



11th IHF Women's Youth World Championship 2026



Team roster

POR - Portugal

Players

#	Name	Position	DOB	Age	Club	(cm)	IM	IG
4	CARVALHO Eliany	Left wing	03.06.2009	17	Clube Desportivo da Escola Secundaria Gil Eanes	163	7	4
5	FIGUEIREDO Matilde	Right back	18.03.2009	17	ABC Braga/Uminho	177	29	68
6	FRANCISCO Iara	Left back	15.04.2009	17	Clube Desportivo da Escola Secundaria Gil Eanes	175	24	42
7	LOPES Maria Ines	Right wing	04.02.2009	17	Colegio de Gaia	173	31	54
8	CARMO Mariana	Left back	09.08.2008	17	Clube Desportivo da Escola Secundaria Gil Eanes	175	21	23
10	SILVA Clara	Right back	20.11.2009	16	Promov Rebordosa Andebol	165	2	5
11	MAIO Miriam	Right wing	10.11.2009	16	Associação Recreativa Cultural Alpendorada	161	16	39
12	RAMOS Leonor	Goalkeeper	03.07.2008	18	Clube Jovem Almeida Garrett	174	40	0
13	LOPES Rafaela Francisca	Center back	03.05.2008	18	Alavarium Andebol Clube de Aveiro	173	20	42
15	BERNARDINO Catarina	Left wing	19.04.2009	17	Sport Lisboa e Benfica	165	15	51
16	DA TORRE Rafaela	Goalkeeper	05.09.2008	17	ABC Braga/Uminho	177	28	0
17	LIMA Bianca	Left back	20.03.2008	18	ABC Braga/Uminho	172	28	37
19	DA RITA Junia	Pivot	01.04.2009	17	CJF Fleury Loiret Handball	177	0	0
20	BARROS Beatriz	Pivot	12.01.2008	18	Madeira Andebol SAD	175	49	80
30	LOPES Maria Rita	Left back	18.11.2008	17	ABC Braga/Uminho	174	25	116
36	MONTEIRO Ines	Center back	12.04.2008	18	Clube Jovem Almeida Garrett	168	3	12

Average age: 17,19, Average height: 171,5

Team officials

	Name	Date of birth	Function
Off. A	FRAGA Maria Carolina	7.2.2000.	Official
Off. B	FERNANDES Sandra	28.5.1972.	Head coach
Off. C	SANTOS Maria Natália	19.12.1975.	Assistant coach
Off. D	MAIA Maria Mayara	7.8.1995.	Physiotherapist
Off. E	MEIRELES Ana	24.6.1994.	Physician