



FOR IMMEDIATE RELEASE

MEDIA ALERT – Thursday, January 11, 2024

Fargo Public School District #1

DAVIES SWIM-A-THON TO BENEFIT 4-6-3 FOUNDATION

The Davies High School swimming and diving team is swimming as far as they can and completing as many dives as they can to raise money to help bring awareness to mental health issue and prevent suicide.

WHAT: Davies High School Swim-A-Thon
WHEN: **Saturday, January 13** from 1 p.m. to 7 p.m.
WHERE: School Pool, Davies High School, 7150 25th Street South, Fargo
CONTACT: **Jennifer Johnson**, Davies boys swimming coach, 218.791.2896 or johnsoj9@fargo.k12.nd.us for more information.

The Davies High School Boys Swimming and Diving Team will participate in a charity swim-a-thon on Saturday, January 13 to benefit the 4-6-3 Foundation and raise funds to finance its own expenses.

The students have collected pledges for total yards swam and the challenge level of dives completed. Of the total money raised, 60% will be donated to the 4-6-3 Foundation, while the rest will be used for team expenses such as long-term pool improvements, training equipment, and other necessities. Donations will be accepted through February 16.

This is the 13th year of the charity event. In the previous 12 years, the team has donated about \$40,000. In the past, the team has donated to Amy Johanson's ALS treatments, Special Olympics of North Dakota, F-M Humane Society, Cat's Cradle Animal Shelter, Doug Hansen's kidney treatments, Imagine Thriving, and Mara Olson's cancer fight, Gigi's Playhouse, and Ronald McDonald House of the Red River Valley.

The 4-6-3 Foundation was established by the family of former Davies High School student Liam Medd, who died by suicide. The foundation is dedicated to erasing the stigma around mental health challenges and to help prevent suicide. It aims to help youth and families understand that there are not always symptoms or red flags leading to a suicide, that suicide is not reliably predictable, and to highlight the importance of access to resources and providing education around mental health.

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