



HERE  
FOR

THE  
PASSION



VS



PRESENTED BY



TOYOTA

Sat Sept 6 4:00 PM

SWANGARD STADIUM

## NEW PLAYER:

# VANCOUVER RISE FC SIGN CANADIAN FORWARD LATIFAH ABDU

Vancouver Rise FC announced on Saturday, August 30 that the club reached a transfer agreement with Montréal Roses FC for Canadian forward Latifah Abdu.

"We're excited to welcome Latifah to the club," said Interim Sporting Director Robyn Gale. "She brings quality and a fierce competitive edge, and she has already shown in this league the type of impact she can make. Her presence will strengthen our group while adding another dangerous element to our attack."

Abdu, 23, joins from fellow Northern Super League side Montréal Roses FC after registering 1312 minutes in 16 matches for the Québec side, where she scored six goals and registered one assist. Her six goals place her third highest scorer in the NSL, emphasizing her clinical nature in front of goal.

"I'm proud to be joining Vancouver Rise FC" said Abdu on her signing. "I want to thank all those that made this happen, and I'm grateful to stay in the NSL. I am looking forward to participating in this new project and growing with my new teammates."

Before joining Roses FC, Abdu played in France for three years. She began with FC Metz (D2) in 2022, scoring four goals in 10 matches. A transfer to RC Strasbourg (D2) followed, where she scored 12 goals in 18 matches during the 2022/23 season. This led to a move to D1 side Dijon FCO for the 2023/24 season. She then started the 2024/25 season with EA Guingamp (D1), before returning to Montréal in January.

"We are very excited about the signing of Latifah [Abdu]," said Rise FC Head Coach Anja Heiner-Møller. "She is an excellent forward that has shown her qualities already in the Northern Super League and we are looking forward to adding her to the club".

In her youth, Abdu was a standout in the Première ligue de soccer du Québec (PLSQ). She scored 10 goals over two seasons with Lac Saint-Louis and CS Monteuil before a brief stint with France's ASJ Soyaux. Upon returning to play for CS Mont-Royal Outremont, she won the 2021 PLSQ Golden Boot and the Ballon de Bronze award as the league's third-best player, which led to her return to Europe.





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## BARK AT THE PARK MATCH

Presented By  TELUS

**THURS JULY 24 | 7:00PM**  
**VS AFC TORONTO**

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## PRIDE MATCH

**SAT AUG 2 | 4:00PM**  
**VS OTTAWA RAPID FC**

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## FAN APPRECIATION MATCH

Presented By  Explore  
Burnaby

**SAT SEPT 20 | 1:00PM**  
**VS OTTAWA RAPID FC**

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# MATCH DAY THEMES



## WELCOME TO THE NORTHERN SUPER LEAGUE

A new era of Canadian soccer is here. The Northern Super League is Canada's brand-new professional women's league, featuring six fierce clubs representing key markets across the country. Built by players, for players, and backed by passionate supporters of the beautiful game, the NSL is more than a league, it's a movement. With global best practices and a bold commitment to excellence, equity, and inclusion, the NSL is raising the bar for what women's sport can be in Canada.

# YOUR VANCOUVER RISE FC

2025 ROSTER



**KIRSTIN TYNAN**

**POSITION: GOALKEEPER**

**NATIONALITY: CANADA**

**DOB: MARCH 11, 2002**

**SHANNON WOELLER**

**CAPTAIN**

**POSITION: DEFENDER**

**NATIONALITY: CANADA**

**DOB: JANUARY 31, 1990**

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## **JASMYNE SPENCER**

**POSITION: DEFENDER**

**NATIONALITY: USA**

**DOB: AUGUST 27, 1990**

## **KAYLA GONCALVES**

**POSITION: DEFENDER**

**NATIONALITY: CAN (PORTUGAL)**

**DOB: APRIL 14, 2000**



## **QUINN**

**POSITION: MIDFIELDER**

**NATIONALITY: CANADA**

**DOB: AUGUST 11, 1995**





## **SOFIA HAGMAN**

**POSITION: MIDFIELDER**

**NATIONALITY: SWEDEN**

**DOB: MARCH 21, 1997**

## **NIKKI STANTON**

**POSITION: MIDFIELDER**

**NATIONALITY: USA**

**DOB: OCTOBER 26, 1990**



## **SAMANTHA CHANG**

**POSITION: MIDFIELDER**

**NATIONALITY: CANADA**

**DOB: JULY 13, 2000**



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## **MARIAH LEE**

**POSITION: FORWARD**

**NATIONALITY: USA**

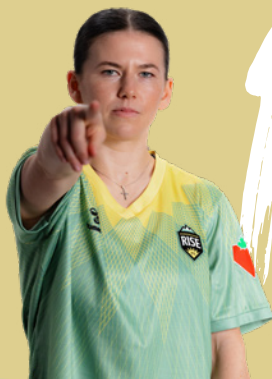
**DOB: JUNE 30, 1996**

## **LISA PECHERSKY**

**POSITION: FORWARD**

**NATIONALITY: CANADA**

**DOB: JUNE 29, 1998**



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## **JESSICA DE FILIPPO**

**POSITION: FORWARD**

**NATIONALITY: CANADA**

**DOB: APRIL 20, 2001**



## **JAYLYN WRIGHT**

**POSITION: DEFENDER**

**NATIONALITY: CANADA**

**DOB: AUGUST 1, 2003**

## **MORGAN MCASLAN**

**POSITION: GOALKEEPER**

**NATIONALITY: CANADA**

**DOB: FEBRUARY 22, 2000**



## **ANNA BOUT**

**POSITION: MIDFIELDER**

**NATIONALITY: CANADA**

**DOB: APRIL 23, 2001**





# 15

## **ARIEL YOUNG**

**POSITION: DEFENDER**

**NATIONALITY: CANADA**

**DOB: AUGUST 30, 2001**

## **KENNEDY FAULKNOR**

**POSITION: DEFENDER**

**NATIONALITY: CANADA**

**DOB: JUNE 30, 1999**



# 16



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## **SARA LILJA**

**POSITION: FORWARD**

**NATIONALITY: SWEDEN**

**DOB: SEPTEMBER 12, 2001**

## **YUKA OKAMOTO**

**POSITION: DEFENDER**

**NATIONALITY: JAPAN**

**DOB: SEPTEMBER 20, 1997**

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## **HOLLY WARD**

**POSITION: FORWARD**

**NATIONALITY: CANADA**

**DOB: OCTOBER 25, 2003**

## **JESSIKA COWART**

**POSITION: DEFENDER**

**NATIONALITY: USA (PHILIPPINES)**

**DOB: OCTOBER 30, 1999**

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# **JOSIE LONGHURST**

**POSITION: MIDFIELDER**

**NATIONALITY: WELSH**

**DOB: FEBRUARY 24, 2002**



# **NEDYA SAWAN**

**POSITION: FORWARD**

**NATIONALITY: CANADA (USA, EGYPT)**

**DOB: APRIL 22, 2002**

# **ANAIS OULARBI**

**POSITION: MIDFIELDER**

**NATIONALITY: CANADA (ALGERIAN)**

**DOB: MARCH 24, 2003**







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**JESSICA WULF**

**POSITION: GOALKEEPER**

**NATIONALITY: CANADA (JAPAN)**

**DOB: MAY 20, 2005**

**LATIFAH ABDU**

**POSITION: FORWARD**

**NATIONALITY: CANADA**

**DOB: OCTOBER 18, 2001**



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**STRONGER  
BY NATURE**

