

TEAM ROSTER

As of Mon 30 Mar 2026



Team:  Poland

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 5 & 6

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Balsam, Magda	20.09.1996	31	Right Wing	1.72	CSM Slatina	77	286
Cygan, Katarzyna	09.03.2000	29	Left Back	1.84	MKS Gniezno	18	41
Domagalska, Oliwia	09.03.2002	25	Right Back	1.77	KPR Kobierzyce	2	1
Gadzina, Joanna	01.09.1992	5	Left Wing	1.64	Piotrcovia Piotrków Tryb	15	15
Glebocka, Nikola	14.02.2002	33	Line Player	1.80	MKS Gniezno	15	13
Górna, Adrianna	22.03.1996	71	Right Wing	1.71	SPR Lublin S.S.A.	71	73
Granicka, Joanna	03.03.2004	37	Centre Back	0.71	VfL Oldenburg	10	8
Hypka, Aleksandra	11.02.2002	55	Goalkeeper	1.76	MKS Gniezno	0	0
Janas, Natalia	16.09.1999	13	Right Wing	1.70	MKS Zagłębie Lubin	15	10
Kobylinska, Monika	09.04.1995	8	Right Back	1.77	CS Gloria Bistrita	139	498
Kostuch, Wiktoria	18.02.2000	2	Left Wing	1.62	KPR Kobierzyce	1	0
Kozioł, Patrycja	21.07.2002	45	Right Wing	1.63	KPR Kobierzyce	0	0
Kuriata, Oliwia	17.06.2001	7		1.71	MKS Gniezno	1	0
Kuzminska, Paulina	14.11.2005	28	Left Back	1.72	EKS Start Elbląg	2	2
Legowska, Monika	29.08.1997	97	Right Back	1.78	MKS Gniezno	0	0
Michalak, Daria	12.12.1995	40	Left Wing	1.71	HC Dunarea Braila	81	150
Noga, Patrycja	13.04.1994	6	Line Player	1.77	MKS Piotrcovia	7	5
Nosek, Natalia Agnieszka	20.04.1998	39	Right Back	1.80	CS Gloria 2018 Bistrita Nasaud	75	106
Nurska, Magdalena	13.01.1995	46	Centre Back	1.77	MKS Gniezno	0	0
Olek, Aleksandra	31.10.2000	4	Line Player	1.79	RK Podravka	42	57

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Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Pankowska, Natalia	11.03.2002	36	Line Player	1.78	MKS Zagłębie Lubin	13	15
Pietras, Julia	16.10.2000	23	Left Wing	1.66	MKS "Zagłębie" Lubin	1	1
Placzek, Adrianna	10.12.1993	16	Goalkeeper	1.74	Debreceni VSC KÉZILABDA KFT.	126	1
Polanska, Marcelina	15.04.1999	3	Left Back	1.68	KPR Kobierzyce	2	2
Przywara, Daria	28.07.2001	24	Centre Back	1.70	SPR Lublin S.S.A.	5	0
Rosiak, Aleksandra	07.07.1997	22	Left Back	1.82	SPR Lublin S.S.A.	93	209
Sarnecka, Karolina	24.04.1996	69	Goalkeeper	1.76	MKS Piotrcovia	0	0
Suliga, Oliwia	10.07.2003	1	Goalkeeper	1.79	EKS Start Elbląg	0	0
Szczepanik, Nikola	14.03.2001	10	Right Wing	1.72	MKS Gniezno	0	0
Szynkaruk, Daria	19.05.1998	35	Right Wing	1.73	SPR Lublin S.S.A.	5	7
Uscinowicz, Paulina	16.10.1999	78	Left Back	1.83	Neckarsulmer Sport-Union	46	75
Wdowiak, Paulina	12.01.2000	26	Goalkeeper	1.75	MKS Lublin	28	0
Wieckowska, Magda	29.03.2000	19	Left Back	1.84	MKS Lublin	14	9
Zima, Barbara	14.01.2000	21	Goalkeeper	1.89	MKS Zagłębie Lubin	67	10
Zimnicka, Zuzanna	18.11.2006	44	Left Back	1.74	KPR Kobierzyce	0	0

TEAM ROSTER

As of Mon 30 Mar 2026

Team:  Poland

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 5 & 6

Official	Birthdate	Nationality	Function
Struzik , Adrian	06.04.1978	POL	Assistant Coach (LC)
Senstad , Arne	08.08.1969	NOR	Head Coach (LC)
Demko , Krzysztof	08.08.1973	POL	Physiotherapist
Bonislawski , Dominik	06.12.1994	POL	Video & Analysis
Bartkowiak , Michal	18.11.1987	POL	Physiotherapist
Løke , Heidi	12.12.1982	NOR	Assistant Coach
Blaszkiewicz , Tomasz	11.03.1975	POL	Goalkeeper Coach
Kulicki , Tomasz	15.03.1970	POL	Physiotherapist
Sulej , Jacek	05.12.1986	POL	Team Manager

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	white	red	white
Short color	red	red	white
Goalkeeper shirt color	black	orange	yellow

TEAM ROSTER

As of Thu 26 Feb 2026



Team:  Poland

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Balsam, Magda	20.09.1996	31	Right Wing	1.72	CSM Slatina	75	282
Cygan, Katarzyna	09.03.2000	29	Left Back	1.84	MKS Gniezno	18	41
Domagalska, Oliwia	09.03.2002	25	Right Back	1.77	MKS Piotrcovia	0	0
Drazyk, Magdalena	23.02.1997	27	Centre Back	1.69	KPR Gminy Kobierzyce	19	17
Glebocka, Nikola	14.02.2002	33	Line Player	1.80	MKS Gniezno	15	13
Górna, Adrianna	22.03.1996	17	Right Wing	1.71	SPR Lublin S.S.A.	71	73
Granicka, Joanna	03.03.2004	37	Centre Back	0.71	VfL Oldenburg	10	8
Hartman, Malwina	17.03.1997	47	Centre Back	1.72	MKS Gniezno	1	0
Hypka, Aleksandra	11.02.2002	55	Goalkeeper	1.76	MKS Gniezno	0	0
Janas, Natalia	16.09.1999	13	Right Wing	1.70	MKS Zagłębie Lubin	13	9
Kobylinska, Monika	09.04.1995	8	Right Back	1.77	CS Gloria Bistrita	137	493
Kochaniak, Karolina	05.07.1995	49	Centre Back	1.75	MKS Zagłębie Lubin	66	152
Kostuch, Wiktoria	18.02.2000	2	Left Wing	1.62	KPR Gminy Kobierzyce	0	0
Kozioł, Patrycja	21.07.2002	23	Right Wing	1.63	KPR Gminy Kobierzyce	0	0
Kuriata, Oliwia	17.06.2001	7		1.71	MKS Gniezno	0	0
Kuzminska, Paulina	14.11.2005	28	Left Back	1.72	EKS Start Elbląg	0	0
Legowska, Monika	29.08.1997	97	Right Back	1.78	MKS Gniezno	0	0
Lipok, Zaneta	14.10.1998	9	Left Wing	1.70	MKS Gniezno	0	0
Michalak, Daria	12.12.1995	40	Left Wing	1.71	HC Dunărea Braila	79	147
Noga, Patrycja	13.04.1994	6	Line Player	1.77	MKS Piotrcovia	5	2

TEAM ROSTER

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Team:  Poland

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Nosek, Natalia Agnieszka	20.04.1998	39	Right Back	1.80	CSS CRAIOVA	73	102
Olek, Aleksandra	31.10.2000	4	Line Player	1.79	RK Podravka	40	55
Pankowska, Natalia	11.03.2002	36	Line Player	1.78	MKS Piotrcovia	11	14
Placzek, Adrianna	10.12.1993	16	Goalkeeper	1.74	Debreceni VSC KÉZILABDA KFT.	124	1
Polanska, Marcelina	15.04.1999	3	Left Back	1.68	MKS Piotrcovia	0	0
Przywara, Daria	28.07.2001	24	Centre Back	1.70	SPR Lublin S.S.A.	5	0
Rosiak, Aleksandra	07.07.1997	22	Left Back	1.82	SPR Lublin S.S.A.	91	204
Sarnecka, Karolina	24.04.1996	69	Goalkeeper	1.76	MKS Piotrcovia	0	0
Sobecka, Lucyna	21.02.2000	5	Centre Back	1.78	MKS Piotrcovia	0	0
Suliga, Oliwia	10.07.2003	1	Goalkeeper	1.79	EKS Start Elblag	0	0
Szczepanik, Nikola	14.03.2001	10	Right Wing	1.72	MKS Gniezno	0	0
Szynkaruk, Daria	19.05.1998	35	Right Wing	1.73	SPR Lublin S.S.A.	5	7
Uscinowicz, Paulina	16.10.1999	78	Left Back	1.83	Sport-Union Neckarsulm	44	68
Wdowiak, Paulina	12.01.2000	26	Goalkeeper	1.75	MKS Lublin	27	0
Zima, Barbara	14.01.2000	21	Goalkeeper	1.89	MKS Zagłębie Lubin	66	10

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Official	Birthdate	Nationality	Function
Struzik , Adrian	06.04.1978	POL	Assistant Coach (LC)
Senstad , Arne	08.08.1969	NOR	Head Coach (LC)
Demko , Krzysztof	08.08.1973	POL	Physiotherapist
Bonislawski , Dominik	06.12.1994	POL	Video & Analysis
Bartkowiak , Michal	18.11.1987	POL	Physiotherapist
Løke , Heidi	12.12.1982	NOR	Assistant Coach
Blaszkiewicz , Tomasz	11.03.1975	POL	Goalkeeper Coach
Kulicki , Tomasz	15.03.1970	POL	Physiotherapist
Sulej , Jacek	05.12.1986	POL	Team Manager

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	WHITE	RED	WHITE
Short color	RED	RED	WHITE
Goalkeeper shirt color	BLACK	ORANGE	YELLOW

TEAM ROSTER

As of Mon 06 Oct 2025



Team:  Poland

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 1 & 2

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Balsam, Magda	20.09.1996	31	Right Wing	1.72	CSM Slatina	65	219
Cygan, Katarzyna	09.03.2000	29	Left Back	1.84	MKS Gniezno	8	8
Domagalska, Oliwia	09.03.2002	38	Right Back	1.77	MKS Piotrcovia	0	0
Drazyk, Magdalena	23.02.1997	27	Centre Back	1.69	KPR Kobierzyce	16	17
Glebocka, Nikola	14.02.2002	33	Line Player	1.80	MKS Gniezno	6	8
Górna, Adrianna	22.03.1996	17	Right Wing	1.71	MKS Zagłębie Lubin	71	73
Grabinska, Klaudia	15.09.1999	43	Line Player	1.79	EKS Start Elblag	5	4
Granicka, Joanna	03.03.2004	37	Centre Back	1.71	VfL Oldenburg	4	2
Hartman, Malwina	17.03.1997	47	Left Wing	1.72	MKS Gniezno	1	0
Hypka, Aleksandra	11.02.2002	55	Goalkeeper	1.76	MKS Gniezno	0	0
Janas, Natalia	16.09.1999	5	Right Wing	1.70	MKS Zagłębie Lubin	3	1
Kobylinska, Monika	09.04.1995	8	Right Back	1.77	CS Gloria Bistrita	127	453
Kochaniak, Karolina	05.07.1995	49	Centre Back	1.75	MKS "Zagłębie" Lubin	56	122
Legowska, Monika	29.08.1997	97	Right Back	1.78	MKS Gniezno	0	0
Lipok, Zaneta	14.10.1998	9		1.70	MKS Gniezno	0	0
Michalak, Daria	12.12.1995	40	Left Wing	1.71	HC Dunarea Braila	69	116
Nocun, Dagmara	02.01.1996	96	Left Wing	1.66	WHC BUDUCNOST	73	120
Noga, Patrycja	13.04.1994	23	Line Player	1.77	MKS Piotrcovia	5	2
Nosek, Natalia Agnieszka	20.04.1998	39	Right Back	1.80	HC Univ. FEFS Craiova	63	94
Olek, Aleksandra	31.10.2000	4	Line Player	1.78	HC Dunarea Braila	30	42

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Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Pankowska, Natalia	11.03.2002	36	Line Player	1.78	MKS Piotrcovia	1	1
Placzek, Adrianna	10.12.1993	16	Goalkeeper	1.74	Debreceni VSC KÉZILABDA KFT.	114	1
Polanska, Marcelina	15.04.1999	77	Left Back	1.68	MKS Piotrcovia	0	0
Przywara, Daria	28.07.2001	24	Centre Back	1.70	MKS "Zaglebie" Lubin	5	0
Rosiak, Aleksandra	07.07.1997	22	Left Back	1.82	SPR Lublin S.S.A.	82	193
Sarnecka, Karolina	24.04.1996	69	Goalkeeper	1.76	MKS Piotrcovia	0	0
Szynkaruk, Daria	19.05.1998	35	Right Wing	1.73	SPR Lublin S.S.A.	5	7
Tomczyk, Aleksandra	19.10.1994	18	Centre Back	1.73	SPR Lublin S.S.A.	30	31
Uscinowicz, Paulina	16.10.1999	78	Left Back	1.83	Neckarsulmer Sport-Union	34	49
Wdowiak, Paulina	12.01.2000	26	Goalkeeper	1.75	SPR Lublin S.S.A.	19	0
Weber, Weronika	31.07.2000	42	Left Wing	1.70	MKS Zaglebie Lubin	0	0
Wieckowska, Dominika	08.04.1998	14	Left Back	1.79	SPR Lublin S.S.A.	0	0
Wieckowska, Magda	29.03.2000	19	Left Back	1.84	SPR Lublin S.S.A.	14	9
Zima, Barbara	14.01.2000	21	Goalkeeper	1.89	MKS Zaglebie Lubin	58	10
Zimny, Aleksandra	21.03.1996	2	Left Back	1.90	CS Gloria Bistrita	28	27

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Official	Birthdate	Nationality	Function
Struzik , Adrian	06.04.1978	POL	Assistant Coach (LC)
Haugdal , Eirik	22.02.1985	NOR	Assistant Coach (LC)
Senstad , Arne	08.08.1969	NOR	Head Coach (LC)
Demko , Krzysztof	08.08.1973	POL	Physiotherapist
Bonislawski , Dominik	06.12.1994	POL	Video & Analysis
Bartkowiak , Michal	18.11.1987	POL	Physiotherapist
Løke , Heidi	12.12.1982	NOR	Assistant Coach
Kulicki , Tomasz	15.03.1970	POL	Physiotherapist
Sulej , Jacek	05.12.1986	POL	Team Manager
Kaminska , Dorota Marta	01.03.1992	POL	Doctor