

TEAM ROSTER

As of Mon 30 Mar 2026



Team:  Portugal

Competition: Women's EHF EURO 2026 - Qualifiers Phase 2 - Round 5 & 6

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Azevedo Oliveira, Mariana	23.02.2007	70	Line Player	1.82	CJ Almeida Garrett	4	3
Bento Campos, Rita	21.03.2002	11	Line Player	1.84	CB F. Malaga Costa del Sol	13	16
Claudino Figueiredo, Carmen Filipa	03.01.2005	81	Left Back	1.77	Club Balonmano Elche	30	88
Coelho Oliveira, Joana Filipe	04.01.2002	4	Centre Back	1.70	Academico Maritimo Madeira Andebol Sad	0	0
Costa Moreno, Débora Solange	18.03.1998	98	Line Player	1.76	Dunaujvarosi Kohasz Kezilabda Akademia	13	15
Costa Rosa, Matilde Felicio	08.07.2005	18	Goalkeeper	1.74	S.L. Benfica	22	0
Costa Semedo, Joana Rosa	04.02.2005	71	Right Back	1.77	S.L. Benfica	0	0
Da Silva Lima, Patrícia Andreia	03.02.1995	19	Centre Back	1.78	SPR Lublin S.S.A.	67	105
Dos Santos Resende, Joana	23.03.2001	73	Left Back	1.76	Club Balonmano Femenino Malaga Costa del Sol	43	117
Emídio Rodrigues, Patrícia	06.11.1997	23	Right Wing	1.65	S.L. Benfica	63	221
Faria Sousa, Beatriz Fabiana	27.09.2001	27	Right Back	1.70	Toulon Métropole Var HB	43	118
Ferraz Costa, Mariana	29.08.2003	36	Left Wing	1.76	Sport Lisboa e Benfica	12	19
Ferreira Gomes Brito, Mariana	20.06.2003	30	Right Wing	1.74	DHG Odense	7	4
Ferreira Lopes, Mariana	09.12.1994	2	Left Back	1.73	CS Rapid Bucuresti	73	242
Ferreira Oliveira Garcês, Joana	27.11.2000	29	Right Wing	1.70	ABC de Braga-Andebol SAD	6	9
Ferreira Silva, Mariana	18.06.2005	46	Goalkeeper	1.73	Madeira Andebol SAD	0	0
Freitas Gouveia, Anaís Isabelle	16.07.1996	3	Right Wing	1.69	Füchse Berlin Reinickendorf	38	41
Gomes Jesus, Luana Miriam	22.02.2004	61	Left Wing	1.62	C.D.E. Colegio de Gaia	12	12

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Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Gomes Unjanque, Maria João	11.02.2003	99	Left Back	1.78	S.L. Benfica	24	62
Jesus Nolasco Duarte, Neide Lisete	16.02.2000	88	Right Wing	1.60	Madeira Andebol SAD	25	35
Jesus Nolasco Duarte, Maria	22.03.1998	15	Centre Back	1.63	Madeira Andebol SAD	6	11
Medeiros Gonçalves, Naíde Heloísa	22.02.2005	66	Centre Back	1.71	ABC de Braga-Andebol SAD	4	6
Minciuna, Mihaela Oana	17.04.1999	77	Centre Back	1.74	Sport Lisboa e Benfica	35	77
Nogueira Martins, Caroline Aparecida	21.01.1992	92	Goalkeeper	1.83	SPR Lublin S.S.A.	11	0
Nunes Monteiro, Carolina	08.10.1998	21	Left Wing	1.66	S.L. Benfica	46	69
Pestana Figueira, Julia Maria	12.06.2005	13	Right Wing	1.65	BM PORRIÑO	5	1
Policarpo Silva, Ana Carolina	19.09.1997	9	Left Back	1.75	HB CLERMONT D'AUVERGNE METROPOLE	46	13
Priscila Rodrigues, Nádia	28.03.2001	22	Line Player	1.73	S.L. Benfica	28	44
Ramos Sequeira, Constança	17.02.2004	8	Centre Back	1.72	S.L. Benfica	25	60
Resende Rebelo, Luciana	25.07.2005	25	Right Back	1.87	Alavarium	30	57
Silva Calçada, Lara	09.08.2006	35	Left Wing	1.63	CJ Almeida Garrett	0	0
Silva Ferreira, Sofia Maria	02.09.2005	5	Line Player	1.66	S.L. Benfica	0	0
Silva Guimarães, Rita Margarida	29.06.2005	44	Goalkeeper	1.71	ABC de Braga-Andebol SAD	0	0
Vargas Ferreira, Jessica Romina	11.10.1996	16	Goalkeeper	1.80	CSM Tg. Jiu	75	3

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Official	Birthdate	Nationality	Function
Soares David Paiva Silva, José António	14.04.1965	POR	Head Coach (LC)
Rito dos Santos, Sheila Cristina	22.09.1972	POR	Team Manager
Espirito Ferreira Sousa, Juliana	26.06.1977	POR	Head of Delegation
Guedes Sobral Sacramento, Silvia Isabel	01.06.1983	POR	Doctor
Andrade Lopes, Vera Carmo	01.04.1982	POR	Head of Delegation
Onofre Pereira, Renata Maria	16.12.1991	POR	Physiotherapist
Couto Sousa, Tiago Constantino	21.04.1989	POR	Goalkeeper Coach
Osorio Sousa, Ana Sofia	28.09.1993	POR	Athletic Trainer
Loureiro Borges, Serafim José	26.03.1968	POR	Assistant Coach
Prim Costa Santos Bordonhos, Leonardo Oscar	03.10.1998	POR	Media Manager

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	RED	WHITE	
Short color	GREEN	BLUE	
Goalkeeper shirt color	YELLOW	CORAL	BLUE

TEAM ROSTER

As of Mon 23 Feb 2026



Team:  Portugal

Competition: Women's EHF EURO 2026 - Qualifiers Phase 2 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Azevedo Oliveira, Mariana	23.02.2007	70	Line Player	1.82	CJ Almeida Garrett	3	3
Bento Campos, Rita	21.03.2002	11	Line Player	1.84	CB F. Malaga Costa del Sol	12	13
Claudino Figueiredo, Carmen Filipa	03.01.2005	81	Left Back	1.77	Club Balonmano Elche	28	79
Costa Moreno, Débora Solange	18.03.1998	98	Line Player	1.76	Alba Fehérvár KC	11	11
Costa Rosa, Matilde Felicio	08.07.2005	18	Goalkeeper	1.74	S.L. Benfica	21	0
Costa Semedo, Joana Rosa	04.02.2005	71	Right Back	1.77	S.L. Benfica	0	0
Da Silva Lima, Patrícia Andreia	03.02.1995	19	Centre Back	1.78	MKS Lublin	65	105
Dos Santos Resende, Joana	23.03.2001	73	Left Back	1.76	Club Balonmano Femenino Malaga Costa del Sol	41	111
Duarte, Neide	16.02.2000	88	Right Wing	1.60	Madeira Andebol SAD	23	30
Duarte, Maria	22.03.1998	15	Centre Back	1.63	Madeira Andebol SAD	6	11
Emídio Rodrigues, Patrícia	06.11.1997	23	Right Wing	1.65	S.L. Benfica	63	221
Faria Sousa, Beatriz Fabiana	27.09.2001	27	Right Back	1.70	Toulon Métropole Var HB	43	118
Ferraz Costa, Mariana	29.08.2003	36	Left Wing	1.76	Sport Lisboa e Benfica	12	19
Ferreira Gomes Brito, Mariana	20.06.2003	30	Right Wing	1.74	DHG Odense	7	4
Ferreira Lopes, Mariana	09.12.1994	2	Left Back	1.73	CS Rapid Bucuresti	73	242
Ferreira Oliveira Garcês, Joana	27.11.2000	29	Right Wing	1.70	ABC de Braga-Andebol SAD	6	9
Ferreira Silva, Mariana	18.06.2005	46	Goalkeeper	1.73	CJ Almeida Garrett	0	0
Freitas Gouveia, Anaís Isabelle	16.07.1996	3	Right Wing	1.69	Füchse Berlin Reinickendorf	36	38
Gomes Jesus, Luana Miriam	22.02.2004	61	Left Wing	1.62	Clube Andebol Gil Eanes	10	10

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Team:  Portugal

Competition: Women's EHF EURO 2026 - Qualifiers Phase 2 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Gomes Unjanque, Maria João	11.02.2003	99	Left Back	1.78	S.L. Benfica	24	62
Medeiros Gonçalves, Naíde Heloísa	22.02.2005	66	Centre Back	1.71	ABC de Braga-Andebol SAD	4	6
Minciuna, Mihaela Oana	17.04.1999	77	Centre Back	1.74	Sport Lisboa e Benfica	34	76
Nogueira Martins, Caroline Aparecida	21.01.1992	92	Goalkeeper	1.83	MKS Lublin	9	0
Nunes Monteiro, Carolina	08.10.1998	21	Left Wing	1.66	S.L. Benfica	44	69
Oliveira, Joana	04.01.2002	4	Centre Back	1.70	Madeira Andebol SAD	0	0
Pestana Figueira, Julia Maria	12.06.2005	13	Right Wing	1.65	BM PORRIÑO	5	1
Policarpo Silva, Ana Carolina	19.09.1997	9	Left Back	1.75	HB CLERMONT D'AUVERGNE METROPOLE	44	13
Priscila Rodrigues, Nádia	28.03.2001	22	Line Player	1.73	S.L. Benfica	26	39
Ramos Sequeira, Constança	17.02.2004	8	Centre Back	1.72	S.L. Benfica	23	53
Resende Rebelo, Luciana	25.07.2005	25	Right Back	1.87	CJ Almeida Garrett	28	56
Silva Ferreira, Sofia Maria	02.09.2005	5	Line Player	1.66	S.L. Benfica	0	0
Silva Guimarães, Rita Margarida	29.06.2005	44	Goalkeeper	1.71	ABC de Braga-Andebol SAD	0	0
Vargas Ferreira, Jessica Romina	11.10.1996	16	Goalkeeper	1.80	CSM Tg. Jiu	73	3

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Soares David Paiva Silva, José António	14.04.1965	POR	Head Coach (LC)
Rito dos Santos, Sheila Cristina	22.09.1972	POR	Team Manager
Tavares Teixeira, Ana Carmina	24.03.1988	POR	Media Manager
Espirito Ferreira Sousa, Juliana	26.06.1977	POR	Head of Delegation
Guedes Sobral Sacramento, Silvia Isabel	01.06.1983	POR	Doctor
Onofre Pereira, Renata Maria	16.12.1991	POR	Physiotherapist
Couto Sousa, Tiago Constantino	21.04.1989	POR	Goalkeeper Coach
Osorio Sousa, Ana Sofia	28.09.1993	POR	Athletic Trainer
Loureiro Borges, Serafim José	26.03.1968	POR	Assistant Coach
Prim Costa Santos Bordonhos, Leonardo Oscar	03.10.1998	POR	Media Manager

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	Red	White	
Short color	Green	Blue	
Goalkeeper shirt color	Yellow	Coral	Blue

TEAM ROSTER

As of Mon 13 Oct 2025



Team:  Portugal

Competition: Women's EHF EURO 2026 - Qualifiers Phase 2 - Round 1 & 2

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Bento Campos, Rita	21.03.2002	11	Line Player	1.84	CB F. Malaga Costa del Sol	8	2
Claudino Figueiredo, Carmen Filipa	03.01.2005	81	Left Back	1.77	Club Balonmano Elche	26	68
Coelho de Oliveira, Joana Filipe	04.01.2002	4	Centre Back	1.71	Madeira SAD	0	0
Costa Moreno, Débora Solange	18.03.1998	98	Left Back	1.76	ALBA Fehérvár KC	6	5
Costa Rosa, Matilde Felicio	08.07.2005	18	Goalkeeper	1.73	S.L. Benfica	16	0
Costa Semedo, Joana Rosa	04.02.2005	71	Right Back	1.76	S.L. Benfica	0	0
Da Silva Lima, Patrícia Andreia	03.02.1995	19	Centre Back	1.78	MKS Lublin	60	98
Dos Santos Resende, Joana	23.03.2001	73	Left Back	1.76	Club Balonmano Femenino Malaga Costa del Sol	36	91
Emídio Rodrigues, Patrícia	06.11.1997	23	Right Wing	1.65	S.L. Benfica	61	217
Faria Sousa, Beatriz Fabiana	27.09.2001	27	Right Back	1.70	Toulon Métropole Var HB	41	116
Ferraz Costa, Mariana	29.08.2003	36	Left Wing	1.78	Sport Lisboa e Benfica	12	19
Ferreira Gomes Brito, Mariana	20.06.2003	30	Right Wing	1.74	DHG Odense	7	4
Ferreira Lopes, Mariana	09.12.1994	2	Left Back	1.73	CS Rapid Bucuresti	73	242
Ferreira Oliveira Garcês, Joana	27.11.2000	29	Right Wing	1.68	ABC de Braga-Andebol SAD	3	4
Ferreira Silva, Mariana	18.06.2005	46	Goalkeeper	1.73	CJ Almeida Garrett	0	0
Freitas Gouveia, Anaís Isabelle	16.07.1996	3	Right Wing	1.69	Füchse Berlin Reinickendorf	34	35
Gomes Jesus, Luana Miriam	22.02.2004	61	Left Wing	1.62	CDE Gil Eanes	5	6
Gomes Unjanque, Maria João	11.02.2003	99	Left Back	1.78	S.L. Benfica	21	55
Jesus Nolasco Duarte, Maria	22.03.1998	15	Centre Back	1.63	Madeira Andebol SAD	6	11

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Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Medeiros Gonçalves , Naíde Heloísa	22.02.2005	66	Centre Back	1.71	ABC de Braga-Andebol SAD	4	6
Minciuna , Mihaela Oana	17.04.1999	77	Centre Back	1.74	Sport Lisboa e Benfica	29	66
Nogueira Martins , Caroline Aparecida	21.01.1992	92	Goalkeeper	1.83	MKS Lublin	5	0
Nunes Monteiro , Carolina	08.10.1998	6	Left Wing	1.65	S.L. Benfica	42	67
Pestana Figueira , Julia Maria	12.06.2005	13	Right Wing	1.65	BM PORRIÑO	5	1
Policarpo Silva , Ana Carolina	19.09.1997	9	Left Back	1.75	HB CLERMONT D'AUVERGNE METROPOLE	41	12
Priscila Rodrigues , Nádia	28.03.2001	22	Line Player	1.73	S.L. Benfica	21	31
Ramos Sequeira , Constança	17.02.2004	8	Centre Back	1.72	S.L. Benfica	18	39
Resende Rebelo , Luciana	25.07.2005	25	Right Back	1.87	CJ Almeida Garrett	23	35
Silva Ferreira , Sofia Maria	02.09.2005	5	Line Player	1.67	S.L. Benfica	0	0
Silva Guimarães , Rita Margarida	29.06.2005	44	Goalkeeper	1.71	ABC de Braga-Andebol SAD	0	0
Vargas Ferreira , Jessica Romina	11.10.1996	16	Goalkeeper	1.80	CSM Tg. Jiu	71	3

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Tavares Teixeira, Ana Carmina	24.03.1988	POR	Media Manager
Onofre Pereira, Renata Maria	16.12.1991	POR	Physiotherapist
Couto Sousa, Tiago Constantino	21.04.1989	POR	Goalkeeper Coach
Osorio Sousa, Ana Sofia	28.09.1993	POR	Athletic Trainer
Loureiro Borges, Serafim José	26.03.1968	POR	Assistant Coach
Rodrigues Guapo Borda Agua, Mafalda	05.05.1993	POR	Doctor

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	Red	White	
Short color	Green	Black	
Goalkeeper shirt color	Yellow	Black	