

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 Ezra		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

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* 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

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* 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

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* 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	SEHAKE 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 Tihago		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

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* 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

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* 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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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

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* 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