



TWG 2025 CHENGDU

LIFESAVING ATHLETE FACT SHEET

NAME: [Your Name]	Antía García Silva
AGE: [Your Age]	26 years old
NATION: [Your Country]	Spain
BRIEF INTRODUCTION OF YOURSELF [max 10 sentences]	I'm Antía. I've been practicing lifesaving sport since I was 11 years old, when I started at my hometown club, C.A. Umia. In 2015, I received my first call-up to the national team to compete in the European Championship. Since then, I've continued competing and representing the team — and now, ten years later, this is my tenth year. Over this time, I've won medals at the European Championships, World Championships, and the World Games. Now, the World Games in Chengdu will be my third Worlds, and I have high hopes for this championship — it's my favorite one.
IS THIS YOUR FIRST WORLD GAMES? [Yes/No]	No
IF NO, IN WHICH OTHER WORLD GAMES DID YOU ATTEND? [World Games]	World Games in Wrocław 2017 and Birmingham, Alabama 2022
WHICH DISCIPLINE ARE YOU STARTING IN? [Your Discipline]	Lifesaving
WHAT IS YOUR BEST ACHIEVEMENT IN THIS DISCIPLINE? [Your Best Achievement]	2 nd place in manikin carry with fins
WHAT IS YOUR GOAL? [Your Goal]	Enjoy it with my team and compete
THIS IS FUN TO KNOW ABOUT YOU: [A fun fact or something interesting about yourself]	Sometimes I feel like a panda

PHOTO: Passport Photo: [Insert Passport Photo]		PHOTO: Action Photo: [Insert Action Photo]	
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