



TWG 2025 CHENGDU

LIFESAVING ATHLETE FACT SHEET

NAME: [Your Name]	Julia Hennig
AGE: [Your Age]	27
NATION: [Your Country]	Germany
BRIEF INTRODUCTION OF YOURSELF [max 10 sentences]	Started swimming at the age of 4 First represented Germany 2015 at Junior Europeans and 2016 at Junior Worlds and made my open debut 2017, not been selected to represent Germany since Working as a lawyer (sports lawyer) Practicing 5 swim sessions and 3 times in the gym in preparation for the World Games
IS THIS YOUR FIRST WORLD GAMES? [Yes/No]	yes
IF NO, IN WHICH OTHER WORLD GAMES DID YOU ATTEND? [World Games]	
WHICH DISCIPLINE ARE YOU STARTING IN? [Your Discipline]	4x50m Lifesaver Relay (Position 2)
WHAT IS YOUR BEST ACHIEVEMENT IN THIS DISCIPLINE? [Your Best Achievement]	Having gotten a spot for the German relay
WHAT IS YOUR GOAL? [Your Goal]	Beating my personal best (20.3 until the head of the manikin breaks the surface) Getting on the podium with the girls
THIS IS FUN TO KNOW ABOUT YOU: [A fun fact or something interesting about yourself]	Shortest athlete on the German team (I am really small for a swimmer (1,57m))

PHOTO: Passport Photo: [Insert Passport Photo]		PHOTO: Action Photo: [Insert Action Photo]	 Foto: Daniel André Reinelt – DLRG
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