



2025 U14 Combined JPOL  
5 Apr - 8 Jun 2025  
PA & MD



**Team Lineup**

**Uprise FHC**

Match Information	
Match #	1
Details	UFH v ACAT (Pool B)
Date	5 April 2025 09:00
Pitch	PROVING - Field Turf #4

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 11

**Team Bench Personnel**

Manager	Coach	Physio	Doctor	Other	Name
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Team Manager's Signature