

The Pathway is Real



Organisation	Program/Level	Age Group	Skill Level	Grade	Time Commitment	Costs (Estimated)	Description	Pathway Progression
Caloundra Basketball	Little Legends	5-8 years	Beginner	Amateur	1 session per week (60 min)	\$140 per term	A fun, games-based introduction to basketball focusing on basic skills and teamwork. Participants may be using an 8ft basket	Moves into Super Hoopers
	Super Hoopers	8-11 years	Beginner	Amateur	1 session per week (60 min)	\$140 per term	A fun, games-based introduction to basketball focusing on basic skills and teamwork. Participants may be using a regulation 10ft basket	Moves into club competition
	Girls-Only Program	5-14 years	Beginner to Intermediate	Amateur	1 session per week (60 min)	\$140 per term	Development program tailored for female players to build confidence and skills.	Provides a supportive space for female athletes to develop and progress
	Club Competition (U10-U19)	7-18 years	Beginner to Intermediate	Amateur	1 club training session & 1 game per week	\$250- \$400 per season	Local domestic competition where players develop skills, teamwork, and game experience.	Prep for rep teams or social competitions
	Prep for Rep	Varies	Intermediate	Amateur	Additional training as needed	Varies	Prepares players for higher-level competition by providing additional coaching and training.	Enhances individual skills to transition into representative and elite levels
Sunshine Coast Phoenix	Representative Basketball (SQJBC U12-U21)	10-21 years	Intermediate to Advanced	Amateur	2+ training sessions + weekend travel games	~\$1,000+ per season (travel & uniforms extra)	Players represent Sunshine Coast Phoenix in the South Queensland Junior Basketball Competition (SQJBC) against teams from other associations.	Competes at state level, leads to higher performance programs
	Representative Basketball (Men & Women)	21+ years	High-level competitive	Amateur	2-3 training sessions + weekend games	~\$1,000+ per season (travel & uniforms extra)	High-level state competition bridging junior reps and semi-professional basketball.	Semi-professional, NBL1 pathway
Basketball Queensland and Basketball Australia	Basketball Queensland Development Programs	U12-U18	High potential players	Amateur	Extra training, camps, and competitions	Costs vary by program	Advanced training for identified talent, including Future Development, State Performance, and Queensland State Teams.	Leads to state teams & national championships
	State Teams	U14-18+	Elite	Amateur	Intensive training, national travel	High (grants/sponsorship may help)	Compete at the domestic highest level	Pathway to Boomers (Australian Men's national team) /Opals (Australian Men's national team) and professional basketball
	National Team	U14-18+	Elite	Semi-professional	Intensive training, national & international travel	High (grants/sponsorship may help)	Compete at the international level, including Australian junior and senior national teams (Boomers/Opals).	Professional/semi-pro pathway
NBL and WNBL	NBL1 (Men & Women)	18+ years	Elite	Semi-professional	High training & game commitment	Varies (scholarships, sponsorships)	Semi-professional competition featuring elite athletes from around Australia.	Professional/semi-pro pathway
NBL and WNBL	NBL (Men & Women)	18+ years	Elite	Professional	High training & game commitment	Paid	Professional competition featuring elite athletes from around Australia.	International
NBA and WNBA	NBA (Men & Women)	18+ years	Elite	Professional	High training, game and media commitment	Paid	United States competition featuring the most elite players in the world	Considered as the pinnacle of the sport