2026 - U14 Girls Nationals

3 - 6 Jul 2026

Johannesburg

Team Details Boland

Shirt No.	Player	Date of Birth	Age*
1	**SHRIVES Lika (GK)**		13
2	**FILLIES Gemma**		13
3	**CUPIDO Cassey**		13
4	**HOFFMAN Grace**		13
5	**COMERMA Leah**		13
6	**COETZEE Mieka (C)**		13
7	**KLAASEN Kristen**		13
8	**DONCASTER Milan**		13
9	**ROSSOUW Noa**		13
10	**PARKER Haniyah**		13
11	**GARCES Olivia (C)**		13
12	**WOLSELEY Savannah**		13
13	**PARKER Safiyah**		13
14	**NKETYANA Khuselo**		13
15	**CRAUCAMP Gia**		13
16	**DLAMINI Sikhanyiso (C)**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**JOHNSON Vincentia**
Head Coach	**FOSTER Louisa**
Assistant Coach	**NEL Ruben**

Team Colours

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

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Team Details Border

Shirt No.	Player	Date of Birth	Age*
1	**van HEERDEN KC-Ann (GK)**		13
2	**BOTHA Jenna**		13
3	**BARKHUYSEN Caitlyn**		13
4	**YAWA Cwangco**		13
5	**DAVIDS Zayra (C)**		13
6	**FLETCHER Rachel**		13
7	**CASOOJEE Ezrah**		13
8	**HOWELL Mila**		13
9	**BASSON Riley**		13
10	**PETER Thalethu**		13
11	**BOOYSEN Zirrah**		13
12	**GRAHAM Morgan (C)**		13
13	**BOOYSEN Zillah**		13
14	**COMMINS Ternique**		13
15	**HENDRICKS Skyler**		13
16	**METU Philani**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**SOLOMBELA Sipe**
Head Coach	**JASSON Gay-Lee**

Team Colours

Shirts	White and Brown | Green and Red
Skirts	Brown
Socks	Brown | Red
GK Shirts	Light Purple | Dark Purple/Maroon

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Team Details Eastern Gauteng

Shirt No.	Player	Date of Birth	Age*
1	**BEUKES Annabelle (GK)**		13
2	**NETSHIKULWE Rinaye**		13
3	**KING Kelly (C)**		13
4	**OLIVIER Vene`**		13
5	**TAOLE Tenele**		13
6	**HUMAN Kayleigh**		13
7	**DA SILVA Taitum**		13
8	**van ZYL Leané**		13
9	**NCUBE Zoe**		13
10	**van den BERG Lize-Mari**		13
11	**IBEH Favour**		13
12	**SIGUBUDU Buhle (C)**		13
13	**MACFARLANE Erin**		13
14	**WIGGETT Jamie-Leigh**		13
15	**MOODLEY Anjali**		13
16	**RATLHOGO Khalalelo**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**REYNOLDS Nicola**
Head Coach	**GOODWIN Seth**

Team Colours

Shirts	White | Red
Skirts	Navy
Socks	Navy | Red | White
GK Shirts	Yellow | Pink

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Team Details Eastern Province

Shirt No.	Player	Date of Birth	Age*
1	**LIWANAI Imyoli (GK)**		13
2	**KHALATHA Omphile**		13
3	**HOLDERNESS Rosalie**		13
4	**VENTER Shelby (C)**		13
5	**BUTLER Ava**		13
6	**MARAIS Kayleigh**		13
7	**BELL Thaaniyah (C)**		13
8	**LENTOOR Kensley**		13
9	**WOODS Emily**		13
10	**TAIT Isabella**		13
11	**DE BRUYN Azaria**		13
12	**SEEDAT Rumana**		13
13	**de VILLIERS Emma**		13
14	**LISA Kungawo**		13
15	**de VILLIERS Miya**		13
16	**BAILEY Ella**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**FOURIE Kaylin**
Head Coach	**DRURY Jordan**

Team Colours

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

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Team Details Eden

Shirt No.	Player	Date of Birth	Age*
1	**de LANGE Lianay (GK)**		13
2	**ADAMS Jamie**		13
3	**AVICE Olivia**		13
4	**MULLER Ava**		13
5	**KELLERMAN Leahné**		13
6	**GERBER Leamé**		13
7	**JOUBERT Samantha**		13
8	**KONDLO Mtha**		13
9	**van RENSBURG Kaylee**		13
10	**PRINSLOO Cazlyn (C)**		13
11	**DAVIS Ruth**		13
12	**KENNEDY Emma**		13
13	**OLIPHANT Zimi**		13
14	**van ZYL Emma (C)**		13
15	**MARITZ Milan**		13
16	**HAMPSON Emily**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**MEYER Janique**
Head Coach	**GONDWE David**

Team Colours

Shirts	Dark Green and White | White and Green
Skirts	Dark Blue
Socks	Dark Green and White | White and Green
GK Shirts	Pink | Green

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Team Details KZN Coastals

Shirt No.	Player	Date of Birth	Age*
1	**ENGELBRECHT Alexa (GK)**		13
2	**WELLER Lexi (C)**		13
3	**MFEKA Alwande (C)**		13
4	**GREEN Caitlyn**		13
5	**ZAMA Ziphozomusa**		13
6	**NOMNANGA Yandisa**		13
7	**DUNCAN Peyton**		13
8	**HOWARTH Camryn-Jodi**		13
9	**STAPHORST Olivia**		13
10	**BARNES Skye**		13
11	**LAMBERT Maria**		13
12	**THORPE Payton**		13
13	**JONES Layla-Jay**		13
14	**HOLDING Rachel**		13
15	**SIFUNDA Hlelo (GK)**		13
16	**POONA Ziva**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**SHEZI Nonhlanhla**
Head Coach	**KROUTZ Tatum**

Team Colours

Shirts	Black | White
Skirts	Black
Socks	Black | White
GK Shirts	Pink/Yellow | Lime

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Team Details KZN Inland

Shirt No.	Player	Date of Birth	Age*
1	**JORDAAN Bianca (GK)**		13
2	**MOGALE Maya (C)**		13
3	**HERMANSON Mia**		13
4	**KEATES Layla**		13
5	**NGCOBO Sthabile**		13
6	**KHAN Yusra**		13
7	**CARLISLE Arabella**		13
8	**DREYER Ruby**		13
9	**MUDAU Joy**		13
10	**BREDA Mikayla**		13
11	**HLABISA Lubanzi**		13
12	**JARVIE Elizabeth**		13
13	**CARR Emily**		13
14	**TUCKER Charlotte (C)**		13
15	**MVULANA Qhama**		13
16	**ZUMA Ayabonga (GK)**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**LEWIS Cassidi**
Head Coach	**VAN BREDA Lyn**
Assistant Coach	**GREAVES Amy**

Team Colours

Shirts	Emerald | White
Skirts	Navy
Socks	Green | Green and white stripes
GK Shirts	Pink | Yellow

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Team Details Limpopo

Shirt No.	Player	Date of Birth	Age*
1	**SMALL Lize (GK)**		13
2	**SWART Jannica**		13
3	**MALATJI Morapedi**		13
4	**SHIKWAMBANA Ntsako**		13
5	**RAMATSEA Rotondwa**		13
6	**MANGOALE Oratilwe**		13
7	**EXALL Minique**		13
8	**PATRICIO Alexandra**		13
9	**LE ROUX Lienke**		13
10	**MOKOENA Remmogo**		13
11	**NOEL Carola (C)**		13
12	**SCHEEPERS Kaylee**		13
13	**SCHALKWYK Zandri**		13
14	**KOSANA Dorie**		13
15	**MHLANGU Omphile (C)**		13
16	**PHASWANE Palesa (GK)**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**RAMAHLO Dineo**
Head Coach	**MATTHEWS Ayrton**
Assistant Coach	**LAMBRECHTS Li-Amor**

Team Colours

Shirts	Red | Blue
Skirts	Red | Blue
Socks	Red/Blue | White/Red/Blue
GK Shirts	Orange

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Team Details Mpumalanga

Shirt No.	Player	Date of Birth	Age*
1	**HELGE-HAMMAN Janlinka (GK)**		13
2	**GROBBELAAR Lika (C)**		13
3	**JOUBERT Lume**		13
4	**MBUYANE Akhiwe (C)**		13
5	**SIBANYONI Andiswa**		13
6	**van ZYL Anje**		13
7	**HAARHOF Minique**		13
8	**HOUY Isabella**		13
9	**VILJOEN Haylie**		13
10	**MESEKO Mawande**		12
11	**STEYN Miane**		13
12	**MTHOMBENI Ngcebo**		13
13	**MATHLAMBI Samkelisiwe**		13
14	**SIBANDE Slindokule**		13
15	**NDOU Tshedza**		13
16	**SOLOMON Ty-Lynn**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**SWARTS Marche**
Head Coach	**NUNES Emma**

Team Colours

Shirts	Royal Blue | Yellow
Skirts	Navy | Royal Blue
Socks	Royal Blue | Yellow
GK Shirts	Green | Purple

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Team Details Northern Cape

Shirt No.	Player	Date of Birth	Age*
1	**TREE Verecia (GK)**		13
2	**SEHAKO Keorata**		13
3	**FOURIE Wilmie**		13
4	**CHRISTIANS Kaelyn**		13
5	**KIES Didi**		13
6	**DARIES Aedon**		13
7	**BROOKER Madison**		13
8	**JULIUS Destheonique**		13
9	**DE KLERK Karli (C)**		13
10	**STEYN Denike**		13
11	**FRANKS Ameera (C)**		13
12	**GREEN Haven**		13
13	**DELPORT Nadia**		13
14	**van WYK Lee**		13
15	**KRUGER Mika**		13
16	**LETANG Tlhago**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**TREE Westolene**
Head Coach	**HEWITT Zenebe**
Assistant Coach	**STEYN Simone**

Team Colours

Shirts	Navy and Teal | White, Navy and Teal
Skirts	Navy | White and Teal
Socks	Navy | White
GK Shirts	Teal | Pink

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Team Details Northern Free State

Shirt No.	Player	Date of Birth	Age*
1	**NGWENYA Nokubonga (GK)**		13
2	**HLAELE Bokang**		13
3	**BANUTELO Baruti**		13
4	**van DEVENTER Demaine**		13
5	**MOSTERT Elne**		13
6	**DU TOIT Ine (C)**		13
7	**DAVIS Jay-Lee**		13
8	**ERASMUS Leila**		13
9	**NAUDE Liane**		13
10	**COETZEE Lune**		13
11	**SEBOKO Mosa**		13
12	**HLALELE Olebeletswe**		13
13	**MOOTANE Onthatile (C)**		13
14	**MOTHIBEDI Reamohetse**		13
15	**van der LINDE Zoey**		13
16	**MOTSOANE Regina**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**SEPTEMBER Robin**
Head Coach	**MCLAREN Jacolene**

Team Colours

Shirts	White | Black
Skirts	White | Black
Socks	White | Black
GK Shirts	Yellow | Purple

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Team Details Northern Gauteng

Shirt No.	Player	Date of Birth	Age*
1	**LAMPRECHT Tegan (GK)**		13
2	**MOSWEU Agape**		13
3	**PADAYACHY Diara**		13
4	**ABRAHAMS Ilya**		13
5	**du TOIT Isabella**		13
6	**DE KOCK Jana**		13
7	**BARNARD Jessica**		13
8	**van AARDT Jessica**		13
9	**RIBANE Kgatoentle**		13
10	**CLARK Leila**		13
11	**HUMAN Li-Kyle**		13
12	**CRONJE Lomé**		13
13	**BUYS Mia**		13
14	**van der WALT Nina**		13
15	**NGOMA Oratile**		13
16	**van ROOYEN-BODLEY Shaelyn**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**MAROKOANE Maikemisetso**
Head Coach	**CRAWFORD Tristan**

Team Colours

Shirts	Sky Blue | Navy Blue
Skirts	Navy Blue
Socks	Sky Blue | Navy Blue
GK Shirts	Pink | Orange

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Team Details North West

Shirt No.	Player	Date of Birth	Age*
1	**CROUS Carmiya (GK)**		13
2	**SERFONTEIN Diné**		13
3	**PHIRI Tshegofatse**		13
4	**SCHOLTZ Izelle**		13
5	**Schutte Miane (C)**		13
6	**DA SILVA Declynne**		13
7	**JANSE Vairi (C)**		13
8	**SAPELO Rachel**		13
9	**MALATSI Kelebogile**		13
10	**NTSIE Thusoyaone**		13
11	**KEDIBANOSI Mosa**		13
12	**MELS Melanie**		13
13	**van den BERG Mia**		13
14	**van WYK Caldeane**		13
15	**KOLOTI Ronewa**		13
16	**CHIPAHURA Bokamoso**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**JARICHA Ackloyd**
Head Coach	**LABUSCHAGNÉ, Janco**

Team Colours

Shirts	White | Green
Skirts	White | Green
Socks	Green | Green/Red Stripes
GK Shirts	Yellow | Grey

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Team Details Southern Free State

Shirt No.	Player	Date of Birth	Age*
1	**STEYN Minke (GK)**		13
2	**DORMEHL Amy (C)**		13
3	**MASAKURE Anashe**		13
4	**MOCHER Boikanyo**		13
5	**PARKIN Chelyn**		13
6	**FORSTER Gabriella**		13
7	**MCLEAN Hannah**		13
8	**KAO Isabella**		13
9	**MUNNIK Jamelle**		13
10	**LARMOUR Madison**		13
11	**SCHUTTE Lily**		13
12	**DITIRA Mikaylah**		13
13	**MOSIKARE Oratile**		13
14	**OOSTHUIZEN Tatiana**		13
15	**MOTHLBATSELA Tshsireletso**		13
16	**NCOKASI Zukiswa**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**ABRAHAMS Shirmeez**
Head Coach	**SEAGER Graham**

Team Colours

Shirts	Green | White and Blue
Skirts	Green | Navy
Socks	Hooped yellow, green and Navy | White
GK Shirts	Pink | Orange

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2026 - U14 Girls Nationals
3 - 6 Jul 2026
Johannesburg

Team Details Southern Gauteng

Shirt No.	Player	Date of Birth	Age*
1	**van JAARSVELD Leanne (GK)**		13
2	**MCKAY Gemma**		13
3	**QUINN Genevieve**		13
4	**CHOGA Kiara**		13
5	**MELIS Lara (C)**		13
6	**GODLWANA Liyabukwa**		13
7	**MATHABI Zwivhuya**		13
8	**van der MERWE Mieke**		13
9	**TSHIKUDO Munaka (C)**		13
10	**FANI Nelisiwe**		13
11	**PHALAFALA Noko**		13
12	**MZOLO Nomvelo**		13
13	**TLALI Rorisang**		13
14	**du TOIT Saskia**		13
15	**CRAWFORD Sophie (C)**		13
16	**LOGGENBERG Tine`**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**GOLACH Des**
Head Coach	**MAKELENI Luke**

Team Colours

Shirts	Navy | Yellow
Skirts	Navy
Socks	Yellow | Navy
GK Shirts	Green

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Team Details Western Province

Shirt No.	Player	Date of Birth	Age*
1	**BARKHULIZEN Nila (GK)**		13
2	**THOMAS Carina (C)**		13
3	**ORTELL Danielle**		13
4	**ADAMS Rachel**		13
5	**FERREIRA Talia (C)**		13
6	**TALKE Lara**		13
7	**MKHONTO Ntsako**		13
8	**PAXTON Kate**		13
9	**WESSELS Nea**		13
10	**KRIGE Emily**		13
11	**FOURIE AnnaBelle**		13
12	**CLEOPHAS Zameerah**		13
13	**EVANS Jade**		13
14	**BROWN Anniyah**		13
15	**NDWE Bianca**		13
16	**KHAN Nabeela**		13

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

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**NOMPUKU Zola**
Head Coach	**CONRADIE Louise**

Team Colours

Shirts	Royal Blue | White and Royal Blue
Skirts	Royal Blue
Socks	Red | Royal blue
GK Shirts	Teal | Pink

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