



### Team Lineup

#### Uprise FHC

Match Information	
Match #	40
Details	FREE v UFH (U19s)
Date	4 January 2025 17:20
Pitch	Court 2

Team Colours	Uprise 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 6

#### Team Bench Personnel

Manager	Coach	Physio	Doctor	Other	Name
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Team Manager's Signature