

# SWIM4 Elise

## 2010 Family Vacation on the Beach with Elise

## A POSITIVE WAVE OF CHANGE

### Family Vacations

Every summer, our family looked forward to cherished vacations by the beach—sun kissed escapes carefully planned months in advance. Highly aware that each trip involved water, the Cerami kids started swimming lessons before they could walk. By Elise's first birthday, she was enrolled in weekly "mommy and me" swim classes. These early sessions eventually transitioned into independent lessons, summer refresher courses and later daily practices.

### Elise was a "Fish"

Elise was a self-proclaimed fish, and at the age of seven, she enthusiastically joined her first summer swim team. After spending two summers swimming competitively with the Texas Amateur Athletic Federation (TAAF), Elise advanced to year-round swimming in August 2011 with the North Texas Nadadores, a USA Swimming Club Team. Elise's passion for the water grew exponentially. She attended every practice she could, sought private lessons, and participated in swimming camps. Between the summer of 2010 and her final swim in June 2016, Elise competed in over 700 races, receiving countless medals.

### Drowning

How could such a talented swimmer drown?" With regards to pools, public or private, the answer is always the same, "drowning happens when no one is actively watching." On the morning of June 20, 2016, Elise attended a 6:30 AM practice where, despite her swimming proficiency, she drowned in the absence of vigilant supervision. While other practices routinely had lifeguards on duty, none were on the pool deck that fateful day. Ultimately, no one was scanning the water. Elise drowned eight feet from an empty lifeguard stand. In 2016 Elise's drowning was 1 of 107 children that fatally drowned in Texas. Each year, 80-100 children fatally drown in Texas with highest risk during summer months.

### Water Safety Efforts

In Elise's memory, the Swim4Elise Foundation works tirelessly to advocate for and raise awareness about water safety. We emphasize the importance of swimming lessons and the necessity of having capable water watchers. Drowning is silent. To prevent it, we must ensure that undistracted eyes are always on the water—after all, you cannot save what you cannot see. To learn more or donate visit [www.Swim4Elise.com](http://www.Swim4Elise.com)

### Red Cross Resources

The American Red Cross is a go-to source for water safety materials. Visit [www.redcross.org/watersafety](http://www.redcross.org/watersafety) where you will find countless hyperlinks to water safety related resources including a FREE online course title, "Water Safety for Parents and Caregivers." There's even a Red Cross Swim Mobile App available for iPhones and Androids. Making water safety even more accessible!

### The Vacation Kitten

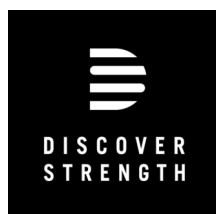
Coming Summer of 2025, look for the release of, "The Vacation Kitten!" This adorable children's book is the Purr-fect guide to water safety and it was coauthored by our amazingly dedicated lead teacher Mrs. Vicki Lawrence.



# Thank You Sponsors!



S O U T H L A K E  
S T Y L E



Giggles & Grins Pediatric Dentistry  
Inspire Physical Therapy & Wellness  
Frost Bank  
Holistic Allergy & Immunology  
National Nonprofit Collaboration  
Champions Club  
Poke Works  
Greer Dermatology  
Orangetheory Fitness Colleyville