



27th IHF Women's World Championship 2025



Team roster

POL - Poland

Players

#	Name	Position	DOB	Age	Club	(cm)	IM	IG
4	OLEK Aleksandra	Pivot	31.10.2000	25	HC Dunarea Braila	178	34	51
8	KOBYLIŃSKA Monika	Right back	09.04.1995	30	CS Gloria 2018 Bistrita Nasaud	177	131	470
13	JANAS Natalia	Right wing	16.09.1999	26	MKS Zagłębie Lubin S.A	170	7	3
16	PŁACZEK Adrianna	Goalkeeper	10.12.1993	31	Debreceni VSC KÉZILABDA KFT.	174	118	1
21	ZIMA Barbara	Goalkeeper	14.01.2000	25	MKS Zagłębie Lubin S.A	189	62	10
22	ROSIĄK Aleksandra	Left back	07.07.1997	28	MKS Lublin S.A	182	85	198
26	WDOWIAK Paulina	Goalkeeper	12.01.2000	25	MKS Lublin S.A	174	23	0
27	DRAZYK Magdalena	Center back	23.02.1997	28	KPR Gminy Kobierzyce	169	16	17
29	CYGAN Katarzyna	Left back	09.03.2000	25	MKS PR Gniezno	184	12	19
31	BALSAM Magda	Right wing	20.09.1996	29	CSM Slatina	172	69	240
33	GŁĘBOCKA Nikola	Pivot	14.02.2002	23	MKS PR Gniezno	180	10	9
36	PANKOWSKA Natalia	Pivot	11.03.2002	23	MKS Piotrcovia Piotrkow Tryb.	179	5	6
39	NOSEK Natalia	Right back	20.04.1998	27	SCM Craiova	179	67	99
40	MICHALAK Daria	Left wing	12.12.1995	29	HC Dunarea Braila	171	73	128
49	KOCHANIAK Karolina	Center back	05.07.1995	30	MKS Zagłębie Lubin S.A	175	60	126
78	UŚCINOWICZ Paulina	Left back	16.10.1999	26	Sport-Union Neckarsulm	183	38	60
96	NOCUŃ Dagmara	Left wing	02.01.1996	29	RK Budućnost	160	77	124

Average age: 27,00, Average height: 176,2

Team officials

	Name	Date of birth	Function
Off. A	STRUZIK Adrian	6.4.1978	Assistant coach
Off. B	SENSTAD Arne	8.8.1969	Head coach
Off. C	HAUGDAL Eirik	22.2.1985	Assistant coach
Off. D	LOKE Heidi	12.12.1982	Assistant coach
Off. E	DEMKO Krzysztof	8.8.1973	Physiotherapist
Off. F	BARTKOWIAK Michał	18.11.1987	Physiotherapist