



TWG 2025 CHENGDU

LIFESAVING ATHLETE FACT SHEET

NAME: [Your Name]	Lena Oppermann
AGE: [Your Age]	20
NATION: [Your Country]	Germany
BRIEF INTRODUCTION OF YOURSELF [max 10 sentences]	Hi, I'm Lena ;) I'm a lifesaving athlete, university student and probably 90% caffeine at this point. I spend more time in the pool than in lectures, but don't tell my professors. My diet consists of carbs, protein, and a lot of coffee. I'm always either training, studying, or trying to stay awake in between. I always try to keep a smile on my face and a positive mindset, no matter what. My ideal rest day includes no alarms and maximum snacks.
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]	50m Manikin Carry, 100m Manikin Carry with fins, 100m Rescue Medley and all the relays
WHAT IS YOUR BEST ACHIEVEMENT IN THIS DISCIPLINE? [Your Best Achievement]	I'm proud to be Vice World Champion in the Rescue Medley, a two-time World Champion and World Record holder in the relay events. One of my personal highlights is holding the Junior World Record in the 50m Manikin Carry, where I also earned a bronze medal at Worlds.
WHAT IS YOUR GOAL? [Your Goal]	My goal for the World Games is to perform at my absolute best and to come home with a few medals. I'm really looking forward to competing and pushing my limits.
THIS IS FUN TO KNOW ABOUT YOU: [A fun fact or something interesting about yourself]	I was on my way to a competition by train, and it wasn't until an hour later that I realized I'd left my fins on the train—I guess I'm pretty good at lifesaving, but I'm also pretty good at being a bit all over the place! Hopefully that doesn't happen on the way to Chengdu.

PHOTO:
Passpor
t Photo:
[Insert
Passpor
t
Photo]

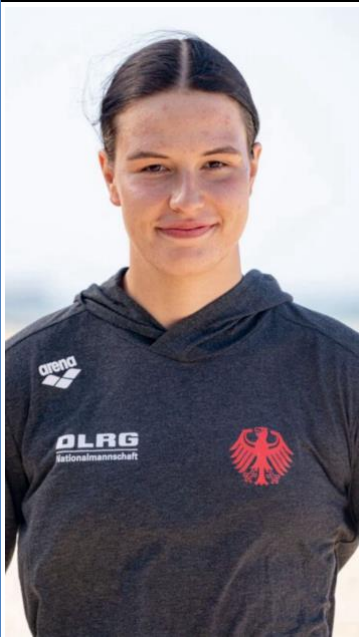


PHOTO
:
Action
Photo:
[Insert
Action
Photo]

