



**Team Lineup**

**Uprise FHC**

| Match Information |                        |
|-------------------|------------------------|
| Match #           | 4                      |
| Details           | UFH v SOU (U19 Elite)  |
| Date              | 13 April 2025 12:30    |
| Pitch             | PROVING - AstroTurf #9 |

| 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 11

**Team Bench Personnel**

| Manager | Coach | Physio | Doctor | Other | Name |
|---------|-------|--------|--------|-------|------|
|---------|-------|--------|--------|-------|------|

\_\_\_\_\_  
Team Manager's Signature