



TWG 2025 CHENGDU

LIFESAVING ATHLETE FACT SHEET

NAME: [Your Name]	Nina Holt
AGE: [Your Age]	22
NATION: [Your Country]	Germany
BRIEF INTRODUCTION OF YOURSELF [max 10 sentences]	Hi! I'm Nina Holt. I started swimming as a kid in my hometown, what began as a hobby quickly turned into a passion. Today, I compete both in lifesaving sport and competitive swimming. And I'm proud to represent Germany on the international stage in both. I hold four world records in lifesaving and have won medals at the World Games, European Championships, and World Championships — and I've had the honor of standing on the Olympic stage in competitive swimming. Beyond medals, it's about representing the team, the country, the dedication and the dream to get better every day.
IS THIS YOUR FIRST WORLD GAMES? [Yes/No]	No
IF NO, IN WHICH OTHER WORLD GAMES DID YOU ATTEND? [World Games]	Birmingham 2022
WHICH DISCIPLINE ARE YOU STARTING IN? [Your Discipline]	50m Manikin Carry, 100m Rescue Medley, Relays
WHAT IS YOUR BEST ACHIEVEMENT IN THIS DISCIPLINE? [Your Best Achievement]	50m Manikin Carry World Record and Worldgames Champion 2022, 100m Rescue Medley World Record
WHAT IS YOUR GOAL? [Your Goal]	Defend my Title in the 50m Manikin Carry and also give it my all in the other Races and Relays
THIS IS FUN TO KNOW ABOUT YOU: [A fun fact or something interesting about yourself]	