Team Details Kenya

Shirt No.	Player	Date of Birth	Age*	Caps
1	**NASAMBU Rebecca (GK)**	23 Dec 2003	21	4
2	**WEKESA Marione**	2 Feb 2004	20	5
3	**OTIENO Velma**	14 Apr 2007	17	5
4	**SAWANGA Mitchelle**	4 Jan 2003	21	5
5	**NYONGESA Wendy**	11 Apr 2003	21	5
6	**MAGUMBA Munira**	26 Sep 2004	20	4
7	**RANGA Daughty (C)**	5 Jul 2003	21	5
8	**ABUKUSE Millicent**	20 Oct 2003	21	5
9	**JOKEYO Dorah**	14 Jan 2003	21	5
10	**JEPTOO Joyline**	20 Feb 2004	20	5
11	**MWAGANDI Brenda**	12 Apr 2004	20	5
12	**AUMA Cynthia**	10 Oct 2010	14	3
14	**SENOI Irene**	10 Dec 2006	18	5
15	**ONG'AYO Lavenda**	**22 Apr 2007**	17	5
16	**NAMACHANJA Daina**	15 Jan 2007	17	5
17	**AMONDI Faith**	3 Aug 2004	20	5
18	**JELAGAT Abigael**	3 Apr 2006	18	5
19	**MUKHONGO Prevon**	18 Mar 2003	21	2
20	**OUMA Sharleen (GK)**	1 Apr 2006	18	3

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**NAMASAKE Glennis**
Head Coach	**MBULO Rose**
Assistant Coach	**OSINO Joseph**
Assistant Coach	**OKEYO Willis**
Medical Doctor	**OKOTH Carol**
Physiotherapist	**KAUMBA Rebecca**

Team Colours

Shirts	RED | WHITE
Skirts	WHITE | NAVY BLUE
Socks	RED | BLACK
GK Shirts	GREEN | ORANGE

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Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**CARTWRIGHT Jasmine (GK)**	13 Mar 2008	16	6
2	**COETZEE Marlene**	22 Jan 2008	16	6
3	**PHILANDER Azaylee (C)**	3 Jan 2004	20	6
4	**SEMEDO Tisha**	24 Nov 2003	21	6
5	**BEZUIDENHOUT Onique**	10 Jan 2007	17	3
6	**ROWLES Abigail**	10 Feb 2009	15	6
7	**NEETHLING Marika**	16 Mar 2006	18	6
8	**GRESSE Jessica**	**20 Apr 2008**	16	6
9	**FOURIE Nicola**	**19 Apr 2007**	17	6
10	**GILLE Kyla**	1 Mar 2006	18	6
11	**ROWLES Alice**	3 Apr 2007	17	6
12	**COETZEE Anthea**	9 Dec 2004	20	6
13	**MALAN Milah**	29 May 2006	18	6
14	**KRUGER Maryke**	14 Aug 2009	15	6
15	**HIGGS Annica**	6 Mar 2006	18	6
16	**MCCARTHY Louise**	13 Jun 2008	16	6
17	**KARSTEN Mia**	12 Apr 2006	18	5
18	**JACOBS Anri (GK)**	**20 Apr 2007**	17	6

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**du RAAN Charlene**
Team Manager	**DREYER wynand**
Head Coach	**MAKATI Sedtric**
Assistant Coach	**DU RAAN Christoffel**

Team Colours

Shirts	Royal Blue | White
Skirts	Royal Blue | Red
Socks	Royal Blue | Red
GK Shirts	Bright Yellow | Black

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Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
1	**THERON Lilly-Anne (GK)**	25 Aug 2005	19	5
2	**SALIS Paige**	17 Jun 2004	20	6
4	**SPERSHOTT Germarie**	23 Mar 2005	19	6
5	**PAKENDORF Tara**	29 Jun 2006	18	6
6	**BLOWS Jodie**	13 Dec 2005	19	5
8	**FAIRON Amber**	28 Aug 2007	17	5
9	**MAREE Caylin**	21 May 2003	21	9
10	**JANSE VAN VUUREN Ané**	20 Mar 2004	20	6
11	**BLAAUW Jenna**	2 Sep 2004	20	5
13	**ISAACS Paris-Gail**	25 Aug 2006	18	6
14	**ENGELKE Baylee**	18 Jul 2005	19	5
16	**MZIZI Nomsa**	8 Jul 2004	20	5
17	**MOKOENA Ntsopa**	17 Aug 2004	20	6
18	**DE LA REY Teshawn**	4 May 2005	19	6
23	**VOGEL Angelé**	10 Oct 2005	19	6
24	**PHUME Reabetswe**	16 Mar 2006	18	6
25	**NORVAL Richele (GK)**	24 Jun 2004	20	6
27	**NDUBUEZE Ifeoma**	11 Apr 2006	18	5

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**LAMONT Marcel**
Head Coach	**BROWN Cindy**
Assistant Coach	**NKABINDE Nolwazi**
Physical Trainer	**BOTHA Ciara**

Team Colours

Shirts	Green | White
Skirts	Green | White
Socks	Yellow | Green
GK Shirts	Mint | Coral

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Team Details Uganda

Shirt No.	Player	Date of Birth	Age*	Caps
1	**NAMWASE Hajirah (GK)**	28 Apr 2004	20	5
2	**NANDI Winnie (C)**	27 Dec 2005	19	5
3	**NANKINGA Stella**	7 Dec 2007	17	5
4	**AMARA Daniellah**	24 Sep 2007	17	5
5	**ATIM Irine**	**25 Apr 2004**	20	5
6	**BABIRYE Juliet**	30 Nov 2006	18	5
7	**ATIM Anita**	27 Jul 2003	21	5
8	**BALONDEMU Hildah (C)**	28 Jan 2003	21	5
9	**ALIMO Jolly (C)**	27 Nov 2006	18	5
10	**NINSIIMA Pauline**	9 Sep 2003	21	5
11	**TEMAIYA Nelly**	4 Nov 2007	17	5
12	**NABATANZI Juliana**	10 Oct 2006	18	5
13	**NABAYIJJA Ingrid**	20 Sep 2007	17	5
14	**NATABO Noeline**	25 Dec 2007	17	5
15	**BWENGYE Destiny**	1 Aug 2008	16	3
16	**NAKATO Janet**	30 Nov 2006	18	5
17	**AHAIRWE Rhemah (GK)**	12 Nov 2007	17	1

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**BAINE Bridget**
Head Coach	**NSEREKO Moses**
Assistant Coach	**OKELLO Martin**
Medical Doctor	**EWOCHU Emmanuel**
Physiotherapist	**DAVIS Nku**

Team Colours

Shirts	Yellow | Red
Skirts	Black | Black
Socks	Yellow | Black
GK Shirts	Blue | Green

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Team Details Zambia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**CHUNGU Chengelo (GK)**	**23 Apr 2006**	18	4
2	**MALOKOTA Natasha**	18 May 2005	19	5
3	**TAGWIREYI Prisca**	4 Mar 2007	17	5
4	**MWEFU Thabita (C)**	14 Jul 2006	18	5
5	**MWALE Beatrice (C)**	13 Dec 2005	19	5
6	**PHIRI Anna**	28 Jun 2008	16	5
7	**KAIRA**	28 Feb 2008	16	4
9	**CHAYA Memory**	25 Sep 2009	15	5
10	**CHANDA Rosemary**	7 May 2010	14	4
11	**MUTAMBO Mercy**	8 Jan 2010	14	5
12	**MWALE Salome**	29 May 2008	16	5
13	**KALUBA Christine**	15 Oct 2005	19	5
15	**MIYATO Delphister**	12 Nov 2005	19	5
16	**CHIPOLEPOLE Priscilla (GK)**	18 Jun 2005	19	3
17	**NAKOMBE Racheal**	29 Jun 2008	16	5
18	**PATEL Tanisha**	10 Nov 2009	15	5
19	**SOKO Esnart**	12 May 2008	16	5
20	**BANDA Selina**	22 Dec 2006	18	5

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**KATOKA Rita**
Head Coach	**LWANDO Godfrey**
Assistant Coach	**MWANZA Peter**
Assistant Coach	**KUMWENDA Bikilon**
Physiotherapist	**MUMBA Maulisho**

Team Colours

Shirts	Red | Orange
Skirts	Black
Socks	Black | Orange
GK Shirts	Yellow | Black

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Team Details Zimbabwe

Shirt No.	Player	Date of Birth	Age*	Caps
1	**MUTARAMUSWA Tanatswa (GK)**	9 Jan 2003	21	6
2	**WIGHTMAN Janelle (GK)**	30 Sep 2007	17	6
3	**MUNYAWARARA Tawana**	21 Oct 2007	17	6
4	**FERNANDES Marilena**	16 Dec 2006	18	6
5	**MATAMBO Mufarowashe**	28 Apr 2007	17	6
6	**NYAGUZE Nyasha**	26 Dec 2005	19	6
7	**MUNYONGA Chidochashe**	31 Jul 2006	18	6
8	**TOZANA Amber**	23 Oct 2005	19	6
9	**MUSHAVI Ruvarashe**	9 Jan 2007	17	6
10	**ORFORD Jessica**	15 Feb 2007	17	6
11	**KAMBADZA Panaka**	1 Mar 2005	19	6
12	**WINSOR Rebeca**	10 Sep 2008	16	6
13	**ELIJAH Tinodiwanashe (C)**	7 Apr 2005	19	11
14	**GODFREY Hannah**	29 Mar 2007	17	6
15	**ELLERMAN Tayla**	**23 Apr 2006**	18	6
16	**MUSIYIWA Mutsawashe**	5 Aug 2006	18	6
17	**BWERINOFA Stephanie**	2 Sep 2007	17	3
18	**MUKOTEKWA Tanatswa**	24 Jan 2005	19	6

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**CHINGOKA Chiyevo**
Stand-In Manager	**CAMPBELL Catherine**
Head Coach	**HEUER Bradley**
Assistant Coach	**PONGWENI Tapiwa**
Assistant Coach	**TAFUMA Kanyiwe**

Team Colours

Shirts	Black | White
Skirts	Black | Green
Socks	Black | Bottle Green
GK Shirts	Purple | Sky Blue

Technical Delegate: GRAAFF Lorna (RSA)

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