



PARENT-PLAYER

HANDBOOK

DEVELOPMENT LEAGUE



1. WHAT IS "JUNIOR CAVALIERS - DEVELOPMENT PROGRAM"?

The Junior Cavaliers Development Program has been designed as a pathway for those wanting to join the Junior Cavaliers representative program. Providing them with an opportunity to learn the skills and system utilised, as well as the opportunity to apply these into a weekly competition facilitated by Basketball Victoria VJBL- Regional Development League on Friday nights against other associations in the South East of Melbourne.

Selection into the Junior Cavaliers Representative Program is always based on the annual tryouts process in September/October each year.

This is now also the process of being selected into the Junior Cavaliers Development Program, who will play in the VJBL- Regional Development League.

2. WHAT IS THE DIFFERENCE BETWEEN VJBL AND REGIONAL DEVELOPMENT LEAGUE?

Junior Cavaliers Representative Program

- Teams play in the VJBL
- Two compulsory trainings per week
- Games played across all of Victoria
- Play in SEJBT (tournament)
- Athletes can attend Junior Cavs Rep Camps
- Athletes are eligible for Basketball Victoria development programs
- Athletes can represent Victoria and Australia
- Teams can play in National invitational tournaments

Junior Cavaliers Development Program

- Teams play in the Regional Development League run by VJBL
- One compulsory training per week
- Games played in the South-East region only
- Play in SEJBT (tournament)
- Athletes can attend Junior Cavs Development Camps
- Athletes could move into the Rep Program if a position opens up

3. HOW DO I GET INTO A JUNIOR CASEY CAVALIER'S TEAM?

Try outs

- Players must register and attend for the first phase of try outs commencing in September.
- If they progress to the second phase of try outs in October, they must attend numerous sessions to be selected into a team.
- Players can be selected into:
 - Junior Cavaliers Representative Program (VJBL)
 - or
 - Junior Cavaliers Development Program (Regional Development League)



4. WHAT SHOULD YOU EXPECT?

Junior Cavaliers Development program will involve a full season of basketball from October - August.

Mid-Week Training

- All athletes will have one compulsory scheduled training each week – Training will be on Wednesday, times TBC.
- Attending training is compulsory for all Junior Cavaliers athletes, and continually missing practice can result in removal from the program.
- Athletes are expected to arrive at training 10-minutes before the session is due to start

Friday Night Game

- All teams will have one scheduled Friday night game each week.
- These games will be played throughout the southeastern suburbs, determined by Basketball Victoria (VJBL)
- Time of this game will vary but is likely to begin at 6.40pm onwards.
 - all athletes are expected to arrive for their game at least 30 minutes before tip-off.
- Games will be played both home and away - depending on the fixture provided.

Please note: athletes are expected to attend training and games when injured, but not if they are sick (e.g. contagious, unable to get out of bed, etc.). This is so that they can still be engaged with the program and learn about everything that is being taught, allowing for an easier transition back into the program once they are able to recommence.

Tournament Opportunity:

All Junior Cavaliers athletes are required to participate in one tournament.

- South Eastern Junior Basketball Tournament (SEJBT) on Labour Day weekend in March.

Information will be emailed out closer to the tournament. This tournament cost is included in your fees.

Junior Cavaliers Trials:

Participation in the Junior Cavaliers development program does not guarantee a spot in the Junior Cavaliers Rep programs for the next season.

Each athlete will be invited to trial at the end of Term 3 and will have the opportunity to be selected. Selections are always dependent on performance and development as a Basketballer.



5. COMPETITION

The competition will run in accordance with the Regional Development League Calendar provided by VJBL/Basketball Victoria.

Teams:

Teams are made up of

- Coach Team Volunteer
- Assistant Coach Team volunteer
- Team Manager Team Volunteer
- Maximum Ten players

Competition Coaches

Coaches will be selected by CBA Development Coach and could be:

- a parent of an athlete from within the team,
- a current Casey domestic coach
- an aspiring or previous Junior Cavaliers coach.

These coaches will be provided with development opportunities to assist with their coaching, and to ensure all Junior Cavaliers athletes are provided with the best possible coaching at both training sessions and games.

The CBA Development Coach will conduct all mid-week trainings with the team coaches assisting their teams.

Fixtures and Results

Fixtures and results can be found on Play HQ.

6. COURT TIME

Coaches will be instructed by the CBA Development Coach to provide all athletes with as close to equal court time as possible.

Our focus is on developing the athletes' skills and understanding of basketball, while competing against other local Associations.



7. COSTS

Player Registration Fees

Athlete registration fees will enable the athlete to participate in the weekly training sessions and games for that respective year.

The cost to register for the Junior Cavaliers Development Program is:

- \$450 – Registration
- \$55 - Tournament fees
- \$10 - Educational Pack

Total Cost: \$515.00

Player Registrations Fees include but are not limited to:

- VJBL registration
- weekly practice
- administration resources
- coaching resources
- presentation day
- entry fee to Southeast Junior Basketball Tournament (SEJBT)
- education pack
- referee development

A deposit of \$115.00 is required at registration via the link provided to confirm your acceptance within the program. Once a player accepts a position and pays their deposit, they are liable for the full fees

Payment schedule:

1. Deposit of \$115 due by 20th October 2024
2. Payment of \$200 due by 15th December 2024
3. Payment of \$200 due by 15th February 2025

Please read our refund policy before committing as no refunds are available (See Refund Policy available at www.caseybasketball.com.au).

Weekly Playing Fee

Each athlete is required to pay their team manager their equal share of the team sheet via **Team Pay**. This is generally between \$12 - \$15 per game per player.

Team sheet fees are set by VJBL. This cost covers your game day fees and entry for all spectators. Failure to make payment to the Team Manager will result in the athlete being unable to play until payment is made.

This fee is payable regardless of game time or availability to play each week. Payment of this weekly fee is the commitment required for the entire representative calendar.

Special Circumstances: Should a player have a long-term injury (Min. 6 consecutive weeks) or leave the team, then the fee will be equally divided by the remaining players.



Uniform

It is a requirement for all athletes to wear their Junior Cavaliers playing uniform on Friday nights and training uniform at training.

It is compulsory for all new athletes to purchase the following items

- Playing uniform
- Training shorts and top
- Backpack
- Socks
- Warm up top
- Hoodie

Total Cost \$360.00

This payment is due on order

A day will be allocated to purchase uniforms for all Development League players. All players will receive some correspondence about this.

4. PLAYING PHILOSOPHY OF THE CASEY CAVALIERS

The Cavalier's playing philosophy is based upon teaching players, HOW TO PLAY THE GAME.

Defensively, all Cavaliers junior teams will be taught how to play man to man "PAC" defence, with some zone concepts being introduced at U16's. This is the accepted best practice around the world for teaching players how to play the game.

Offensively, players will be taught our "Casey offensive system", with sound principles being "layered in" over their possible 10-year time with the Cavaliers. Beginning with 5 out concepts and graduating to 2 and 3 a side action. Casey Cavaliers have chosen this system to best align our athletes with the Basketball Victoria and Basketball Australia High Performance Pathways.

Tech Fouls

If a player receives a behavioural Tech foul in a VJBL game, they will automatically be suspended for the next Regional Development League game. Once CBA are advised by VJBL of the behavioural tech foul, our BDM will contact players and parents. Players are expected to attend trainings and games even though they are suspended. Game payment is still expected by the suspended player.

This rule applies to Regional Development League finals.

Cavaliers' NON-NEGOTIABLES

Coaches

- Embrace and emphasize the Casey system of play & language
- Planned sessions
- Stay on task
- Elite communication
- Coaches eye
- Great body language



Athletes

- Execute elite practice standards
- Compete every possession
- Great body language and positivity
- Elite communication
- Listen with your eyes
- Put into action what the coach instructs
- Sprint in and out of drills & huddles
- Participate in every rep / if you are on the sideline, you are coaching or cheering
- DO NOT INTERRUPT THE PRACTICE BEFORE OR AFTER YOURS. THIS INCLUDES BOUNCING OF BALLS AND EXCESSIVE NOISE.

Parents

- Practice good supporter habits
- No coaching from the sideline
- No undermining of the coach on the ride home
- Controlling other children if they are in the venue. This is distracting to your child's development. (noise, basketballs and running up and down the sideline)

9. PARENT INVOLVEMENT

When your child is participating in the Junior Cavaliers Development League, parents will be asked to contribute to the following areas.

- Score at Friday night games on a roster provided by your team manager
- if you are unable to attend the game you are allocated to score on, you are required to organise a swap with another parent on the team
- Help and encourage your child through hard practice and competition.

Any parents looking to assist with coaching, please contact the CBA Development coach on development@caseybasketball.com.au

10. COMMUNICATIONS

All communications about upcoming events and programs will be communicated via Team App. Your child will be placed into their team group upon accepting registration. The email used to officially register your child into the program will be used when allocating their team group on Team App.

If you are unable to attend training or a game, a message must be sent to the Team app group.

No other social media platform is to be used by members for team communication.

If you are concerned that you are not receiving this information, please contact CBA via marketing@caseybasketball.com.au

All Junior Cavaliers athletes and parents are expected to abide by the Basketball Victoria's

- [Social Media Policy](#)
- [Code of Conduct](#)

Please visit www.caseybasketball.com.au for full details.