



2025 Region 8: South U16 JPOL  
3 May - 1 Jun 2025  
VA



Team Lineup

Rise Up FHC

Match Information	
Match #	23
Details	RISE v FOC (U16s)
Date	31 May 2025 17:00
Pitch	VB TRNG CNTR - Pitch 1

Team Colours	Rise Up FHC
Shirts	
Skirts	
Socks	
GK Shirt	

Player Lineup

Match Player	Starting Lineup	Shirt Number	Player Name
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Please designate Captain (C)  
Please designate Goalkeeper (GK)

Match Players - maximum of 18  
Starting Lineup - maximum of 11

Team Bench Personnel

Manager	Coach	Physio	Doctor	Other	Name
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Team Manager's Signature