



## Tsunami Softball Handbook Welcome to Tsunami Softball!

### Our Mission

At Tsunami Softball, our mission is to develop confident, courageous and resilient young women athletes through the sport of softball. We believe in creating a culture that encourages personal evaluation and self-correction: One that encourages transparent communication and teamwork resulting in lifelong skills.

By becoming a member of Tsunami Softball you are committing yourself to our values and goals:

**Respect:** We pledge to treat all participants with positive, constructive support. We show respect to those who differ in beliefs, perspectives and abilities.

**Teamwork:** We expect that all will work as one towards the same goal, while wholeheartedly embracing their role.

**Commitment:** We expect that all participants will be focused and present at practices and games and will always work to support the vision and values of their teammates and the program.

**Trust:** We expect that all participants will be open, honest and fair, knowing their teammates and coaches are trying their best.

### Our Commitment

To respect and encourage you in your personal and team goals while pushing you to see your potential. To listen and to build you physically and mentally so you can:

- face challenges head on
- gain confidence
- have positive self-criticism
- work through failures
- learn to work with/as a team
- play at a higher level

Tsunami coaches are SafeSport trained and have passed background checks. Head Coaches are also Ace Certified. A few have USA Softball and advanced coaching certifications, and they have all participated in off season training.

## Your Commitment

Personal growth and excellence begins with respect for yourself and others. As a member of the team you are expected to:

- Show respect to yourself, your teammates, coaches, umpires, other players and anyone else you come into contact with throughout our travels.
- Maximize your attention and effort
- Encourage your teammates whenever there is an opportunity to do so, both on and off the field
- Be honest with your emotions, recognize them and do your best to maintain a good attitude.
- Challenge yourself by stepping out of your comfort zone
- Learn to accept constructive criticism
- Be honest with your coaches and captains about what changes you want to see and how we can encourage you further.

## Communication

Band is the team's primary platform of communication. Band is a free app. All parents will be expected to check Band for Tsunami updates regarding start and end dates, uniforms, fundraising, fees and organizational meetings. Each individual coach can choose what platform works best for their individual team for day specific practice details, tournament info and changes due to weather.

If you need to direct-text or direct-message coaches, please include at least two coaches in the communication, for the protection of both player and coach.

## Captains

We understand mid-season communication can be difficult, so in order to help with communication and team cohesion this year we will be implementing Captains. The Captains will be selected by their coaches! Captains are expected to meet once a week after practice with their coaches to check in. It is a short meeting where the captains get to voice their team's thoughts on how practices are going, team cohesion, and vision for the season!

## Concerns or Conflict

We want our communications to be as much of an "open door" policy as possible because that is how respect and trust are fostered. If there is anything you feel needs to be discussed, whether about policy, expectations or otherwise, please discuss it!

If there is ever an issue with a teammate, coach or playtime please wait 24hrs then DISCUSS it with them! Well handled conflict allows opportunity for growth so please think through what you'd like to say then choose an appropriate time to discuss it. This allows growth for all involved!

If the issue is not resolved after you have spoken directly with the player/coach/assistant coach or team manager then please speak to ONE other coach, assistant coach or team manager and let them know your concern and that you have attempted to resolve the issue. They then should help facilitate a time to help hear out and resolve the issue. If there is still an issue please then reach out to Sheryl Neisner 603-554-0036 or Hannah Zook (541.852.1661), Tsunami Co-Presidents. We want this to be a positive experience for everyone so please do your part in speaking up so it cultivates unity, respect and trust.

\*Safety is our top priority. So please contact us immediately, no matter the time, if it's a matter of safety!\*

## Practice

Practices are located at Jack Gist (dome occasionally- weather dependent). Please arrive ten minutes before practice begins. Have your cleats tied, water and glove in hand at the time of practice.

## Games/ Tournaments

For games please be a minimum of an hour early unless specified by a coach. As coaches, we strive to get everyone game time but because we are growing our program to have competitive teams, game time is not guaranteed. If you want to grow your skills and have guaranteed game time then Homer Little League is a great option, alongside Tsunami Softball.

We do understand that this is part of the high summer season, and we understand that you want to travel, go camping, and enjoy your summer. (Coaches do, too!) Commitment is key in making a competitive team so please plan accordingly. If you do have other trips planned please communicate with your coach as soon as possible AHEAD OF TIME. If you are a player that works it is your responsibility to let your employer know when you need time off. We understand of course that sometimes employers can't make changes, but often with advance notice they are able to make adjustments. A little courtesy can go a long way! (If you are on the Homer High School softball team, we understand your focus is with your current Mariner team; we look forward to seeing you Wednesdays and having you full time once your season is finished!)

Finally, if you do have to miss a game or practice for work, please let your coach know or mark your availability as soon as possible. If it's on short notice—please contact at least two coaches via your team's communication ASAP. If you are sick, please stay home. Use common courtesy for your fellow players. Coaches will do the same!

## Teams & Seasons

The softball Summer Season runs from May through July. Teams will be decided mid-May for the June Tournament.

## 2026 USA Softball Age Chart



Match month (top line) and box with year of birth. The player's age and division is indicated on the right.

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	AGE	DIVISION
2019	2019	2019	2019	2020	2020	2020	2020	2020	2020	2020	2020	5	6U
2018	2018	2018	2018	2019	2019	2019	2019	2019	2019	2019	2019	6	6U
2017	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	7	8U
2016	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	8	8U
2015	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	9	10U
2014	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	10	10U
2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	11	12U
2012	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	12	12U
2011	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	13	14U
2010	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	14	14U
2009	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	15	16U
2008	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	16	16U
2007	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	17	18U
2006	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	18	18U

NOTE: This age chart is for USA Softball, and only for the 2026 season.



This is the official breakdown for ages/ divisions by birth month and year.

USA Teams can be split into 18u, 16u, 14u, 12u, 10u, 8u based on 9/1/25-8/31/26 age and skill.

### What does "12u" mean?

12u Stands for 12&under. Players can play up but you cannot have a 15yr old playing down onto a 12u team. With this being said we also don't want an 8u playing on a 12u team because they need to be able to protect themselves from a hard hit ball.

## Making Teams

Teams/divisions for the June Tournament will be decided in mid- May by the coaches/ board and re-evaluated in mid June for the July tournaments. Our goal is to make competitive teams that are safe.

If your daughter falls outside the age range of the teams attending the tournaments then we will do our best to place her with another team outside of Homer- IF she is interested and lets us know. (If she is older another option is possibly assisting with coaching, if the head coach of the team is interested.)

Since teams will be formed to be as competitive as possible please be aware that a player may be invited to go but the top players will see the most game time. Some players may go and see minimal to no game time depending on how games are going, set up of game play and number of players attending.

## Schedule

June 19-20	Futures (Chugiak)
July 9-11	Birchwood Jamboree
July 17-19	Peninsula Invitational Tournament
July 24-26	Lauren Frost Mega Camp (Optional-must individually sign up)
July 31-Aug 2	USA Softball State JO (TBD)
Aug 4-6th	Great Alaska Showcase (Optional-must individually sign up)

Other opportunities are available if players put the time and effort in and communicate that they desire to play/ travel more.

Coaches will communicate with their team/ parents on what tournaments they want to attend. We encourage teams to attend the Peninsula Tournament and 2-3 Eagle River/ Chugiak area tournaments, as well as some games against Kenai.

End of Regular Season: Dependent on Team- either Mid July or Early August.

## Camps and additional opportunities

**Lauren Frost Camp:** July 23,24&25 for grad classes 2026-2030 and 2031-2034 in Chugiak. <https://www.laurenfrostsoftball.com>

**Great Alaska Showcase:** in Chugiak August 5-6-7.  
<https://www.triplecrownfastpitch.com/events/great-alaska-showcase>

**Termination Dust Tournament:** in Anchorage September 5th and 6th.

**Join another team:** Anyone that would wish to join another team if we do not attend a tournament or to travel across or outside Alaska with another team should contact us.

**Dome Time:** Optional indoor practice held on Sundays typically (January-May). Dome time is also available on a drop-in basis. Contact a coach for details.

## Cost

Early Registration (January) \$80

Regular Registration (February-May) \$130

Late Registration \$230

Volunteer and Uniform Reimbursable Deposit: \$100

If you need financial assistance please reach out.

Player Fees: Help cover costs of gear, umpires, and tournament fees, as well as a team t-shirt for each player.

## Game and Tournament Legistics

Car pooling is encouraged and tournament fees are split amongst those attending. You will need to cover the costs of your own transportation to and from practices, games, and tournaments. Housing options are typically available if requested ahead of time (church with female chaperone) and one meal is typically provided by the host team or a team meal is arranged. If plans fall through at the last minute please contact us.

## Parent Volunteers/ Fundraising

For our players to have a successful season, we need a solid team backing them up and cheering them on! All parents are expected to help out in some way. Each family will be asked to donate 100 hours of time through the season. Once your hours have been completed and your full uniform has been returned we will return your \$100 deposit.

Donated hours may be actual hours, or may be fulfilled in other ways. Some examples of how to receive hours would be: Coaching/helping at practice, scorekeeping, umpiring, field maintenance, and fundraising minded parents. Other ways include donating a case of water for a game which equals 20 hours of time donated. More opportunities may be made available throughout the season as well. You are responsible for keeping track of your hours and having someone sign off on them and then submitting them at the end of the season. Please let us know how you would like to be involved!

Fundraising on top of that usually includes sponsorship letters that players take to businesses as well as one to two bake sales per year.

We look forward to this season and can't wait to play ball!

If you have any questions contact:

Sheryl Neisner

603.554.003

aktsunamisoftball@gmail.com

Hannah Zook

541.852.1661

Tsunami Softball can only thrive with your involvement, here are some volunteer opportunities to help our team, reach the required hours, and make the season a success!	
Expectation for parents- 100 “hours” or \$100	
<b>Opportunity</b>	<b>Hours Given</b>
Coach	100
Umpire	100
Team Manager	100
Fundraising Organizer	100
Field Manager	100
Official Uniform Manager	100
Official Team Mom or Dugout Manager	100
Facebook Manager	100
Board Member	100
Treasurer	100
Scorekeeper x1 game	20
Concession/ fundraiser x1 timeslot	20
Working on field 1hr	20
Bringing x1 bulk item for concessions/ fundraiser or game	20
Sign-up Genius maker	20
If you have other opportunities that you would like to discuss for hours please let us know	TBD
If volunteering is not an option at this time-	\$100