



European Champion 2024	Netherlands
World Champion 2024	USA
Olympic Champion 2024	Spain
World Cup Champion 2025	Greece
World Champion 2025	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 10<sup>th</sup> – Best result: 2016 10<sup>th</sup>, 1995 11<sup>th</sup>; 1997 12<sup>th</sup>

1	<b>Maria SAMPAIO</b> <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	<b>Results</b> 5 European Championship Qualifications, 2 Junior European Championships, 1 World Cup  <b>Note</b> Daughter of the national team goalkeeper, they achieved their first qualification at the same age.	
2	<b>Alice RODRIGUES</b> <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	<b>Results</b>  <b>Note</b> First played for the senior team at the age of 14	
3	<b>Carolina FERNANDES</b> <i>Wing</i>	DoB 04 APR 2003 (22)	<b>Results</b>	
4	<b>Iara SANTOS</b> <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	<b>Results</b> 1 EC Youth, 1 WCh Sub20, 1 World Cup	
5	<b>Ines NUNES ©</b> <i>Forward / Righthanded</i> <i>Caps: +100 since 2007</i> <b>TM: 6 – TG: 5 – TS: 9</b> <b>TPT: 127:21</b>	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	<b>Result</b> WCh: ECh: 2016 10 <sup>th</sup>	
6	<b>Beatriz JARDIM</b> <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	<b>Results</b> World Cup	
7	<b>Carlota MILHEIRO</b> <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	<b>Results</b> First European Championship World Cup  <b>Note</b> Celebrated her 24 <sup>th</sup> 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



8	<b>Madalena LOUSA</b> <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	<b>Results</b> U17-ECh U19-Ech: 2022 Best Scorer U20-Ech <b>WCh</b>	
9	<b>Maria MACHADO</b> <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	<b>Results</b>	
10	<b>Beatriz PEREIRA</b> <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	<b>Results</b> World Cup  <b>Note</b> Started off as goalkeeper	
11	<b>Beatriz CARMO</b> <i>Defender, Central /</i> <i>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	<b>Results</b>	
12	<b>Beatriz SOUSA</b> <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	<b>Results</b>	
13	<b>Mariana CARVALHO</b> <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	<b>Results</b> U20-WCh  <b>World Cup</b>	
14	<b>Joana ARROMBA</b> <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	<b>Results</b> U20-ECh  <b>World Cup</b>	
15	<b>Reis ANA</b> <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	<b>Results</b> First European Championship  <b>Note</b> First internacional goal in her first internacional game.	



**COACHES**

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