



MEDIA & TEAM GUIDE

NO. 12 USA

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FIH HOCKEY NATIONS CUP MEDIA CONTACT

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For any media requests for the coaches or athletes consisting of local newspaper, online sources, blogs, podcasts, in-person appearances or photo needs, please contact Teryn Brill Galloway.

ABOUT USA FIELD HOCKEY

USA Field Hockey is the National Governing Body for the sport of field hockey in the United States and is based out of Colorado Springs, Colo.

The United States Field Hockey Association (USFHA) was founded in 1922 by Constance Applebee to govern women's field hockey in the United States. Six years later in 1928, the Field Hockey Association of America (FHAA) was founded to govern men's field hockey in the United States. In April 1993, the USFHA and FHAA merged to form the United States Field Hockey Association. Later that year, the name was changed to just USA Field Hockey.

The mission of USA Field Hockey is to:

- **Grow the Game** by promoting and continuing to develop the sport for future generations to enjoy.
- **Serve and Inspire Membership** by helping them achieve their field hockey ambition and creating value for continued membership.
- **Succeed Internationally** with competitive success and enhanced performance programming.
- Be an **Effective Sport Leader** by allocating its resources efficiently to Grow the Game, Serve Members and Succeed Internationally.

USA
FIELD HOCKEY

ENGAGE

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QUICK FACTS

Team Name: U.S. Women's National Team

Nickname: United Eagles

Head Coach: David Passmore (appointed August 2022)

Assistant Coaches: Maddie Hinch (appointed March 2024)

Bert Remmerswaal (appointed May 2025)

Alan Good (appointed May 2026)

Team Manager: Nazia Rashid

Captions: Emma DeBerdine, Meredith Sholder

Training Location: Charlotte, North Carolina, USA

AGE

The average age of the team is 24. The youngest athlete is Reese D'Ariano (17), with the oldest being Ashley Hoffman (29).

HOMETOWNS

Of the rostered athletes, ten are from Pennsylvania.

COLLEGES

Athletes have or currently play collegiately at Brown University (1), Cornell University (1), Duke University, (2), Liberty University (1), Michigan University (1), Northwestern University (3), Ohio State University (1), Penn State University (2), Princeton University (1), Stanford University (1), University of California Berkeley (1), University of Maryland (1), University of Massachusetts (1), University of North Carolina (6), and Wake Forest University (1).

CAPS

The average number of international caps is 40. The most capped athlete is Ashley Hoffman (131), and the least capped is Bethany Dykema (2).

OTHER

- USWNT finished fourth at the 2025 FIH Hockey Nations Cup held in Santiago, Chile.
- USWNT will compete at the 2026 FIH Hockey World Cup in Wavre, Belgium, after missing out on the previous edition of the competition.

USWNT BACKGROUND



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2025 NATIONS CUP

From February 23 to March 2, 2025, the then No. 13 USWNT played in the 2025 FIH Hockey Nations Cup in Santiago, Chile - their first time participating following the relegation from the FIH Hockey Pro league.

In their opening game, they blanked No. 17 Canada (2-0) following a solid defensive performance. Next, they topped No. 11 Japan (4-2) in an action packed contest before failing to the hosts, No. 14 Chile (3-1). In the semifinals, No. 12 Ireland came from behind twice for the win (2-1). In the bronze medal match against No. 13 Chile, USA struggled to finish and lost (2-1) as they claimed fourth.



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2025 PAN AMERICAN CUP

From 24 to August 3, the then No. 14 USWNT played in the 2025 Pan American Cup in Montevideo, Uruguay. This was the Pan American region's direct qualifier for the 2026 World Cup.

To start, USA shutout No. 29 Mexico (10-0). Next, they produced a big win over No. 12 Chile (5-2) and since the withdrawal from Trinidad and Tobago this victory secured them a spot in the semifinals. Following a nerve-wrecking match that was decided in a shootout, USA defeated hosts, No. 21 Uruguay (4-2). Since Argentina already qualified for the 2026 World Cup through their finish at the 2024-25 FIH Hockey Pro League, this meant USA secured their spot.



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LOS ANGELES 2028 OLYMPIC GAMES

In December 2025, the International Olympic Committee (IOC) approved the qualification system for both the men's and women's field hockey events for the Los Angeles 2028 Olympic Games.

The IOC confirmed that the host nation would qualify for LA28, securing both the U.S. Men's and Women's National Teams spots.

COACHES & STAFF



DAVID PASSMORE

Head Coach

Passmore was named the head coach of the U.S. Women's National Team in August 2022. With more than 20 years of coaching international field hockey under his belt, he has worked with men, women and junior teams as well as regional and club programs. He joined Team USA after serving the Ireland's National Team program.

He has led USA to second place finishes at the 2023 Pan American Games, 2024 FIH Hockey Olympic Qualifier and 2025 Pan American Cup.



MADDIE HINCH

Assistant Coach



BERT REMMERSWAAL

Assistant Coach



ALAN GOOD

Assistant Coach/
Video Analyst



CRAIG PARNHAM

High Performance Director



NAZIA RASHID

Team Manager



HANNAH JAUSSEN

Athletic Trainer

ADDITIONAL SUPPORT STAFF

Krista Page, Remote Manager

NATIONS CUP ROSTER

U.S. WOMEN'S NATIONAL TEAM

#	Name	Position	Caps	Age	Hometown	College
1	Abby Tamer	FWD	46	22	Dexter, Michigan	Michigan
2	Meredith Sholder (C)	MID	72	27	Fleetwood, Pennsylvania	North Carolina
3	Ashley Sessa	FWD	57	21	Schwenksville, Pennsylvania	Northwestern
4	Phia Gladieux	FWD	27	23	Oley, Pennsylvania	Penn State
6	Megan Valzonis	FWD	40	27	San Diego, California	Cal Berkeley
8	Maddie Zimmer	MID	75	24	Hershey, Pennsylvania	Northwestern
10	Reese D'Ariano	MID	13	17	West Chester, Pennsylvania	North Carolina
11	Katie Dixon	MID	18	23	Cary, North Carolina	North Carolina
13	Ashley Hoffman	DEF	131	29	Mohnton, Pennsylvania	North Carolina
16	Emma DeBerdine (C)	MID	65	24	Millersville, Pennsylvania	Maryland
17	Beth Yeager	MID	69	22	Greenwich, Connecticut	Princeton
18	Claire Danahy	DEF	10	23	Chelmsford, Massachusetts	UMass
20	Leah Crouse	DEF	67	26	Virginia Beach, Virginia	Duke
21	Lauren Wadas	MID	9	24	Annville, Pennsylvania	Northwestern
26	Lucy Adams	MID	18	23	Andover, Massachusetts	Brown
27	Ryleigh Heck	FWD	9	22	Ocean City, New Jersey	North Carolina
29	Bethany Dykema	DEF	2	25	Newport News, Virginia	Liberty
31	Kelsey Bing	GK	98	28	Houston, Texas	Stanford
32	Jenny Rizzo	GK	28	28	Hershey, Pennsylvania	Penn State
36	Mia Schoenbeck	DEF	11	21	LaGrange, Kentucky	Wake Forest

Reserves

7	Jillian Wolgemuth	DEF	65	28	Mount Joy, Pennsylvania	Duke
19	Caroine Ramsey	DEF	12	24	Morristown, New Jersey	Cornell
37	Makenna Webster	MID	3	24	St. Louis, Missouri	Ohio State
40	Dani Mendez	MID	3	21	Baltimore, Maryland	North Carolina

David Passmore | Head Coach
Maddie Hinch | Assistant Coach
Bert Remmerswaal | Assistant Coach
Alan Good | Assistant Coach/Video Analyst

Craig Parnham | High Performance Director
Nazia Rashid | Team Manager
Krista Page | Remote Manager
Hannah Jaussen | Athletic Trainer

**caps as of May 28, 2026*

NATIONS CUP ROSTER

U.S. WOMEN'S NATIONAL TEAM



LUCY ADAMS

Andover, MA
#26 | Midfield
18 Caps



KELSEY BING

Houston, Texas
#31 | Goalkeeper
98 Caps



LEAH CROUSE

Virginia Beach, VA
#20 | Defense
67 Caps



REESE D'ARIANO

West Chester, PA
#10 | Midfield
13 Caps



CLAIRE DANAHY

Chelmsford, MA
#18 | Defense
10 Caps



EMMA DEBERDINE

Millersville, PA
#16 | Midfield
65 Caps



KATIE DIXON

Cary, NC
#11 | Midfield
18 Caps



BETHANY DYKEMA

Newport News, VA
#29 | Defense
2 Caps



PHIA GLADIEUX

Oley, PA
#4 | Forward
27 Caps



RYLEIGH HECK

Ocean City, NJ
#27 | Forward
9 Caps



ASHLEY HOFFMAN

Mohnton, PA
#13 | Defense
131 Caps



JENNY RIZZO

Hershey, PA
#32 | Goalkeeper
28 Caps



MIA SCHOENBECK

LaGrange KY
#36 | Defense
11 Caps



ASHLEY SESSA

Schwenksville, PA
#3 | Forward
57 Caps



MEREDITH SHOLDER

Fleetwood, PA
#2 | Midfield
72 Caps



ABBY TAMER

Dexter, MI
#1 | Forward
46 Caps



MEGAN VALZONIS

San Diego, CA
#6 | Forward
40 Caps



LAUREN WADAS

Annville, PA
#21 | Midfield
9 Caps



BETH YEAGER

Greenwich, CT
#17 | Midfield
69 Caps



MADDIE ZIMMER

Hershey, PA
#8 | Midfield
75 Caps

NATIONS CUP ROSTER

U.S. WOMEN'S NATIONAL TEAM ALTERNATES



Reserve

DANI MENDEZ

Baltimore, MD
#40 | Midfield
3 Caps



Reserve

CAROLINE RAMSEY

Morristown, NJ
#19 | Defense
12 Caps



Reserve

MAKENNA WEBSTER

St. Louis, MO
#37 | Forward
3 Caps



Reserve

JILLIAN WOLGEMTUH

Mount Joy, PA
#7 | Defense
65 Caps



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HOME STATE

California: Megan Valzonis

Connecticut: Beth Yeager

Kentucky: Mia Schoenbeck

Massachusetts: Lucy Adams, Claire Danahy

Michigan: Abby Tamer

New Jersey: Ryleigh Heck

North Carolina: Katie Dixon

Pennsylvania: Reese D'Ariano, Emma DeBerdine, Phia Gladieux, Ashley Hoffman, Jenny Rizzo, Ashley Sessa, Meredith Sholder, Lauren

Wadas, Maddie Zimmer

Texas: Kelsey Bing

Virginia: Leah Crouse, Bethany Dykema

CAPS

2	Bethany Dykema	40	Megan Valzonis
9	Ryleigh Heck	46	Abby Tamer
9	Lauren Wadas	57	Ashley Sessa
10	Claire Danahy	65	Emma DeBerdine
11	Mia Schoenbeck	67	Leah Crouse
13	Reese D'Ariano	69	Beth Yeager
18	Lucy Adams	72	Meredith Sholder
18	Katie Dixon	75	Maddie Zimmer
27	Phia Gladieux	98	Kelsey Bing
28	Jenny Rizzo	131	Ashley Hoffman

AGES

17	Reese D'Ariano
21	Mia Schoenbeck
21	Ashley Sessa
22	Ryleigh Heck
22	Abby Tamer
22	Beth Yeager
23	Lucy Adams
23	Claire Danahy
23	Katie Dixon
23	Phia Gladieux
24	Emma DeBerdine
24	Lauren Wadas
24	Maddie Zimmer
25	Bethany Dykema
26	Leah Crouse
27	Meredith Sholder
27	Megan Valzonis
28	Kelsey Bing
28	Jenny Rizzo
29	Ashley Hoffman

SOCIAL HANDLES

Name	Instagram	TikTok
Lucy Adams	lucy_adamss	
Kelsey Bing	kelsey_bing	
Leah Crouse	leah_crouse	
Reese D'Ariano	reese_dariano	reese.dariano
Claire Danahy	clairedanahy	
Emma DeBerdine	emma.deberdine	
Katie Dixon	katiedixonn	katieadixonn
Bethany Dykema	bethanydykema	bdykema19
Phia Gladieux	phiagladieux	phia.gladieux
Ryleigh Heck	ryleighheckk	ryleighheck12
Ashley Hoffman	ashleyhoff_	ashleyjoyhoffman
Jenny Rizzo	jennyrizz	
Mia Schoenbeck	mia.schoenbeck	mia.schoenbeck
Ashley Sessa	ashley_sessa17	sessash17
Meredith Sholder	meredith_sholder	meresholder
Abby Tamer	abbytamer	
Megan Valzonis	meganrvalzonis	
Lauren Wadas	laurenwadas21	laurenwaddlez
Beth Yeager	yeager_beth	
Maddie Zimmer	maddie.zimmer	

PRONUNCIATIONS

Crouse - rhyming with house
 D'Ariano - "dah-ree-AH-noh"
 Danahy - "DAN-uh-hee"
 DeBerdine - "deb-er-dine"

Dykema - "DIE-kuh-muh"
 Gladieux - "GLAD-ee-oh"
 Schoenbeck - "SHOWN-bek"
 Tamer - "tay-mer"

Wadas - "WAD-duhz"
 Yeager - "YAY-ger"

LUCY ADAMS

#26 | ANDOVER, MA

MIDFIELD | CAPS: 18

 lucy_adamss

DATE OF BIRTH: March 29, 2003

AGE: 23

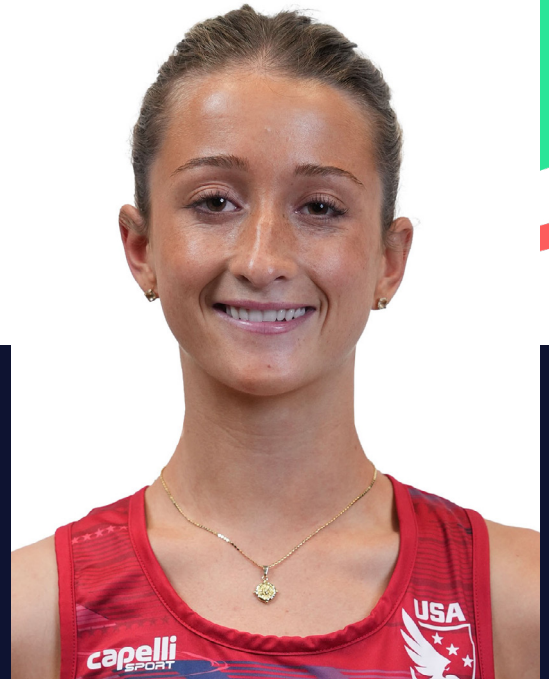
HIGH SCHOOL: Brooks School (2022)

CLUB: Northeast Elite

COLLEGE: Brown University (2026)

JOINED USWNT: January 2025

PERSONAL: Daughter of Courtney & Samuel
Has three sisters including Mary, Jane and twin Georgia



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Silver - Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 Junior Pan American Championship (Surrey, Canada)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)

TEAMS

USWNT: 2025, 2026

U-21 USWNT: 2023

ACCOLADES

- 2025: Recorded first cap on January 19 against New Zealand



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KELSEY BING

#31 | HOUSTON, TX

GOALKEEPER | CAPS: 98

 kelsey_bing

DATE OF BIRTH: October 1, 1997

AGE: 28

HIGH SCHOOL: St. John's School (2016)

CLUB: Texas Pride

COLLEGE: Stanford University (2020)

JOINED USWNT: March 2019

PERSONAL: Daughter of Eric & Hague
Has a sister, Lindsay

ACCOLADES

- 2025: Pan American Cup Goalkeeper of the Tournament
- 2024: FIH Hockey Olympic Qualifier Player of the Match on January 13 against India, Goalkeeper of the Tournament
- 2023: Nominated for FIH Hockey Stars Awards women's Goalkeeper of the Year
- 2023: FIH Pro League Player of the Match on March 1 against Australia
- 2023: Pan American Elite Team
- 2022: FIH Pro League Player of the Match against England on April 23
- 2019: FIH Pro League Player of the Match against Belgium on March 29 and against China on May 18
- 2018: Recorded first cap on November 27 against Belgium



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay),
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Silver - 2016 Women's Junior Pan American Games (Trinidad & Tobago)
- Bronze - 2019 Pan American Games (Lima, Peru)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 8th - 2016 Women's Hockey Junior World Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)
- 9th - 2020-21 FIH Pro League (worldwide)
- 9th - 2019 FIH Pro League (worldwide)



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LEAH CROUSE

#20 | VIRGINIA BEACH, VA

DEFENSE | CAPS: 67

 leah_crouse

DATE OF BIRTH: February 22, 2000

AGE: 26

HIGH SCHOOL: Frank W. Cox High School

CLUB: Tokyo Hockey

COLLEGE: Duke University (2021), University of Maryland (2022)

JOINED USWNT: June 2021

PERSONAL: Daughter of Brad Crouse & Laurie Lindblom
Has a brother, Grayson



© BANWORTH PHOTOS

CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cups (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Bronze - 2021 Junior Pan American Championship (Santiago, Chile)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 8th - 2021 Junior World Cup (Potchefstroom, South Africa)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)

ACCOLADES

- 2022: Recorded first cap on April 16 against Argentina



REESE D'ARIANO

#10 | WEST CHESTER, PA

MIDFIELD | CAPS:13

 reese_dariano

 reese.dariano

DATE OF BIRTH: January 31, 2009

AGE: 17

HIGH SCHOOL: Pennsylvania Leadership Charter School

CLUB: WC Eagles

COLLEGE: Committed to the University of North Carolina

JOINED USWNT: January 2025

PERSONAL: Daughter of Frank & Jodie
Has two siblings, Ryan & Landon

ACCOLADES

- 2026: Junior Pan American Cup Player of the Match on April 6 against Canada, April 10 against Mexico, April 17 against Uruguay
- 2025: FIH Indoor Hockey World Cup Player of the Match on February 9 against Thailand, Junior Player of the Tournament
- 2025: Recorded first cap on April 6 against Canada, Rohrmax Cup (indoor) Top Goal Scorer
- 2024: Indoor Pan American Cup Most Valuable Player & Top Goal Scorer
- 2023: FIH Indoor Hockey World Cup Junior Player of the Tournament



CAREER HIGHLIGHTS

- Gold - 2025 Rohrmax Cup (Vienna, Austria)
- Gold - 2024 Indoor Pan American Cup (Calgary, Canada)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 6th - 2025 FIH Hockey Women's Junior World Cup (Santiago, Chile)
- 7th - 2025 FIH Indoor Hockey World Cup (Poreč, Croatia)
- 9th - 2023 FIH Indoor Hockey World Cup (Pretoria, South Africa)
- 2026 Junior Pan American Cup (Santiago, Chile)



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TEAMS

USWNT: 2025, 2026

Indoor USWNT: 2023, 2024, 2025

U-21 USWNT: HERE

U-18 USWNT: 2024

U-16 USWNT: 2021, 2022, 2023



CLAIRE DANAHY

#18 | CHELMSFORD, MA

DEFENSE | CAPS: 10

 clairedanahy

DATE OF BIRTH: September 13, 2002

AGE: 23

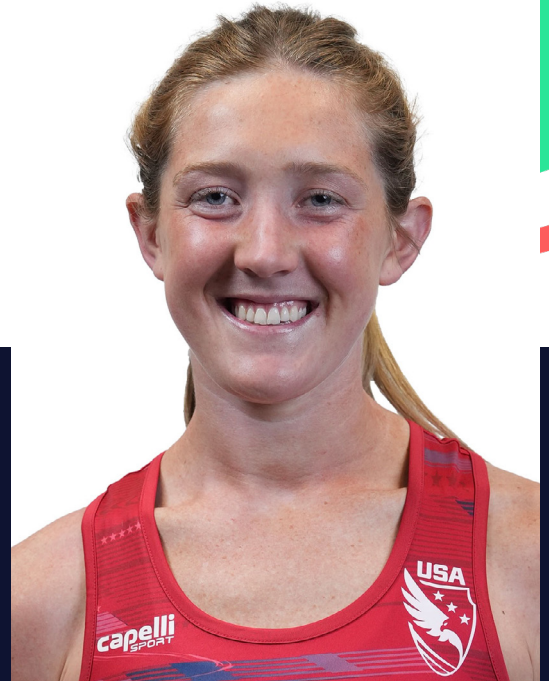
HIGH SCHOOL: Chelmsford High School (2020)

CLUB: Northeast Elite

COLLEGE: University of Massachusetts Amherst (2024)

JOINED USWNT: May 2025

PERSONAL: Daughter of Paul Danahy & Diane Angwin
Has two siblings, Andre & Isabelle



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cups (Montevideo, Uruguay)

ACCOLADES

- 2025: Recorded first cap on June 7 against Ireland,
- 2025: Series against Ireland (Charlotte, N.C.)
- 2025: Series against New Zealand (Charlotte, N.C.)



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EMMA DEBERDINE

CAPTAIN

#16 | MILLERSVILLE, PA

MIDFIELD | CAPS: 65

 emma.deberdine

DATE OF BIRTH: June 14, 2001

AGE: 24

HIGH SCHOOL: Penn Manor High School

CLUB: Nook Hockey, ABC Hockey

COLLEGE: University of Maryland (2003)

JOINED USWNT: July 2022

PERSONAL: Daughter of Michael & Deb
Has a sister, Emma



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 8th - 2021 Junior World Cup (Potchefstroom, South Africa)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)

ACCOLADES

- 2023: Recorded first cap on February 17 against New Zealand



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KATIE DIXON

#11 | CARY, NC

MIDFIELD | CAPS: 18

Instagram [katedixonn](#)

TikTok [katieadixonn](#)

DATE OF BIRTH: June 18, 2002

AGE: 23

HIGH SCHOOL: Cary Christian

CLUB: Carolina All Stars

COLLEGE: University of North Carolina (2024)

JOINED USWNT: June 2023

PERSONAL: Daughter of Scott & Amy
Has two siblings, Josh & Caroline



© GRIFFIN ZETTERBERG

CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 8th - 2021 Junior World Cup (Potchefstroom, South Africa)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)

TEAMS

USWNT: 2023, 2024, 2025, 2026

U-21 USWNT: 2022, 2023

ACCOLADES

- 2025: Recorded first cap on January 18 against New Zealand,



BETHANY DYKEMA

| NEWPORT NEWS, VA

DEFENSE | CAPS: 2

📷 bethanydykema

🎵 bdykema19

DATE OF BIRTH: January 8, 2001

AGE: 25

HIGH SCHOOL: Homeschooled

CLUB: Saints FHC

COLLEGE: Liberty University (2024)

JOINED USWNT: November 2023

PERSONAL: Daughter of Mike & Sarah
Has three siblings, Ashley, Emily & Corey



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- 9th - 2024 FIH Hockey5s World Cup (Muscat, Oman)

TEAMS

USWNT: 2023, 2024, 2025, 2026

Indoor USWNT: 2014, 2015, 2016

Hockey5s USMNT: 2024

U-21 USWNT: HERE

U-17 USWNT: 2018

ACCOLADES

- 2023: Recorded first cap on December 10 against New Zealand



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PHIA GLADIEUX

#4 | OLEY, PA

FORWARD | CAPS: 27

 phiagladieux

 phia.gladieux

DATE OF BIRTH: June 14, 2002

AGE: 23

HIGH SCHOOL: Oley Valley High School

CLUB: X-Calibur

COLLEGE: Penn State University

JOINED USWNT: May 2023

PERSONAL: Daughter of Bunky & Lynn
Has two older siblings, Scott & Sarah



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)

ACCOLADES

- 2024: Recorded first cap on May 22 against Belgium
- 2024: Honda Sports Award Finalist
- 2023: Big Ten Offensive Player of the Year, Penn State Female Athlete of the Year
- 2022: Honda Award Finalist, Big Ten Offensive Player of the Year, Big Ten Player of the Year



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RYLEIGH HECK

#27 | OCEAN CITY, NJ

FORWARD | CAPS: 9

 ryleighheckk

 ryleighheck12

DATE OF BIRTH: March 30, 2004

AGE: 22

HIGH SCHOOL: Eastern Regional High School (2022)

CLUB: WC Eagles

COLLEGE: University of North Carolina (2026)

JOINED USWNT: July 2022

PERSONAL: Daughter of Roy & Kerry
Has three older siblings, Jordan, Andrew & Kara



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CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2024 Indoor Pan American Cup (Calgary, Canada)
- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Gold - 2021 Indoor Pan American Cup (Spring City, Pa.)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 Junior Pan American Championship (Surrey, Canada)
- Silver - 2019 Croatia Cup (Sventi Ivan Zelina, Croatia)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)
- Canceled - 2022 FIH Indoor Hockey World Cup (Liège, Belgium)

ACCOLADES

- 2025: Recorded first cap on June 7 against Ireland, Player of the Match on June 7 against Ireland
- 2023: FIH Hockey Women's Junior World Cup Player of the Match against Canada on December 5



ASHLEY HOFFMAN

#13 | MOHNTON, PA

DEFENSE | CAPS: 131

ashleyhoff_

ashleyjoyhoffman

DATE OF BIRTH: November 8, 1996

AGE: 29

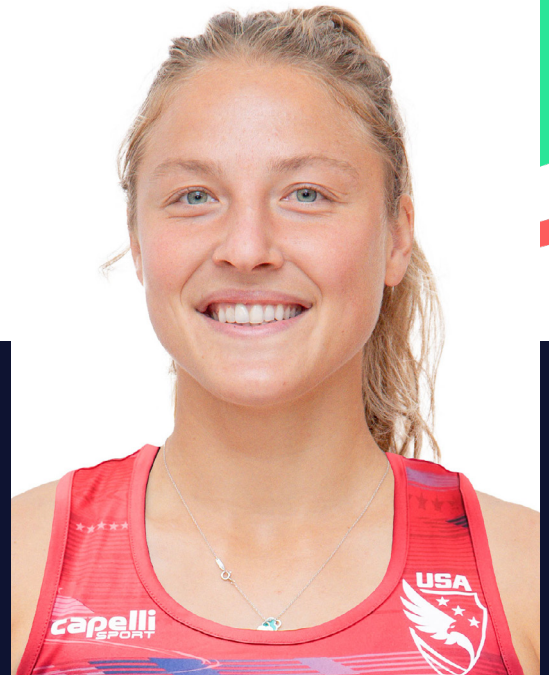
HIGH SCHOOL: Twin Valley High School

CLUB: X-Calibur

COLLEGE: University of North Carolina (2019)

JOINED USWNT: 2017

PERSONAL: Daughter of Scott & Brenda
Has four brothers, Derek, Kyle, Brad & Ryan



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2017 World League Semifinals (Johannesburg, South Africa)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Silver - 2016 Women's Junior Pan American Games (Trinidad & Tobago)
- Bronze - 2019 Pan American Games (Lima, Peru)
- Bronze - 2017 Pan American Cup (Lancaster, Pa.)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-21 FIH Pro League (worldwide)
- 9th - 2020-21 FIH Pro League (worldwide)
- 9th - 2019 FIH Pro League (worldwide)
- 14th - 2018 Vitality Hockey Women's World Cup (London, England)
- 2019 FIH Hockey Olympic Qualifier (Bhubaneswar, India)



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JENNY RIZZO

#32 | HERSHEY, PA

GOALKEEPER | CAPS: 28

 jennyrizz

DATE OF BIRTH: September 22, 1997

AGE: 28

HIGH SCHOOL: Hershey High School (2015)

CLUB: Allet Cats

COLLEGE: Penn State University (2019)

JOINED USWNT: June 2021

PERSONAL: Daughter of Jack & Joan
Has a twin brother, Jack, & sister, Ashley



CAREER HIGHLIGHTS

- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games Provisional Athlete (Santiago, Chile)
- Silver - 2016 Women's Junior Pan American Games (Trinidad & Tobago)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 8th - 2016 Women's Hockey Junior World Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games (Provisional Athlete)
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)



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ACCOLADES

- 2026: Recorded first cap on March 1 against Egypt



MIA SCHOENBECK

#36 | LAGRANGE, KY

DEFENSE | CAPS: 11

📷 mia.schoenbeck

🎵 mia.schoenbeck

DATE OF BIRTH: November 16, 2004

AGE: 21

HIGH SCHOOL: Christian Academy of Louisville (2023)

CLUB: IFHCK

COLLEGE: Wake Forest University (2027)

JOINED USWNT: January 2025

PERSONAL: Daughter of Mike & Tara
Has a brother, Michael



CAREER HIGHLIGHTS

- 4th - 2016 Junior Pan American Championship (Toronto, Canada)
- LIST

TEAMS

USWNT: 2025, 2026

U-21 USWNT: 2024

U-18 USWNT: 2022, 2023

U-16 USWNT: 2020

ACCOLADES

- 2026: Recorded first cap on March 1 against Egypt



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ASHLEY SESSA

#3 | SCHWENKSVILLE, PA

POSITION | CAPS: 57

ashley_sessa17

sessaash17

DATE OF BIRTH: June 23, 2004

AGE: 21

HIGH SCHOOL: Episcopal Academy (2022)

CLUB: WC Eagles

COLLEGE: Northwestern University (2026)

JOINED USWNT: June 2021

PERSONAL: Daughter of Robert & Tracey
Has an older brother, Anthony



CAREER HIGHLIGHTS

- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Gold - 2021 Indoor Pan American Cup (Spring City, Pa.)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Bronze - 2021 Junior Pan American Championship (Santiago, Chile)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 8th - 2021 Junior World Cup (Potchefstroom, South Africa)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)

ACCOLADES

- 2024: FIH Hockey Olympic Qualifier Player of the Match against Japan on January 18
- 2023: Pan American Elite Team
- 2021: Recorded first cap on November 26 against Canada
- 2021: Indoor Pan American Cup Most Valuable Player



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MEREDITH SHOLDER

CAPTAIN

#2 | FLEETWOOD, PA

MIDFIELD | CAPS: 72

Instagram: [meredith_sholder](#)

Discord: [meresholder](#)

DATE OF BIRTH: February 27, 1999

AGE: 27

HIGH SCHOOL: Emmaus High School (2017)

CLUB: Firestyx, WC Eagles

COLLEGE: University of North Carolina (2022)

JOINED USWNT: July 2022

PERSONAL: Daughter of Marc & Jane
Has a sister, Emily



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)

ACCOLADES

- 2025: FIH Hockey Nations Cup Player of the Match against Canada on February 23
- 2023-24: FIH Pro League Player of the Match against Great Britain on June 6
- 2022-23: FIH Pro League Player of the Match against New Zealand on February 17



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ABBY TAMER

#1 | DEXTER, MI

FORWARD | CAPS: 46

 abbytamer

DATE OF BIRTH: July 9, 2003

AGE: 22

HIGH SCHOOL: Dexter High School

CLUB: Pinnacle Field Hockey

COLLEGE: University of Michigan (2025)

JOINED USWNT: January 2023

PERSONAL: Daughter of X & Keely
Has a sister,

CAPTAIN



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- Bronze - 2021 Junior Pan American Championship (Santiago, Chile)
- 8th - 2021 FIH Hockey Junior World Cup (Potchefstroom, South Africa)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)

ACCOLADES

- 2023: Junior Pan American Championship Most Valuable Player



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MEGAN VALZONIS

#6 | SAN DIEGO, CA

FORWARD | CAPS: 40

 megannrvalzonis

DATE OF BIRTH: March 5, 1999

AGE: 27

HIGH SCHOOL: Sierra High School (2017)

CLUB: RUSH Field Hockey

COLLEGE: University of California Berkeley (2021)

JOINED USWNT: June 2021

PERSONAL: Daughter of Jeff & Tracy
Has two sisters, Racquel & Kristin



CAREER HIGHLIGHTS

- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)

TEAMS

USWNT: 2021, 2022, 2023, 2024, 2025, 2026

U-19 USWNT: 2017, 2018

U-17 USWNT: 2016

ACCOLADES

- 2021: Recorded first cap on November 26 against Canada



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LAUREN WADAS

#21 | ANNVILLE, PA

MIDFIELD | CAPS: 9

Instagram: lauren_wadas21

TikTok: laurenwaddlez

DATE OF BIRTH: April 9, 2002

AGE: 24

HIGH SCHOOL: Palmyra High School (2020)

CLUB: Alley Cats, WC Eagles

COLLEGE: Northwestern University (2025)

JOINED USWNT: June 2023



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 8th - 2021 FIH Hockey Women's Junior World Cup (Potchefstroom, South Africa)
- 9th - 2023-24 FIH Pro League (worldwide)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)

TEAMS

USWNT: 2023, 2024, 2025, 2026
U-21 USWNT: 2022, 2023
U-19 USWNT: 2019
U-16 USWNT: 2019

ACCOLADES

- 2024: Recorded first cap on May 23 against Argentina



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BETH YEAGER

#17 | GREENWICH, CT

MIDFIELD | CAPS: 69

 yeager_beth

DATE OF BIRTH: June 17, 2003

AGE: 22

HIGH SCHOOL: Sacred Heart Greenwich (2021)

CLUB: FC United, Rye Academy, WC Eagles

COLLEGE: Princeton University (2025)

JOINED USWNT: June 2021

PERSONAL: Daughter of Scott & Helen
Has two older siblings, Ryan & Hannah



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Gold - 2021 Indoor Pan American Cup (Spring City, Pa.)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)
- 9th - 2020-21 FIH Pro League (worldwide)
- 10th - 2018 FIH Hockey Indoor World Cup (Berlin, Germany)
- 2021 Junior World Cup (Potchefstroom, South Africa)



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MADDIE ZIMMER

#8 | HERSHEY, PA

MIDFIELD | CAPS: 75

 maddie.zimmer

DATE OF BIRTH: September 28, 2001

AGE: 24

HIGH SCHOOL: Hershey High School (2020)

CLUB: Alley Cats

COLLEGE: Northwestern University (2025)

JOINED USWNT: June 2021

PERSONAL: Daughter of Scott & Erin
Has a brother, Ben



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- Bronze - 2021 Junior Pan American Championship (Santiago, Chile)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 9th - Paris 2024 Olympic Games
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)

ACCOLADES

- 2025: FIH Hockey Nations Cup Player of the Match against Japan on February 26
- 2024: FIH Hockey Olympic Qualifier Player of the Match against Italy and against New Zealand on January 16

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DANI MENDEZ

RESERVE

#40 | BALTIMORE, MD

MIDFIELD | CAPS: 3

 10danimendez

DATE OF BIRTH: June 23, 2004

AGE: 21

HIGH SCHOOL: Garrison Forest School (2022)

CLUB: Freedom HKY

COLLEGE: University of North Carolina (2026)

JOINED USWNT: January 2025

PERSONAL: Daughter of Pedro & Aileen
Has a brother, Antonio



CAREER HIGHLIGHTS

- Gold - 2023 Junior Pan American Championship (St. Michael, Barbados)
- Silver - 2024 Junior Pan American Championship (Calgary, Canada)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 6th - 2025 FIH Hockey Women's Junior World Cup (Santiago, Chile)
- 10th - 2023 FIH Hockey Women's Junior World Cup (Santiago, Chile)
- Canceled - 2022 FIH Indoor Hockey World Cup (Liège, Belgium)

TEAMS

USWNT: 2025, 2026
Devo USWNT: 2021
Indoor USWNT: 2022
U-21 USWNT: 2022, 2023, 2024
U-19 USWNT: 2020
U-16 USWNT: 2020

ACCOLADES

- 2025: Recorded first cap on January 19 against New Zealand
- 2025: FIH Hockey Women's Junior World Cup Player of the Match on December 5 against Uruguay



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CAROLINE RAMSEY

RESERVE

#19 | MORRISTOWN, NJ

DEFENSE | CAPS: 12

 carolineramsey_  rammertimes

DATE OF BIRTH: July 29, 2001

AGE: 24

HIGH SCHOOL: Oak Knoll School (2018)

CLUB: New Heights

COLLEGE: Cornell University (2023)

JOINED USWNT: July 2022

PERSONAL: Daughter of Patrick & Kristen
Has two siblings, Nicolas & Julia



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)
- Silver - 2025 Pan American Cup (Montevideo, Uruguay)
- Bronze - 2022 Uniphar 5-Nations Tournament (Dublin, Ireland)
- 4th - 2025 FIH Hockey Nations Cup (Santiago, Chile)
- 8th - 2021 Junior World Cup (Potchefstroom, South Africa)
- 9th - 2024 FIH Hockey5s World Cup (Muscat, Oman)

TEAMS

USWNT: 2022, 2023, 2024, 2025, 2026

Hockey5s USWNT: 2024

U-21 USWNT: 2022

ACCOLADES

- 2025: Recorded first cap on January 18 against New Zealand
- 2025: Player of the match on July 5 against New Zealand



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MAKENNA WEBSTER

RESERVE

#37 | ST. LOUIS, MO

FORWARD | CAPS: 3

 makweb

 makweb8

DATE OF BIRTH: March 21, 2002

AGE: 24

HIGH SCHOOL: Shattuck St. Mary's School (2020)

CLUB: Gateway Field Hockey

COLLEGE: The Ohio State University (2025)

JOINED USWNT: January 2025

PERSONAL: Daughter of Dave Webster & Sunny Hilliard

Has a brother, McKade



CAREER HIGHLIGHTS

- Gold - 2026 3 Nations Tournament (Dunedin, New Zealand)

TEAMS

USWNT: 2025, 2026

U-16 USWNT: 2019

ACCOLADES

- 2026: Recorded first cap on January 21 against New Zealand
- 2025: Drafted in Professional Women's Ice Hockey League as the 17th overall pick to the New York Sirens



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JILLIAN WOLGEMUTH

RESERVE

#7 | MOUNT JOY, PA

DEFENSE | CAPS: 65

 [jillianwolgs](#)

DATE OF BIRTH: April 28, 1998

AGE: 28

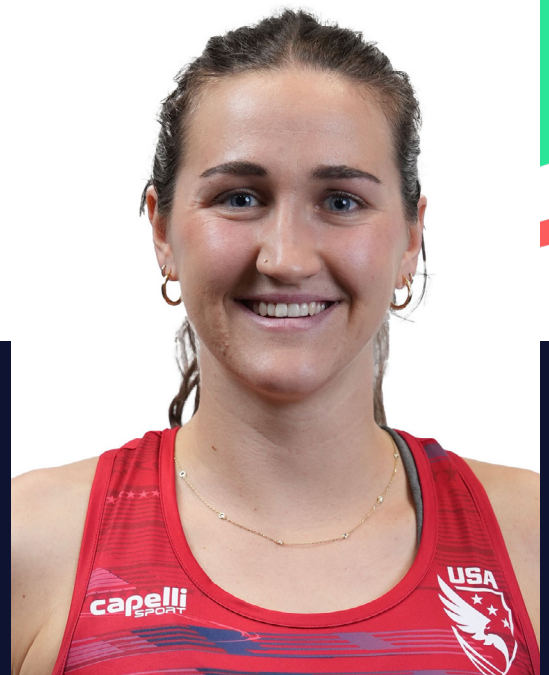
HIGH SCHOOL: Manheim Central High School (2016)

CLUB: HERE

COLLEGE: Duke University (2020)

JOINED USWNT: June 2021

PERSONAL: Daughter of Randy & Betsy
Has three siblings, Andrew, Tierney & Colin



CAREER HIGHLIGHTS

- Silver - 2024 FIH Hockey Olympic Qualifier (Ranchi, India)
- Silver - 2023 Pan American Games (Santiago, Chile)
- 4th - 2022 Pan American Cup (Santiago, Chile)
- 9th - 2023-24 FIH Pro League (worldwide)
- 9th - 2022-23 FIH Pro League (worldwide)
- 9th - 2021-22 FIH Pro League (worldwide)
- 9th - 2020-21 FIH Pro League (worldwide)

TEAMS

USWNT: 2021, 2022, 2023, 2024, 2025, 2026
Devo USWNT: 2020
U-21 USWNT: 2019
U-19 USWNT: 2016, 2017
U-17 USWNT: 2015

ACCOLADES

- 2024: Recorded 50th cap on January 18 against Japan
- 2021: Recorded first cap May 15 against Belgium



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NATIONS CUP SCHEDULE

Date	Time (ET)	Opponent
Sunday, June 14	6:45 PM	India
Monday, June 15	6:45 PM	Uruguay
Wednesday, June 17	9:00 PM	Japan
Friday, June 19		Semifinals
Saturday, June 20		Final

Pool A

No. 9 India
No. 12 USA
No. 15 Japan
No. 17 Uruguay

Pool B

No. 10 New Zealand
No. 11 Chile
No. 16 France
No. 18 Korea



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CHILE

World Ranking: 11

Nickname: Las Diablos

Head Coach: Cristobal Rodriguez

Nations Cup Appearances: 2024/25 - 3rd | 2023-24 - 3rd | 2022 - 7th

Roster:

3	Fernanda Villagran	15	Simone Avelli
4	Domenica Ananias	16	Constanza Palma
5	Denise Rojas Losada	17	Francisca Irazoqui
6	Fernanda Flores	19	Agustina Solano
7	Sofia Filipek	21	Antonia Irazoqui
8	Maria Maldonado	22	Paula Valdivia
9	Fernanda Arrieta	23	Florencia Barrios
10	Manuela Urroz (C)	28	Natalia Salvador (GK)
11	Josefa Salas	29	Antonia Saez (GK)
13	Antonia Orchard	31	Constanza Muños

About the team: Chile, known as Las Diablas, have become one of the fastest-rising teams in international hockey, driven by passion and a strong collective identity. Chile has enjoyed a period of sustained success in continental competition, highlighted by strong performances at the Pan American Championship and South American Games, along with their historic debut appearance at the 2022 FIH Hockey World Cup, which they have followed up with a second consecutive qualification to the 2026 edition of the World Cup, and an all-time best world ranking of 11.

Their development has continued in recent editions of the FIH Hockey Nations Cup, where they followed a seventh-place finish in their debut appearance, with a bronze medal performance in the previous edition. One of Chile's greatest strengths lies in the experience and cohesion within the squad. Players such as Manuela Urroz, Fernanda Flores, Denise Losada, Sofia Filipek and Constanza Palma bring significant international experience and leadership to a side that combines tactical discipline with attacking ambition.

As they arrive in New Zealand, Chile will be aiming to build on their recent international progress and continue pushing towards a place among the world's leading hockey nations with promotion to the FIH Hockey Pro League firmly in their sights.

 [Chile Hockey Federation](#)

 [chilehockey](#)

FRANCE

World Ranking: 16

Nickname: Les Bleues

Head Coach: Ben Howarth

Roster:

- | | |
|---------------------------------|---------------------------|
| 1 Othane Pertzing (GK) | 17 Alissia de Vries |
| 6 Marie-Alice Pelletier Rimbart | 18 Mazarine Proux |
| 7 Paola Le Nindre | 19 Mathilde Duffrene |
| 8 Yohanna Lhopital | 20 AliénorDe Monceau |
| 9 DéliaBaudena | 22 Eve Verzura |
| 10 Violette Blanquart | 24 Lucie Ehrmann (GK) |
| 11 Sixtine Aelion | 25 Albane Garot |
| 14 Maiwen Cadiou de Fresquet | 27 Delfina Gaspari (C) |
| 15 Emma van der Zanden | 28 Tessa-Margot Schuebert |
| 16 Alice La Guerche | 29 Léopoldine Coppin |

About the team: France arrive at the FIH Hockey Nations Cup on the back of one of the most encouraging periods in the history of the women's programme. Following their historic Olympic debut at Paris 2024, Les Bleues continue to grow in confidence, experience and international stature.

Competing at the Olympic Games for the first time represented a major milestone for France and highlighted the rapid progress the program has made in recent years. That momentum was further strengthened by France's triumph at the inaugural FIH Hockey Nations Cup 2 in 2025, where they captured the gold medal after an impressive tournament campaign.

France's rise has also been reflected in European competition, with the team earning promotion back to the elite EuroHockey Championship level after years of steady development. Combining tactical organization with increasing attacking confidence, Les Bleues have shown they can compete effectively against a wide range of international opponents.

With a balanced squad featuring experienced leaders and emerging young talent, France brings ambition, resilience and belief into the Nations Cup. Having never appeared in the FIH Hockey Pro League in the past, the current generation is determined to continue reshaping the future of French women's hockey and establish itself consistently among the world's elite teams.

 Francis Hockey Federation

 ff_hockey

INDIA

World Ranking: #9

Head Coach: Sjoerd Marijne

Nations Cup Appearances: 2022 - 1st

Roster:

6	Ishika Chaudhary	27	Sushila Chanu Pukhrambam
8	Nikki Pradhan	29	Sunelita Toppo
9	Bichu Devi Kharibam (GK)	30	Salima Tete (C)
11	Savita (GK)	32	Neha
12	Shilpi Dabas	35	Rutuja Dadaso Pisal
20	Lalremsiami	37	Lalthantluangi
21	Deepika Soreng	39	Sakshi Rana
23	Ishika	47	Annu
24	Jyoti	55	Deepika
25	Navneet Kaur	57	Sonam

About the team: India arrives at the FIH Hockey Nations Cup as the highest-ranked team and one of the most exciting sides in the competition. With a proud hockey tradition and a passionate following, India have firmly established themselves among the leading nations in the women's game through a blend of tactical discipline, technical quality and relentless intensity.

Known for their organised defensive structure and rapid attacking transitions, India combine composure in possession with the pace and creativity to threaten opponents across all areas of the pitch. Their ability to press aggressively, recover quickly and launch incisive counter-attacks has made them a formidable opponent against top-ranked teams on the international stage.

India's recent years at the elite level have included appearances at the Olympic Games, FIH Hockey World Cup and FIH Hockey Pro League, where they competed until 2025. The squad continues to benefit from a core group of experienced internationals alongside emerging young talent eager to make their mark.

Players such as goalkeeper Savita, captain Salima Tete, Navneet Kaur and Lalremsiami bring valuable international experience and leadership to a side that thrives on energy, unity and adaptability. With a balanced squad capable of controlling possession or striking quickly on transition, India enter the Nations Cup determined to challenge for the title and secure a quick return to the FIH Hockey Pro League.

 Hockey India

 hockeyindia

JAPAN

World Ranking: 15

Nickname: The Cherry Blossoms

Head Coach: Akira Takahashi

Nations Cup Appearances: 2024-25 - 6th | 2023-24 - 5th | 2022 - 3rd

Roster:

2	Miyu Suzuki	13	Hiroka Murayama
3	Ikumi Matsu	16	Saki Tanaka
4	Hanami Saito	17	Miyu Hasegawa
5	Nanako Tateiwa	18	Yu Kudo (GK)
6	Emi Nishikori	19	Majo Ueno
8	Shiho Kobayakawa	22	Ai Hiramitsu
9	Mai Toriyama	23	Maho Segawa
10	Amiru Shimada (C)	25	Haruka Kawaguchi
11	Akari Nakagomi	26	Maiko Mikami
12	Niko Maruyama	39	Urara Komagata (GK)

About the team: Japan arrives at the FIH Hockey Nations Cup as one of the leading contenders for promotion to the FIH Hockey Pro League. Renowned for their technical precision, speed and intelligent movement, Japan continue to be one of Asia's most consistent performers on the international stage.

Having featured at the Paris 2024 Olympic Games, Japan remain among the world's top-ranked sides and bring valuable experience from competing regularly against elite opposition. Their structured style of play, sharp passing combinations and disciplined defensive organization make them a difficult side to break down, while their planned transitions and movement off the ball allow them to create scoring opportunities against even the strongest opponents.

As the new Olympic cycle rolls on, Japan continue to invest in the development of a youthful squad, combining emerging talent with players already carrying significant international experience. The likes of Miyu Suzuki, Mai Toriyama and captain Amiru Shimada provide leadership and composure within a group that continues to evolve with confidence and ambition.

Japan have qualified for every Olympic Games since Athens 2004, underlining the consistency and strength of their programme. With a talented generation eager to establish itself among the world's elite, Japan will see the Nations Cup as an important opportunity to push towards the top tier of international hockey and claim a place in the FIH Hockey Pro League.

 [Hockey National Team](#)

 [japan.hockey](#)

KOREA

World Ranking: 18

Head Coach: Yong Soo Kim

Nations Cup Appearances: 2024-25 - 8th | 2023-24 - 8th | 2022 - 6th

Roster:

1 Seoyeon Lee (GK)	13 Seunghwa Mun
3 Jeongihn Kim	17 Suyeon Jin
4 Solbeotnara Hong	18 Yeongeun Park
5 Jungju Kim	20 Sujin An
6 Yujin Lee	21 Naryeong Han
7 Yuri Lee (C)	27 Eunji Kim (GK)
8 Seona Kim	28 Seoyeon Park
9 Seungae Park	31 Mihyang Park
10 Yujin Kim	32 Hyeryoung Son
12 Jiyun Choi	35 Yoorim Park

About the team: Korea arrives at the FIH Hockey Nations Cup carrying one of the richest legacies in Asian women's hockey. Historically among the continent's most successful teams, Korea's achievements include Olympic silver medals, a World Cup bronze medal, multiple Asian Games titles and major international honours earned across decades of consistent excellence.

Renowned for their tactical discipline, structured defensive play and swift technical attacking patterns, Korea have long been recognised as one of the most organized and technically efficient teams in international hockey. While the program is currently navigating a period of transition, the team continues to demonstrate the qualities that have defined Korean hockey for generations.

Following the disappointment of missing qualification for the Paris 2024 Olympic Games and the upcoming FIH Hockey World Cup, Korea are focused on rebuilding and returning to the highest level of international competition. A youthful core has gained valuable experience together over recent seasons, with many players now entering an important stage in their development.

Despite the squad's relative youth, Korea remain a dangerous opponent capable of frustrating technically gifted teams through compact organisation and intelligent tactical play. The Nations Cup provides an important platform for the next generation of Korean players to continue their growth and push the team back towards the top tier of international hockey

NEW ZEALAND

World Ranking: 20

Nickname: Black Sticks

Head Coach: Phil Burrows

Nations Cup Appearances: 2024-25 - 1st | 2023-24 - 4th

Roster:

2	Olivia Shannon (C)	18	Anna Crowley
3	Ella Hyatt Brown	23	Jessie Anderson
8	Hannah Cotter	24	Paige Blake
9	Emelia Surridge	25	Ruby Baker
11	Casey Crowley	26	Kaitlin Cotter
12	Tessa Reid	27	Holly Pearson
13	Josephine Murray	28	Hannah Gravenall
14	Millie Calder	31	Riana Pho
15	Grace O'Hanlon (GK)	34	Julia Gluyas (GK)
16	Liz Thompson	37	Emma Findlay

About the team: Hosts New Zealand arrive at the FIH Hockey Nations Cup as one of the favorites to challenge for the title and secure a return to the FIH Hockey Pro League. The Black Sticks are one of the most respected teams in world hockey, with a long history of success across major international competitions.

Renowned for their speed, physicality and attacking style of play, New Zealand have consistently competed at the highest level in the Olympic Games, FIH Hockey World Cup and Commonwealth Games. Their achievements include a Commonwealth Games gold medal in 2018, multiple Oceania Cup titles and several strong finishes at global events.

The Black Sticks combine experienced internationals with an exciting generation of emerging players, creating a balanced squad capable of playing with both composure and intensity. Their aggressive pressing, fast ball movement and willingness to attack at pace make them one of the most dangerous teams in the competition.

Playing on home soil in front of passionate local support, New Zealand will be determined to make the most of the opportunity and deliver a strong campaign. With promotion to the FIH Hockey Pro League firmly in their sights, the hosts enter the tournament aiming to reassert themselves among the world's leading women's hockey nations.

 [Hockey New Zealand](#)

 [HockeyNewZealand](#)

URUGUAY

World Ranking: 17

Nickname: Cimarronas

Head Coach: Rolando Rivero

Roster:

3	Manuela Vilar (C)	22	Lucia Olascoaga
6	Miranda Martinez (GK)	23	Jacinta Curutchague
7	Martina Rago	28	Sol Martinez
10	Manuela Quinones	30	Milagros Seigal
12	Agustina Alles	32	Maria Bate (GK)
13	Lupe Curutchague	38	Justina Arregui
14	Paula Pérez	43	Lola Delafond
16	Clementina Cristiani	45	Delfina Burgos
18	Agustina Díaz	46	Josefina Mari
19	Maria Barreiro (C)	51	Chiara Appennino

About the team: Uruguay, known as the Cimarronas, arrive at the FIH Hockey Nations Cup with growing confidence and momentum following a series of impressive international performances. Traditionally recognized for their fighting spirit and attacking flair, Uruguay have steadily risen through the international rankings and continue to establish themselves as one of the emerging forces in world hockey.

Uruguay's recent success includes a runners-up finish at the inaugural FIH Hockey Nations Cup 2, where they showcased their attacking quality and composure under pressure throughout the tournament. Their rise was further underlined by a historic bronze medal at the 2025 Pan American Cup, marking the program's first ever podium finish at the continental event.

When at their attacking best, Uruguay are among the most entertaining sides in international hockey. Combining quick transitions with aggressive forward play, the Cimarronas possess the ability to unsettle opponents with their pace, creativity and willingness to commit players forward. Experienced internationals such as Teresa Viana and Manuela Vilar continue to provide leadership and attacking inspiration for the side.

Blending seasoned players with emerging talent, Uruguay arrive in New Zealand aiming to continue their upward trajectory and prove they can compete consistently against the world's top teams. With belief growing across the squad, the Nations Cup presents another major opportunity for the Cimarronas to make their mark on the international stage.

 [Uruguay Hockey Federation](#)

 [hockey.uy](#)

UNITED STATES

World Ranking: 12

Nickname: United Eagles

Head Coach: David Passmore

Nations Cup Appearances: 2024-25 - 4th

Roster:

1 Abby Tamer	17 Beth Yeager
2 Meredith Sholder	18 Claire Danahy
3 Ashley Sessa	20 Leah Crouse
4 Phia Gladieux	21 Lauren Wadas
6 Megan Valzonis	26 Lucy Adams
8 Maddie Zimmer	27 Ryleigh Heck
10 Reese D'Ariano	29 Bethany Dykema
11 Katie Dixon	31 Kelsey Bing (GK)
13 Ashley Hoffman	32 Jenny Rizzo (GK)
16 Emma DeBerdine	36 Mia Schoenbeck

About the team: USA arrives at the FIH Hockey Nations Cup determined to secure a return to the FIH Hockey Pro League, following their relegation in 2024. Known for their athleticism, work ethic and physical intensity, the United Eagles continue to develop into an increasingly competitive force on the world stage.

The USA built significant momentum during the previous Olympic cycle, highlighted by qualification for the Paris 2024 Olympic Games where they competed strongly against some of the world's leading teams. Their recent performances in Pan American competition have further reinforced the progress of a program blending experienced internationals with an exciting generation of young talent emerging through the collegiate pathway.

Traditionally recognized for their high-energy pressing and direct attacking style, the United States combine physical strength with increasing tactical maturity and composure in possession. The squad's depth and versatility allow them to adapt effectively to different opponents and match situations, making them one of the most dangerous teams in the competition.

With ambitions of reclaiming their place among the world's elite, USA enters the Nations Cup with confidence and determination. A successful campaign in New Zealand would mark another important step forward for a side eager to return to the FIH Hockey Pro League and continue building towards future major international tournaments, including LA28.

 [USA Field Hockey](#)

 [usafielddhockey](#)

TECHNICAL STAFF

TECHNICAL DELEGATE

Jackie Tomlinson (NZL)

TECHNICAL OFFICIALS

Jared Correia (AUS)

Martin Courtney (AUS)

Agustina Redrado (ARG)

Biswaranjan Sarangi (IND)

Veena Vijabund (THA)

MEDICAL OFFICER

TBD

UMPIRE MANAGER

Peter Wright (RSA)

UMPIRES

Amber Church (NZL)

Cassidy Gallagher (AUS)

Valerie Koh (SGP)

Xiaouing Liu (CHN)

Meghan McLennan (CAN)

Lani Nichol (NZL)

Benjamin Peters (USA)

Haroon Rashid (PAL)

Kristy Robertson (AUS)

Emi Yamada (JPN)



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