



Lori and Elise Cerami

SWIM 4 ELISE

A POSITIVE WAVE OF CHANGE

Elise was many things to many people. An exceptional student. A dedicated athlete. Our amazing daughter. Bryce's loving sister. She was a treasured friend who loved hugs, and "Hamilton," and definitely reading. She was tenacious, persistent, and motivated beyond compare. I was always in awe of her passion. Like many parents, we encouraged Elise early on to find a lifelong sport that she could incorporate into a healthy lifestyle. In her quest to find that sport, she started with tennis at age four. By age seven, she added swimming to the mix. At first, I wasn't sure how her adventure with swimming would go. When she tried out for the Southlake Stingrays, a recreational summer league program, Elise could only swim two or three strokes before holding onto the wall. Nevertheless, she completed the full 25-yard free requirement—and, in fact, she was so confident in her performance that she walked over to the coaches afterward and let them know that she would return the next day for practice. Almost dropping their clipboards, the coaches asked if Elise could perhaps take some lessons prior to the season's start date. But she was on the team.

During her first two years of swimming, Elise came out of the blocks like a sack of potatoes, only to catch her competitors during the stroke. By age nine, Elise joined the North Texas Nadadores, a USA Swimming Club in Southlake. She favored swimming the 200 breast stroke and worked endlessly to perfect her back-to-breast stroke turn for her individual medley. She begged us to attend swim camps, teen Crossfit classes, and yoga so

that she could become stronger for her sport. And she was always eager to learn more. Her age group coach, Abby Turner, recalls Elise's brown eyes getting wider and brighter as they discussed racing, training, and technique. Again and again, Elise would set—then obliterate—goals for improvement. So it was no surprise that by the end of 8th grade, she was named to the Varsity Dragon roster for her upcoming freshman year at Southlake Carroll High School. Her father, brother, and I were immeasurably proud. Elise truly believed that she was meant to be in the water, not on land. Her passion for swimming was evident to anyone who knew her—and that capacity for passion, that depth of spirit, influenced everything she did. Elise found great value in getting to know the people around her. Her positive energy and inviting smile would make anyone feel as though they had known her forever. Her friends, coaches, and teachers have told me over and over what a motivation she was, what a light in our world. It is my sincere hope to share the light of Elise with you. — ELISE'S BIGGEST FAN, LORI CERAMI

Elise Cerami was a passionate, experienced and physically fit competitive swimmer who drowned during warm-ups at a club practice on June 20, 2016. In her honor, the Swim4Elise Foundation nonprofit was established to initiate "A Positive Wave of Change" for USA swimmers by increasing awareness of water safety.

SATURDAY, APRIL 6

3RD ANNUAL 2019 RUN4ELISE

The Run4Elise is a 5K and 1 Mile fun run that benefits the Swim4Elise Foundation and the Elise Cerami Memorial Scholarship. This family-friendly community event honors the life of Elise Cerami by promoting water safety through swimming scholarships and community outreach education. Run4Elise will be held at Gateway Church off Blessed Way in Southlake. Run4Elise is designed for the whole family! There will be refreshments, music, sponsor tables, free event photos, and water safety education.

Visit swim4elise.com/run4elise for race day schedule and to register for Run4Elise.