

WATER POLO








TEAM PORTUGAL / WOMEN

European Champion 2024
World Champion 2024
Olympic Champion 2024
World Cup Champion 2025
World Champion 2025

Netherlands
USA
Spain
Greece
Greece

Best results Portugal

- **Olympics:** so far **no participation**
- **World Championships:** so far **no participation**
- **European Championships:** so far **3 participations** (first in 1995) – Last participation: 2016 10th – Best result: 2016 10th, 1995 11th; 1997 12th









1	Maria SAMPAIO <i>Goalkeeper / Righthanded</i> <i>Caps: 42 since 2017</i>	DoB 14 MAY 2001 (24) PoB / Residence Lisbon Height / Weight 170cm / 60kg Occupation Athlete, Engineer (renewable energy) Club SL Benfica Coach (Club) António Machado Active in WP since 2016	Results 5 European Championship Qualifications, 2 Junior European Championships, 1 World Cup Note Daughter of the national team goalkeeper, they achieved their first qualification at the same age.	
2	Alice RODRIGUES <i>Center / Righthanded</i> <i>Caps: 48 since 2017</i>	DoB 23 JUN 2003 (22) PoB Belém do Pará Residence Coimbra Height 172cm Occupation Athlete, Student (Business administration) Club SL Benfica Coach (Club) António Machado Active in WP since 2011	Results Note First played for the senior team at the age of 14	
3	Carolina FERNANDES <i>Wing</i>	DoB 04 APR 2003 (22)	Results	
4	Iara SANTOS <i>Attacker / Lefthanded</i> <i>Caps: 18 since 2022</i>	DoB 24 SEP 2003 (22) PoB / Residence Lisbon Height 160cm Occupation Athlete, Student (Basic education) Club Cascais Water Polo Coach (Club) Miguel Falcão Active in WP since 2012	Results 1 EC Youth, 1 WCh Sub20, 1 World Cup	
5	Ines NUNES © <i>Forward / Righthanded</i> <i>Caps: +100 since 2007</i> <i>TM: 6 – TG: 5 – TS: 9</i> <i>TPT: 127:21</i>	DoB 14 AUG 1987 (38) PoB / Residence Lisbon Height / Weight 165cm / 75kg Occupation Athlete, Sports Manager Club SL Benfica Coach (Club) António Machado Active since 1992	Result WCh: ECh: 2016 10 th	
6	Beatriz JARDIM <i>Defender / Righthanded</i> <i>Caps: 38 since 2015</i>	DoB 06 MAY 2000 (25) PoB / Residence Lisbon Height / Weight 170cm / 66kg Occupation Product manager Club SL Benfica Coach (Club) António Machado Active in WP since 2007	Results World Cup	
7	Carlota MILHEIRO <i>Defender / Righthanded</i> <i>Caps: 7 since 2024</i>	DoB 14 JAN 2002 (24) PoB / Residence Porto Height / Weight 168cm / 67kg Occupation Athlete, Consultant (economics) Club SL Benfica Coach (Club) António Machado Active in WP since 2017	Results First European Championship World Cup Note Celebrated her 24 th birthday on January 14. Her father was the best penalty taker in water polo on the Iberian Peninsula.	

TM: Total ECh Matches – TG: Total ECh Goals – TS: Total ECh Shots – TGKS: Total Goalkeeper Saves – TGKSR – Total Goalkeeper Shot received – TPT: Total playing time ECh

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8	Madalena LOUSA <i>Attacker / Righthanded</i> <i>Caps: 52 since 2017</i>	DoB 08 APR 2003 (22) PoB / Residence Lisbon Height 170cm Occupation Student (medicine) Club SL Benfica Coach (Club) Antonio Machado Active in WP since 2010	Results U17-ECh U19-Ech: 2022 Best Scorer U20-Ech WCh	
9	Maria MACHADO <i>Attacker / Righthanded</i>	DoB 07 OCT 2004 (21) PoB Lisbon Residence Barcelona, ESP Height Occupation Athlete Club CN Rubi Coach (Club) Active in WP since	Results	
10	Beatriz PEREIRA <i>Attacker / Righthanded</i> <i>Caps: 41 since 2015</i>	DoB 08 FEB 2000 (25) PoB / Residence Porto Height / Weight 169cm / 62kg Occupation Athlete, Marketing + Communication Club Fluvial Coach (Club) Ricardo Sousa Active in WP since 2010	Results World Cup Note Started off as goalkeeper	
11	Beatriz CARMO <i>Defender, Central / Righthanded</i> <i>Caps: 9 since 2022</i>	DoB 24 APR 1999 (26) PoB Lisbon Residence Barcelona, ESP Height 172cm Occupation Lawyer Club AESE Coach (Club) Judit Pujol Active in WP since 2018	Results	
12	Beatriz SOUSA <i>Attacker / Righthanded</i> <i>Caps: 6 since 2023</i>	DoB 31 JUL 2006 (19) PoB / Residence Porto Height 175cm Occupation Athlete, Student (Management) Club Fluvial Coach (Club) Ricardo Sousa Active in WP since	Results	
13	Mariana CARVALHO <i>Goalkeeper / Righthanded</i> <i>Caps: 12 since 2023</i>	DoB 16 NOV 2007 (18) PoB / Residence Porto Height 175cm Occupation Student (dentistry) Club Fluvial Coach (Club) Ricardo Sousa Active in WP since 2019	Results U20-WCh World Cup	
14	Joana ARROMBA <i>Attacker / Righthanded</i> <i>Caps: 18 since 2022</i>	DoB 07 NOV 2006 (19) PoB / Residence Évora / Lisbon Height / Weight 162cm / 58kg Occ. Student (physiotherapist) Club SL Benfica Coach (Club) António Machado Active in WP since 2018	Results U20-ECh Youth-Ech World Cup	
15	Reis ANA <i>Center / Righthanded</i> <i>Caps: 1 since 2025</i>	DoB 20 FEB 2002 (23) PoB / Residence Coimbra / Lisbon Height 170cm Occupation Student (mathematics) Club Cascais Water Polo Coach (Club) Miguel Falcão Active in WP since 2014	Results First European Championship Note First internacional goal in her first internacional game.	

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COACHES

<p>Ferran PASCUAL <i>Head coach</i></p>	<p>DoB 03 SEP 1990 (35) PoB / Residence Rubi, ESP Nationality ESP <i>Head coach since 2025</i></p>	<p>Results <u>as coach:</u> Caps (POR): 2 + 23 (as assistant) <u>as Player:</u> CN Rubi (15 years, more than 10 as captain)</p>	
<p>Miguel FALCAO <i>Assistant coach</i></p>	<p>DoB 28 SEP 1995 (30) PoB / Residence Lisbon Nationality POR</p>	<p>Results</p>	
<p>Tiago SANTOS <i>Assistant coach</i></p>	<p>DoB 21 OCT 1982 (43) PoB Porto Residence Barcelona, ESP Nationality POR <i>Assistant coach since 2025</i></p>	<p>Results</p>	