

| CLUB GENERAL INFORMATION | | | | | | |
|--------------------------|------------------------|------------|---------------|---------------|--------|-------------|
| Name | Sport Lisboa e Benfica | | Webpage | | | |
| City | Lisboa | | Instagram | | | |
| Country | Portugal | | Facebook | | | |
| COACHES | | | | | | |
| | Name | Surname | Nationality | | | |
| Coach | António | Machado | Portuguese | | | |
| Ass.coach | Filipa | Machado | Portuguese | | | |
| Ass.coach | Paulo | Lousa | Portuguese | | | |
| Other staff | Augusto | Jardim | Portuguese | | | |
| TEAM | | | | | | |
| | Name | Surname | Date of birth | City of birth | Junior | Nationality |
| 1 | Alice | Rodrigues | 23.06.2003. | Portuguese | | |
| 2 | Ana Beatriz | Jardim | 06.05.2000. | Portuguese | | |
| 3 | Valentina | Bonelli | 17.03.1994. | Italian | | |
| 4 | Carlota | Milheiro | 14.01.2002. | Portuguese | | |
| 5 | Inês | Nunes | 14.08.1987. | Portuguese | | |
| 6 | Joana | Arromba | 07.11.2006. | Portuguese | | |
| 7 | Madalena | Lousa | 08.04.2003. | Portuguese | | |
| 8 | Maria | Sampaio | 14.05.2001. | Portuguese | | |
| 9 | Mariana | Sousa | 08.05.2002. | Portuguese | | |
| 10 | Matilde | Ribeiro | 18.11.2004. | Portuguese | | |
| 11 | Lies | Gorp | 19.04.2003. | Belgian | | |
| 12 | Maria | Machado | 07.10.2004. | Portuguese | | |
| 13 | Aroa | Sanchez | 17.04.2006. | Spanish | | |
| 14 | Nicola | MacLeod | 14.05.1997. | English | | |
| 15 | Kasey | Umlauf | 09.01.2002. | American | | |
| 16 | Mar | Navarro | 16.10.2002. | Spanish | | |
| 17 | Aline | Martins | 27.11.2008. | Portuguese | | Junior |
| 18 | Sofia | Nascimento | 26.05.2010. | Portuguese | | Junior |
| 19 | Diana | Lousa | 14.08.2013. | Portuguese | | Junior |
| 20 | Chantal | Neves | 12.05.2009. | Portuguese | | Junior |