



**Team Lineup**

**Uprise FHC**

Match Information	
Match #	7
Details	UFH v H2O (U19s)
Date	21 December 2024 17:20
Pitch	Court 1

Team Colours	Uprise FHC
Shirts	
Skirts	
Socks	
GK Shirt	

**Player Lineup**

Match Player	Starting Lineup	Shirt Number	Player Name

Please designate Captain (C)  
Please designate Goalkeeper (GK)

Match Players - maximum of 18  
Starting Lineup - maximum of 6

**Team Bench Personnel**

Manager	Coach	Physio	Doctor	Other	Name

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Team Manager's Signature