



Allison Kathryn Zimmermann

August 15, 1996 - April 13, 2025

In Loving Memory of Allison Kathryn Zimmermann

Sunrise: August 15, 1996 – Sunset: April 13, 2025

Allison didn't just live 28 years — she lived with purpose. She believed in something greater than herself: that we are here to lift others, to serve something beyond individual success, and to live each day with courage, curiosity, and compassion.

She passed on April 13, 2025, embraced by the love she shared with family, friends, and teammates — a reflection of the community she so naturally built wherever she went.

Allison grew up in Orlando fiercely competing in some of the highest-level gymnastic competitions, contributing to Championship teams on a national level and receiving some of the highest-level awards. She was an accomplished pole vaulter at Olympia High School while graduating in the top 5 of her class. She earned a full scholarship to University of Louisville, a 4-year Varsity participant on the Rowing team and a 4-year All-ACC Scholar athlete. She graduated Suma Cum Laude from Louisville in 2018.

Allison was more than a gifted athlete or a brilliant scholar. She was a connector — someone who saw people for who they were and helped them

believe in what they could become. She had a rare ability to bring people together, to make them feel seen and valued. Her life was a testament to the power of service, teamwork, and heart.

Whether in athletics, academics, or simply a moment of quiet kindness, Allison lived by the belief that the strength of the team outweighs individual achievement. Her motto, “Keep Going”, wasn’t just for her — it was for all of us. It was a reminder to persevere, to believe, and to never let fear stand in the way of showing up fully.

She had a deep reverence for life in all forms — especially animals and particularly her dogs. To her, every living being deserved dignity, care, and belonging. Her actions consistently aligned with her values — a rare and beautiful kind of integrity.

She taught us how to have compassion, how to just listen, how not to respond with solutions, but just listen. Sometimes misunderstood because of her illness, Allison guarded her thoughts to protect her family, her friends, and herself. Allison would always light up the room with her beauty, ingenious personality, strength, and THAT SMILE.

Allison is deeply loved and forever remembered by her parents, Eric and Kathy Zimmermann, her brother Gregory Zimmermann, her grandmother Carole Giltz, and a wide circle of uncles, aunts, cousins, teammates, and friends. The community she touched is better because she was here.

A visitation with the family will begin at 12:00 PM, followed by a mass promptly at 1:00 PM at Holy Family Catholic Church, 5125 S. Apopka Vineland Rd, Orlando, FL 32819. The mass will be followed by burial services at Dr. Phillips Cemetery, 5125 S. Apopka Vineland Rd, Orlando, FL 32819.

A Celebration of Life Reception will follow the mass and burial at Orange County Sportsman Association, 9020 Kilgore Rd, Orlando, FL 32819, beginning approximately 2:30 PM until 6:00 PM.

In honor of Allison's values, the family welcomes flowers for the service (www.windermereflowersorlando.com) or donations made to her favorite charity, Suncoast Basset Rescue (www.suncoastbassetrescue.org) — an extension of the love and passion she carried throughout her life.

Resting in Peace, Allison. We will Keep Going, even though your illness has taken that from you — because you showed us how and want us to.

<https://www.youtube.com/live/6-dDMvS2p9Q?feature=shared> (Holy Family Services)

<https://www.youtube.com/watch?v=6LunfMwMYUc&authuser=0> (A Tribute from Louisville Rowing Team)

https://youtu.be/DIUKE_vjP5Q (A special friends video tribute to Allison)

A special friend's tribute to Allison:

Allison, my dear friend. When your family asked me if I would speak today, I was so honored and then immediately panicked. How was I to express in a few short paragraphs what you meant to me, what it meant to be young girls together, what it meant to grow up together, what it meant to watch each other blossom into young women, and everything in between? But I am going to do my best.

The last few days, I have not been able to get one particular memory out of my mind. Allison and I were going to the movies, she was driving as she always did at this time, because I didn't have my license yet. We were in her little punch buggy she had back then, and it was absolutely POURING down rain. I can remember so clearly us on our way there. We couldn't believe how hard it was raining, and we couldn't comprehend how or why we thought it was a good idea that we left the house in the first place. Instead of turning around or complaining, we just looked at each other and started giggling. I mean, full-blown tears in our eyes, belly starts to hurt, giggling. And we did so all the way to the theater. We went on to see Pitch Perfect that night, which we proceeded to quote and mimic for weeks, months, even years to come.

I don't know exactly why, of all the memories we have, this is the one that is playing in a loop in my brain, but when I really think about it, it kind of makes sense. It perfectly captures us and furthermore, Allison. We brought out each other's goofy sides, we didn't take things too seriously, we gave each other permission to be nothing short of ourselves, and we never judged one another. Simply put, we just loved being together. We carried that same foundation of friendship with us into every chapter of life we shared. As we went on to college and graduated into adulthood, we continued to make each other laugh, we continued to lift each other up, we continued to care for each other, and we continued to show up for one another.

Our friendship spanning so many years is a testament to the kind of person Allison was. She had a unique ability to make people feel seen, comfortable, and appreciated. She was truly everyone's greatest cheerleader, whether in academics, sports, or personal life. I can hear her saying right now, "Ohhh yaaa" as she always did when she was hyping me up. Her smile, charisma, and wittiness made every room she walked into brighter.

Allison and I always shared a love for music, specifically Taylor Swift. I

remember we went to her Speak Now concert, and all Allison cared about was that Taylor played "Long Live". As long as she played that song, the night would be perfect. To this day, I have always associated that song with Allison. I listened to it this past week, and the lyrics hit a little closer to home. It goes:

Will you take a moment?
Promise me this
That you'll stand by me forever
But if, God forbid, fate should step in
And force us into a goodbye
If you have children someday
When they point to the pictures
Please tell them my name
Tell them how the crowds went wild
Tell them how I hope they shine
Long live the walls we crashed through
How the kingdom lights shined just for me and you
I was screaming, "Long live all the magic we made"
Long live all the mountains we moved
I had the time of my life fighting dragons with you

Allison, I will forever cherish the friendship that we shared and the time we had together. When people ask me about you, I will share how incredibly kind and caring you were. I will tell them how you accomplished amazing things. I will tell them how deeply you loved the people and animals around you. And most importantly, I will tell them I am better because I knew you. I had the time of my life growing up with you. I love you girl.

Thank you.

Good afternoon. I am Alex Stanton and along with my wife Shawn, we have the privilege of being Allison's Godparents. Shawn and Kathy have been besties since college, a mere four decades ago. On behalf of Allison's immediate family — Eric, Kathy, Gregory, Kent and Carole — thank you for being here today. Whether you came from across the country, down the street or across town, your presence speaks volumes about the love that surrounds this remarkable young woman.

Allison gave so much to others, and today, we hold that love close — and we honor her. I have the privilege of trying to accomplish a couple things this afternoon, one harder and one easier. The first is for me to speak to why or how we may be here today, very hard, but most importantly why and how we should be celebrating the life of Allison today, easy. My wife Shawn & I have known Allison the entirety of her life and she lived them with purpose. With passion. With accomplishment. And with a depth of care that left a mark on everyone who knew her. The ultimate teammate. There are incredible accolades about Allison in her Obituary that I do not need to repeat. But simply put, she was brilliant, determined, and endlessly gifted. Her past teammates in all sports have spoken to the family about the devastation of our loss of Allison, letting her family know what a great teammate she was, what a great person she was, and what great friendships they had. Today, we are surrounded by those teammates and coaches from all over the country; what better testament to their love and respect for Allison than this. Allison's love was quiet, steady, and strong. Whether in the middle of a competition or sitting beside someone who needed to talk, she embodied grace. She brought people together and made them feel like they belonged. Her Dad, Eric, reflects on her personal motto — “Keep Going”— It was not just a motivational phrase. It was a lifeline. It was her way of telling herself, and sometimes all of us, that even when life is heavy, even when fear whispers too loudly, we can

still show up. Still try. Still be kind. Still love. Allison never gave up on others — not ever. Now the hardest part:

Allison's journey, filled with love, also included pain, suffering — and it's important that we speak this truth with love and honesty. However, this truth is so hard to define. Whether Allison battled some illness, some eating disorder, some disease, some genetic disorder, whatever, her battle against it brought social anxiety, depression and physical ailments. A person working with her on this for the past few years wrote to the family this week that “this illness is a relentless and awful one”. These weren't choices our Allison made. These weren't weaknesses our Allison had. These were consequences, that she had no answer for. She carried these burdens quietly, with courage, to protect the people she loved. She managed this illness for a long time, but the severity of it and its impact on her gradually began to escalate, until now when it was suddenly too much for her to persevere, both physically and emotionally. Eventually, the cross she was carrying, was too much for her to bear.

At times, her illness made her feel alone or misunderstood. And yet even then, she protected her family, her friends, and her teammates from the burden she carried. Her strength was not loud, but it was immense. Her Mom, Kathy, wanted us to know that Allison wanted people to learn how to just listen. How to be present. How to love someone without needing to fix them. She reminded us that sometimes the bravest thing you can do is simply keep going and to Just be Kind. And she did — for longer, and with more heart, than anyone could fathom. And so is the legacy she leaves behind. In the way you love others, in how you listen, in how you keep going when it's hard — through all of you, Allison lives on. That was the hard part. The easier part is to reflect on the great memories we have of, with, Allison and all her great values. Our family grew up Allison as a child that had a constant bundle of energy, watching in admiration her accomplishments and infectious personality. Our families shared vacations, holidays and family events

throughout our kid's childhood. Sometimes she was a version of a Tasmanian Devil being chased around by her parents or our kids, sometimes trying to out compete our oldest daughter

Kate, despite Allison being almost 4 years younger, sometimes sitting intensely for hours, matching chess skills against our son Matt, and her always showing patience and grace to our youngest special needs daughter Emily. When Allison was in school at Louisville, she would “hang” with us sometimes at our home in Nashville, a few hours away from her campus. Sometimes she was staying with us by herself, sometimes with her friends, just hanging out before hitting downtown Nashville. In hindsight, we were just a super cheap Airbnb, that fed them. Shawn and I always felt so comfortable and happy during those visits with her. I’ll add a feeling Shawn, and I have had with the family over the past couple of weeks. Some say cardinals are messengers, signs that someone we love is still near. I don’t know if that is true or not, but I do know that Allison, as are her teammates at Louisville, was a Cardinal. And when Shawn or I see a Cardinal now, in that moment, we feel comforted – like Allison has found a way to say, “I’m OK. And you will be too” I know there was a lot of heavy things I started with, but we all do believe this is a Celebration of Allison’s life. She had so many wonderful, memorable times with so many of you that are here today.

The family would like to hear some of those great stories and memories. They can all help us reflect why we are here today. To celebrate Allison.

Thank you.

Previous Events

Visitation

APR 25. 12:00 PM - 12:40 PM (ET)

Holy Family Catholic Church
5125 South Apopka Vineland Road
Orlando, FL 32819

Funeral Mass

APR 25. 1:00 PM (ET)

Holy Family Catholic Church
5125 South Apopka Vineland Road
Orlando, FL 32819

Burial

APR 25. 2:30 PM (ET)

Dr. Phillips Cemetery
5410 S. Apopka Vineland Road
Orlando, FL 32819

Celebration of Life Reception

APR 25. 2:30 PM - 6:00 PM (ET)

Orange County Sportman Association
9020 Kilgore Rd
Orlando, FL 32819

Tribute Wall

RS

“Hi my name is Riley and I was with Allison at the Charis House in the spring/summer of 2024. I wish I had posted earlier but it's been so hard to find words. Allison was genuinely a light, and I don't know what I would've done without her. She noticed every time I struggled and immediately played my favorite song or gave me an encouraging word. Even seeing her smile would cheer me up. Her love and care for others was infinite and I feel so special to have known her and to have had her as my friend. Her presence brought so much light and laughter into the house. We sat together on the living room couch every day, sharing so many laughs, smiles, jokes, struggles, and encouragement. One of my favorite memories with Allison is when we learned the song fergalicious together and got everyone else in the house to learn it too. I think of her every time I hear the song and smile. We would also quote my favorite Dr. Seuss book together all the time. Some nights we would have a “party” (that's what one of the mental health coaches called it) right before bed when us and another girl in the house would finish getting ready for bed a little early and hang out as long as we could until we were told to go to bed. Treatment is a very hard place to be but memories like these make it so much better and easier to go through. It's the light in a dark tunnel, putting us at ease and giving us hope. Even though we're far away from home we're okay. Friendship is one of the only things there was to hold on to and I'm so glad I had Allison to hold on to, and I hope she knew she could hold on to me as well. I have so many more memories that I wish would come to mind right now, but I'm sure they'll come back eventually. Even though it was only for a month or so, I'm so thankful that I got to walk through a season of life with Allison. I wish it wasn't under those circumstances, but I'll always be grateful to have had her in my life.

Riley Showker - April 09 at 08:57 PM

MO

I am Grateful for your post 💕 please share anytime. I read these and it just warms my heart and I am so glad you got to see the real Allison. I am glad the illness got pushed aside.

mom - April 25 at 06:44 PM

MO

I am having a sad time right now so I came to this ! And read it again. It Brings such joy to my sorrowful mind. Riley, I can not thank you enough for being so brave to post such a beautiful testimony of your friendship with Allison. Every minute of the day I wish it could have been different but I have to trust in God. I have always been empathetic, giving and prayerful to others who have had great loss but I never thought it would be me on the receiving end. Well not just me but our whole family , her friends and Allison herself.

mom - May 25 at 07:02 PM



“ Hi,

My name is Sophia and I met Allison at Roger’s inpatient in 2022. My friend Audrey and I were with her at the beginning of that year and we had just found out about her passing. Allison was an extremely sweet and caring person and the memories shared on this page echo that. The last time we talked was January 2024 and I did not hear from her after that. I have been worried about her and my heart breaks knowing how much she was struggling. I wanted to share the letter she wrote me when I left Roger’s. I remember us watching Jeopardy after dinner. I also remember when I ordered stickers and we laughed at the phrases on them that didn’t make any sense. She always talked about her Basset Hounds and we would bond over the love we had for our pets. I’m sure they are missing her so much. She was a ray of sunshine and I wish I was able to spend more time with her. I am sending so much love to her family and friends.

Sophia Gritzmacher - February 03 at 08:53 PM

MO

Sophia , thank you so much for sharing. If you ever feel like sharing more with me, I cherish and love all I can hear about Allison. My number is (407) 325-9311 - I love that you posted - I am sorry you had to hear of this just now. We are missing Allison so much and so sorry she had such a battle to fight but never wanted to burden anyone. My sweet girl ❤️ it will hurt forever.

Thank you again for posting. I means so much to us.

mom - February 17 at 03:38 PM

KZ

“ *Kathy Zimmermann lit a candle in memory of Allison Kathryn Zimmermann*



Kathy Zimmermann - January 17 at 07:53 PM

KZ

“ *1 file added to the tribute wall*



Kathy Zimmermann - January 17 at 07:52 PM

MH

“ I was with Allison in both Laureate ed program and rogers. I don't know if I've ever felt so accepted, connected and understood by a person before. She did not judge. She took you as you were no matter what. She would call me shmeeriam. A nickname a therapist at laureate had come up with. I didn't like that nickname but I was totally okay with her using it, because she said it with sincerity and compassion. It was full of care and concern. She was always looking out for me. Even when she was going through so much herself. I have a letter she wrote me when I left rogers. In it she told me "I know that you can find your way out of this. We both can". She had so much love and hope to give to others. We both had similar struggles in certain areas, and I related to her a lot. She took me under her wing at times I really needed someone. She was a lifelong angel. Maybe even born one. Her kindness knew no bounds. I will forever cherish my memories with her and the impact she had on me. Love you allison. You are loved beyond words.
Love, Miriam

Miriam Horowitz - November 12, 2025 at 03:21 AM

KZ

Oh my gosh, I'm so happy to hear from you. She talked about you with such girls and compassion. She was so worried about you and I didn't know that you left Roger's before she did. I guess that was the second time she was there. I'm so glad that you are Able to post something like this means so much to me tears over this that she did not make it out. But I'm glad you have. And she was born an angel. I have so many signs of that now I never realize what it would mean later in life I mean, I always called her my angel. I'm speaking from my heart my broken heart and I thank you so much if you ever want to reach out to me, I'm here my number 473259311.

Kathy Zimmermann - December 02, 2025 at 07:26 AM

KZ

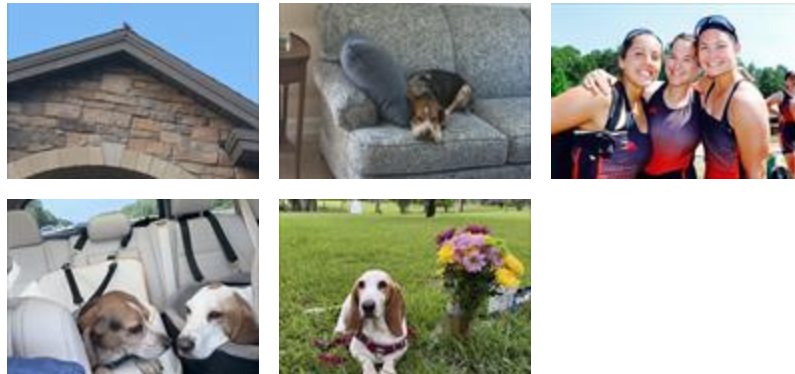
“ Today was a memory of the sorrowful mother Mary mass and my friend Andrea put in a special attention for the repose of Allison’s soul such a beautiful mass and Father Peter gave me and all the people present such strength and now I k is that I can do something good for others, Who need what Allison could not find and we could not find for her and I’m going to start something. I’m working on it.



Kathy Zimmermann - September 15, 2025 at 07:45 AM

KZ

“ 12 files added to the tribute wall



Kathy Zimmermann - June 25, 2025 at 06:12 PM

DE

“ I met Allison at laureate eating disorder program in 2023. And her name was very popular haha, I wanted to know who this Allison girl was and I found out that this Allison girl was an angle on earth who could conquer anything. She had a “go get it” spirit, had a smile that could light a room and a laugh that was contagious. I just remember thinking “she is my inspiration to get better.” She was the first person I opened up to at laureate and the one I held a dear place for. She always did dimond art and she was about to discharge and needed something to do and didn’t have time to order a new dimond art and do it and asked me if she couldn’t finish mine. I said of course and less than a week later I got mail from her and it was a dimond painting and on the note it said she had one just like the one she sent me so we would have matching ones. Sweet sweet gal. Rear in peace girl. Love you sister!

destiny - June 24, 2025 at 11:04 PM

KZ

This is my baby girl; always caring, loving, protecting, sacrificing and just pure joy 🤍🙏

Kathy Zimmermann - June 25, 2025 at 01:49 PM

MA

Rest in peace

Marcus - August 14, 2025 at 02:58 PM

MH

“ Miriam Horowitz lit a candle in memory of Allison Zimmermann



Miriam Horowitz - June 11, 2025 at 08:48 AM

EB

“ I met Allison in treatment at Laureate Eating Disorder's Center in 2023. Allison always managed to brighten my stay during treatment. We'd spend all day together alongside our friend Claire. We did every outing together. It was me, her and Claire against the world. We all hoped to meet again one day, as she lived in Florida and me and Claire live in Missouri. We just found out about her passing. I am so sorry to her family and friends. Allison was an amazing person. I'm so sorry this illness took her away. It's not fair. Rest in peace, Allison. I love you.



Elizabeth Bender - June 10, 2025 at 03:18 PM

KZ

She loved you girls. Thank you for sharing 🤔🙏🙏

kathy zimmermann - June 15, 2025 at 07:14 AM



“ Katie Longaker lit a candle in memory of Allison Zimmermann



Katie Longaker - June 03, 2025 at 08:29 PM

KZ

Thank you from our family.

Kathy Zimmermann - June 07, 2025 at 07:33 PM

LM

“ *Lily Mazzullo lit a candle in memory of Allison Zimmermann*



Lily Mazzullo - May 29, 2025 at 04:20 PM

KZ

This means so much

Kathy Zimmermann - May 30, 2025 at 06:47 PM

LM

“ *Lily Mazzullo lit a candle in memory of Allison Zimmermann*



Lily Mazzullo - May 29, 2025 at 03:57 PM



“ *Cabell Crowder lit a candle in memory of Allison Zimmermann*



Cabell Crowder - May 24, 2025 at 09:36 AM

KA

“ Over 25 donations totaling \$2,400 for the Suncoast Basset Rescue !
You all should receive a thank you note from Suncoast and me (at
some point).

We all thank you so much !!!

kathy - May 19, 2025 at 02:23 PM

OL

“ I always wanted to say hello, one of those days when I was sitting in
front of the house and she went for a run. I never did, why? I'll never
know if my poor English would have brought a smile to her face...
I can't express my sadness in words...

Sorry

OLI

OLi - May 14, 2025 at 12:24 PM

KA

*Thank you. Glad you wanted to say hi and glad you are thinking of her
now as well.*

kathy - May 19, 2025 at 02:17 PM

KZ

“ [https://music.apple.com/us/album/faithfully/1652915746?i=1652918
450](https://music.apple.com/us/album/faithfully/1652915746?i=1652918450)

Kathy Zimmermann - May 13, 2025 at 08:14 AM

“ Alex Stanton’s eulogy:

Good afternoon. I am Alex Stanton and along with my wife Shawn, we have the privilege of being Allison’s Godparents. Shawn and Kathy have been besties since college, a mere four decades ago. On behalf of Allison’s immediate family — Eric, Kathy, Gregory, Kent and Carole — thank you for being here today. Whether you came from across the country, down the street or across town, your presence speaks volumes about the love that surrounds this remarkable young woman. Allison gave so much to others, and today, we hold that love close — and we honor her.

I have the privilege of trying to accomplish a couple things this afternoon, one harder and one easier.

The first is for me to speak to why or how we may be here today, very hard,

but most importantly why and how we should be celebrating the life of Allison today, easy.

My wife Shawn & I have known Allison the entirety of her life and she lived them With purpose. With passion. With accomplishment. And with a depth of care that left a mark on everyone who knew her. The ultimate teammate.

There are incredible accolades about Allison in her Obituary that I do not need to repeat. But simply put, She was brilliant, determined, and endlessly gifted.

Her past teammates in all sports have spoken to the family about the devastation of our loss of Allison, letting her family know what a great teammate she was, what a great person she was, and what great friendships they had.

Today, we are surrounded by those teammates and coaches from all over the country; what better testament to their love and respect for Allison than this.

Allison’s love was quiet, steady, and strong. Whether in the middle of a competition or sitting beside someone who needed to talk, she embodied grace. She brought people together and made them feel like they belonged.

Her Dad, Eric, reflects on her personal motto — “Keep Going” — It was not just a motivational phrase. It was a lifeline.

It was her way of telling herself, and sometimes all of us, that even when life is heavy, even when fear whispers too loudly, we can still show up. Still try. Still be kind. Still love.

Allison never gave up on others — not ever.

Now The hardest part:

Allison's journey, filled with love, also included pain, suffering — and it's important that we speak this truth with love and honesty.

However, this truth is so hard to define. Whether Allison battled some illness, some eating disorder, some disease, some genetic disorder, whatever, her battle against it brought social anxiety, depression and physical ailments.

A person working with her on this for the past few years wrote to the family this week that "this illness is a relentless and awful one".

These weren't choices our Allison made. These weren't weaknesses our Allison had. These were consequences, that she had no answer for.

She carried these burdens quietly, with courage, to protect the people she loved.

She managed this illness for a long time, but the severity of it and its impact on her gradually began to escalate, until now when it was suddenly too much for her to persevere, both physically and emotionally.

Eventually, the cross she was carrying, was too much for her to bear.

At times, her illness made her feel alone or misunderstood. And yet even then, she protected her family, her friends, and her teammates from the burden she carried. Her strength was not loud, but it was immense.

Her Mom, Kathy, wanted us to know that Allison wanted people to learn how to just listen. How to be present. How to love someone without needing to fix them.

She reminded us that sometimes the bravest thing you can do is simply keep going and to Just be Kind. And she did — for longer, and with more heart, than anyone could fathom.

And so is the legacy she leaves behind. In the way you love others, in how you listen, in how you keep going when it's hard — through all of you, Allison lives on.

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Our families shared vacations, holidays and family events throughout our kids childhood. Sometimes she was a version of a Tasmanian Devil being chased around by her parents or our kids, sometimes trying to out compete our oldest daughter Kate, despite Allison being almost 4 years younger, sometimes sitting intensely for hours, matching chess skills against our son Matt, and her always showing patience and grace to our youngest special needs daughter Emily.

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Sometimes she was staying with us by herself, sometimes with her friends, just hanging out before hitting downtown Nashville.

In hindsight, we were just a super cheap AirBNB, that fed them. Shawn and I always felt so comfortable and happy during those visits with her.

I’ll add a feeling Shawn and I have had with the family over the past couple of weeks. Some say cardinals are messengers, signs that someone we love is still near. I don’t know if that is true or not, but I do know that Allison, as are her teammates at Louisville, was a Cardinal. And when Shawn or I see a Cardinal now, in that moment, we feel comforted – like Allison has found a way to say, “I’m OK. And you will be too”

I know there was a lot of heavy things I started with, but we all do believe this is a Celebration of Allison’s life. She had so many wonderful, memorable times with so many of you that are here today.

The family would like to hear some of those great stories and memories. They can all help us reflect why we are here today. To celebrate Allison.

Thank you.

Kathy Zimmermann - May 12, 2025 at 09:37 PM

KZ

“ *Kathy Zimmermann lit a candle in memory of Allison Zimmermann* ”



Kathy Zimmermann - May 12, 2025 at 09:33 PM

KZ

“ *Louisville Rowing Pays Tribute to Allison Zimmermann*
Louisville Rowing Honors the Life of Allison Zimmermann
April 25, 2025 | Rowing

Last Monday, the Cardinals' coaches were contacted by their alumni to inform them of the sad passing of one of their teammates, Allison Zimmermann who was a member of the graduating class of 2018..

Naturally, our thoughts and prayers are with Kathy, Eric and Gregory at this most difficult time. Our collective thoughts go to all those who knew Allison, especially her teammates and friends from both the Cardinal community and beyond.

Allison was a shining light as a person – a talented and hard-working athlete and a reliable friend to those closest to her. She was an outstanding student athlete and contributed to the strength of the team from 2014-2018. She was a standout in Marshall Center as well, being awarded Iron Cardinal status on multiple occasions. She represented the Cardinals in all the boat classes in her career. It is truly hard to fathom just how much of a loss she will be to our collective lives.

The Cardinals were able to pay tribute to Allison this week following a suggestion of one of her former teammates, who now lives in Hawaii. It is Hawaiian tradition when losing a surfer that other surfers "paddle out" offshore, circle their boards and poignantly cast flowers into the ocean to honor the one lost.

Skip Ad

As the current team prepares for its latest competition in North

Carolina– we were able to take the time to circle up the whole team and cast flowers into the Ohio River in memory of Allison. It was a moment of reflection, gratitude and heartfelt sympathy towards one of our recent team members, tragically gone far too soon.

As many of Allison's former teammates head to Orlando to pay their respects in person at her funeral and celebration of life, they go with our condolences, our love and our support in both this current time of sadness and through the challenges ahead.

RIP Allison,

Louisville Rowing, L1C4

Louisville Rowing places flowers in the Ohio River in honor of Allison Zimmermann

The Louisville Rowing team places flowers in the Ohio River in honor of Allison Zimmermann

Kathy Zimmermann - May 12, 2025 at 09:32 PM

KZ

“ <https://youtu.be/J9B1kR3W32I?si=Acdqhaw2OVJ2ob-E> ”

Kathy Zimmermann - May 10, 2025 at 11:54 AM

MO

“ *May is Mental Health Awareness Month, and many times eating disorders are left out of the general mental health conversation. Eating disorders are complex, brain-based illnesses that will affect 29 million Americans in their lifetime. They can affect all people, regardless of age, gender, race, ethnicity, wealth, job status, sexual orientation, ability, neurodiversity, and body shape/size. Eating disorders have the second highest lethality rate among all mental illnesses, with someone dying every 52 minutes as a direct result.*

Devastatingly, over 70% of those struggling will not receive access to the care they need. We, at the National Alliance for Eating Disorders, are committed to continue working towards ensuring that all humans experiencing eating disorders are able to receive the care and support they need and deserve, so that no one has to struggle alone.

With sincere gratitude,

Johanna

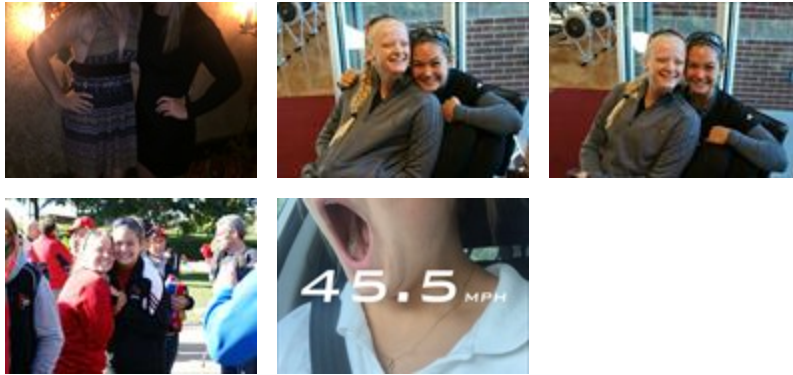
Founder & CEO | National Alliance for Eating Disorders

mom - May 01, 2025 at 11:19 AM

LS

“ Aly,

I will cherish and miss our silly adventures and you forever. <3



Leah Stump - April 30, 2025 at 03:25 PM

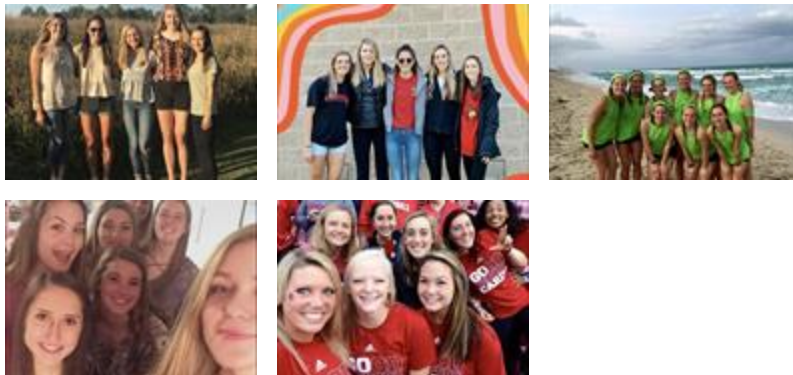
KZ

Love these pictures. Thx for posting

Kathy Zimmermann - May 11, 2025 at 10:36 PM

KS

“ 6 files added to the tribute wall



Kim Streetz - April 29, 2025 at 07:59 PM

KZ

Kim, I missed seeing you. Thank you for posting ! 🤗

Kathy Zimmermann - May 11, 2025 at 10:38 PM

MO

“ <https://www.facebook.com/share/p/14xqocVSAP/?mibextid=wwXlfr>

mom - April 26, 2025 at 03:37 PM

“ Service Eulogy:

Allison, my dear friend. When your family asked me if I would speak today, I was so honored and then immediately panicked. How was I to express in a few short paragraphs what you meant to me, what it meant to be young girls together, what it meant to grow up together, what it meant to watch each other blossom into young women, and everything in between? But I am going to do my best.

The last few days, I have not been able to get one particular memory out of my mind. Allison and I were going to the movies, she was driving as she always did at this time, because I didn't have my license yet. We were in her little punch buggy she had back then, and it was absolutely POURING down rain. I can remember so clearly us on our way there. We couldn't believe how hard it was raining, and we couldn't comprehend how or why we thought it was a good idea that we left the house in the first place. Instead of turning around or complaining, we just looked at each other and started giggling. I mean, full-blown tears in our eyes, belly starts to hurt, giggling. And we did so all the way to the theater. We went on to see Pitch Perfect that night, which we proceeded to quote and mimic for weeks, months, even years to come.

I don't know exactly why, of all the memories we have, this is the one that is playing in a loop in my brain, but when I really think about it, it kind of makes sense. It perfectly captures us and furthermore, Allison. We brought out each other's goofy sides, we didn't take things too seriously, we gave each other permission to be nothing short of ourselves, and we never judged one another. Simply put, we just loved being together. We carried that same foundation of friendship with us into every chapter of life we shared. As we went on to college and graduated into adulthood, we continued to make each other laugh, we continued to lift each other up, we continued to care for each other, and we continued to show up for one another.

Our friendship spanning so many years is a testament to the kind of person Allison was. She had a unique ability to make people feel seen, comfortable, and appreciated. She was truly everyone's greatest cheerleader, whether in academics, sports, or personal life. I can hear her saying right now, "Ohhh yaaa" as she always did when she was hyping me up. Her smile, charisma, and wittiness made every room she walked into brighter.

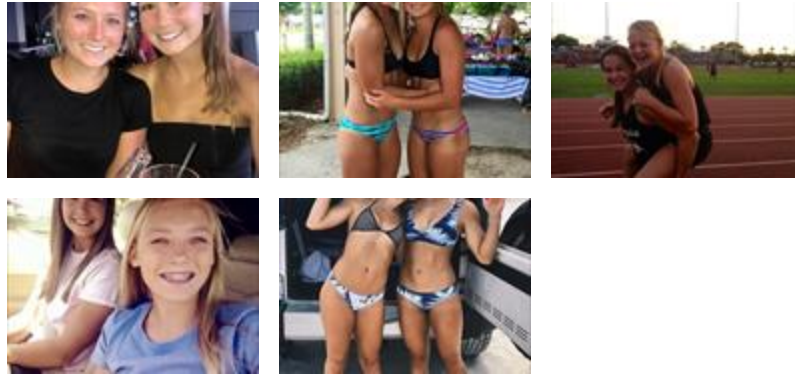
Allison and I always shared a love for music, specifically Taylor Swift. I remember we went to her Speak Now concert, and all Allison cared about was that Taylor played "Long Live". As long as she played that song, the night would be perfect. To this day, I have always associated that song with Allison. I listened to it this past week, and the lyrics hit a little closer to home. It goes:

*Will you take a moment?
Promise me this
That you'll stand by me forever
But if, God forbid, fate should step in
And force us into a goodbye
If you have children someday
When they point to the pictures
Please tell them my name
Tell them how the crowds went wild
Tell them how I hope they shine
Long live the walls we crashed through
How the kingdom lights shined just for me and you
I was screaming, "Long live all the magic we made"
Long live all the mountains we moved
I had the time of my life fighting dragons with you*

Allison, I will forever cherish the friendship that we shared and the time we had together. When people ask me about you, I will share how incredibly kind and caring you were. I will tell them how you accomplished amazing things. I will tell them how deeply you loved the people and animals around you. And most importantly, I will tell them I am better because I knew you. I had the time of my life

growing up with you. I love you girl.

- Summer



Summer Schafers - April 26, 2025 at 11:39 AM

KZ

Summer

You provided us all with a vivid glimpse into the happy life of Allison. The one we all need to carry on each and everyday we can. Love , Kathy

Kathy Zimmermann - May 11, 2025 at 10:41 PM

MO

“ <https://music.apple.com/us/album/i-will-rise/1440842668?i=1440842679>

My baby girl

mom - April 26, 2025 at 09:18 AM

GB

“ https://youtu.be/DIUKE_vjP5Q?si=batNzmfe3flz-MUe

Video Titled: “In Loving Memory of Allison K. Zimmermann” on YouTube

Gabi Biedenbarn - April 26, 2025 at 09:14 AM

IB

“ I met Allison our senior year of high school and we instantly clicked. She was such a joy, always full of light and laughter. I'll never forget all the fun we had. She made everything better just by being there.



Ivanna Bruno - April 25, 2025 at 11:14 AM

KZ

Ivanna

You made Allison feel so special and welcomed when returning back to school after being home schooled. She was very happy with you and your group of fun and welcoming friends. Thank you for giving her these fun times. Kathy

Kathy Zimmermann - May 11, 2025 at 10:44 PM

SH

“ Some of my first memories with Allison are doing cartwheels down the hallway at Windy Ridge together. And handstand contests during recess. She always beat me. All of the memories I have with Allison, we had big smiles on our faces. Sending her family hugs and prayers.



Sara Anderson Heater - April 23, 2025 at 07:46 PM

MO

She loved your friendship. Thank you for the kind words and pictures !! We want to keep her alive through these post and this site. Mom and dad

mom - April 26, 2025 at 10:51 AM

SR

“ 4 files added to the tribute wall



Sheila Rinozzi - April 23, 2025 at 07:28 PM

CR

“ *Allison was such an amazing friend. I will cherish our memories from OARS and our time together at the Princeton Rowing camp.*



Christina Romagnoli - April 23, 2025 at 11:06 AM

MS

“ *Maria Santana lit a candle in memory of Allison Zimmermann*



Maria Santana - April 23, 2025 at 10:01 AM

TR

“ *Thiago Ramalho sent a virtual gift in memory of Allison Zimmermann*



Thiago Ramalho - April 19, 2025 at 09:25 AM

TR

“ *Thiago Ramalho sent a virtual gift in memory of Allison Zimmermann*



Thiago Ramalho - April 19, 2025 at 09:24 AM

TR

“ *Thiago Ramalho lit a candle in memory of Allison Zimmermann*



Thiago Ramalho - April 19, 2025 at 09:23 AM

CW

Our warmest thoughts and sympathy for all Allison's surviving family with us offering support during your time of great loss. We will always remember Allison as she would say hello to us while she often jogged by our home nearby. Allison will be greatly missed for all she accomplished and for what she could have done more to have inspired us all to become.

In loving memory from Craig and Lynn White

Craig and Lynn White - April 19, 2025 at 05:30 PM

MH

“ *Marta H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Allison Kathryn Zimmermann.*

Marta H. - April 18, 2025 at 07:57 PM

DB

“ *Drs Eric & Asra Bonenberger purchased the Divine Peace Bouquet for the family of Allison Kathryn Zimmermann.*



Drs Eric & Asra Bonenberger - April 18, 2025 at 07:18 PM