

SWIM4 Elise



Elise Cerami was a 7 year competitive swimmer.

A POSITIVE WAVE OF CHANGE

The Foundation

The Swim4Elise Foundation works to honor the life of Elise Cerami by raising awareness of water safety. Elise a 13 year-old competitive swimmer drowned during her swim practice on June 20, 2016. Yet, she had logged over 700 races in USA Swimming and TAAF—Texas Amateur Athletic Federation. On that fateful day, Elise was only 15 minutes into a warm-up when her teammates found her unresponsive on the bottom of the pool. No medical condition was found to have caused Elise’s drowning. Ultimately, no one heard her drown. No one saw her drown. No one was actively scanning the water.

Resources

Elise’s story reminds us, that even strong swimmers can drown. No one is drown-proof and lifeguarding family and friends, particularly children, in the water can save them. **Learn more about water safety and drowning prevention by visiting the resource section of www.swim4Elise.com/resources**

Drowning Problem

Even though entirely preventable, drowning statistics are shocking. **Every year, Texas loses nearly 100 children to fatal drownings and for each fatal drowning it is estimated that there are 5 additional nonfatal drownings.** Though the majority of these tragedies affect younger children ages 0-4, when older children ages 10-17 drown nearly half knew how to swim. Anyone who is panicked in the water is primarily focused on breathing; they are unable to expel air or scream for help. Hence, drowning is silent. You must be watching, as you can only save what you can see.

In Honor of Elise

In April, hundreds of families came together to participate in the Run4Elise, a 5K and 1 Mile fun run that serves as a water safety platform and fundraiser for the Elise Cerami Memorial scholarship program. With the support of over 50 sponsors, 10 scholarships were provided to club and high school swimmers for swim camp and college. The Foundation plans to continue this event each spring in advance of the summer water season.

Water Safety Efforts

In partnership with Cook Children’s Safe Kids, the Swim4Elise Foundation shares the, “Lifeguard Your Child” water safety message with thousands of families in North Texas. Throughout the summer, the foundation targets daycare children with the message of waiting to swim when an adult is watching. Kids will take home water safety information to share with their families. For older swimmers, we are promoting the 100 Lifeguard Challenge, an initiative sponsored by Swim4Elise where swimmers ages 15 and up can get in-water safety skills via an American Red Cross Lifeguard Certification. #100LifeGuardChallenge

