



Stephanie Trzcinski

2013 Patteson

@stephtrzcinski

Softball

INTERNATIONAL REPRESENTATION

School Sport Australia All Australian Girls Softball Team (2009, 2010)

U17 Australian Team (2011)

U19 Australian Team (2013, 2015)

Open Australian Team (2020, 2022, 2023, 2025, 2026)

Where are they now?

Stephanie studied at the University of California, Berkeley after completing school, majoring in Nutritional Science and Toxicology.

In 2022, Stephanie lived in Japan as she worked as an assistant coach and ALT at Ota Municipal High School, located in Ota City, a special ward in Tokyo before returning to South Australia and resuming her softball career.

Stephanie has lived and played softball professionally in the USA, Netherlands and Italy, and now lives in Adelaide, where she manages a full time training load as she prepares for the LA 2028 games, with a full time job in Supply Chain at a local South Australian multi-national Injection Moulding/Irrigation business.



STATE ACHIEVEMENTS

Sport SA Athlete of the Year nominee (2026)

Kath Correll Medal for the Best and Fairest of the Premier League Competition (2021, 2022, 2026)

Softball SA Community Coach of the Year (2021)

Open Women MVP Lorraine Brown Trophy (2018, 2026)

U18 Women MVP Ian Pike Memorial Trophy (2011, 2013)

U16 Women MVP Steve Hamra Trophy (2010, 2012)

STATE REPRESENTATION

U16 State Team (2009 – 2012)

U19 State Team (2011 – 2013)

Open State Team (2010 – 2014)

Open State Team (2018 - Current)

INTERNATIONAL ACHIEVEMENTS

Bronze Medal – Junior Women's World Softball Championship (2013)

NATIONAL ACHIEVEMENTS

Lorraine Woolley Medal for Best Pitcher (2023)

U19 National Championship Winner (2015)

Softball Australia U19 Player of the Grand Final (2015)

Softball Australia U18 Best Female Pitcher Award (2013)

Softball Australia U16 Best Female Pitcher Award (2012)



SCHOOL ACHIEVEMENTS

Softball Captain (2013)

Prize for Excellence – Stage 2 PE (2012)

Yr 8 Award for Academic Excellence (2009)

Softball Open A Best Player (2009)

IGSSA Sports Person of the Year (2013)

SCHOOL CO-CURRICULAR

Softball (2009-2013)

Netball (2009 – 2013)

Athletics (2009 – 2013)

Swimming (2009 – 2013)

String Orchestra (2009)

MEDIA LINKS

<https://www.sbs.com.au/sport/article/pitch-perfect-for-trzcinski-as-softball-sa-celebrate-pride-round/sOqeOffg3>

<https://www.softball.org.au/news/steph-trzcinski-begins-her-next-adventure-in-japan/>

VIDEOS

https://www.youtube.com/watch?v=Eb_ijWJUGR8

https://www.youtube.com/watch?v=e_k-g6liIQw

