



**Team Lineup**

**Uprise FHC**

| Match Information |                      |
|-------------------|----------------------|
| Match #           | 34                   |
| Details           | CPFH v UFH (U16s)    |
| Date              | 4 January 2025 16:30 |
| Pitch             | Court 2              |

| 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 |
|---------|-------|--------|--------|-------|------|
|---------|-------|--------|--------|-------|------|

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