/BDO & run by a Lead Coach.

Head & Assistant Coaches will receive session plans from the Lead Coach and coach their baskets based on the session plan & overseen by the Lead Coach.

The midweek session will be run & planned by the teams Head/Assistant Coach.

### Teams 9-12 (U12/14 Boys & U14 Girls)

Teams will practice twice per week

1 x 1hr practice Sunday & 1 x 1.5hr practice midweek

Both Sunday & Midweek sessions will be planned by Casey Basketball BDM/BDO & both sessions will be run by a Casey Basketball BDO.

Head & Assistant Coaches will receive session plans from the BDO and coach their baskets based on the session plan & overseen by the BDO.

### All U16/18 Teams

Team practice will remain the same as previous seasons.

For any further questions, please contact Mitch Taylor (Basketball Development Manager) at:

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