



September 26, 2011

Ellen Satlof
National Athletic Trainers' Association
2952 Stemmons Freeway
Dallas, Texas, 75247

Dear Ms. Satlof:

The Nick of Time Foundation was created in memory of Nick Varrenti, a multi-sport athlete who suffered a sudden cardiac arrest (SCA) and died at age 16. The following NoTF programs work together to help protect our young people and communities by providing early detection, early access to defibrillation, CPR/ AED education and awareness as we train the next generation of "first responders".

- **Free Youth Heart Screenings-** NoTF organizes and facilitates eight to ten on-site free youth heart screenings per school year. Offered to all students ages 14-24 regardless of race, ethnicity, gender and socio-economic status. Our screening model is being used nationwide as the "gold standard" for community based screening programs.
 - **Fact:** *SCA is the leading cause of death in exercising young athletes, happening every 3 days in the US. Most have hidden cardiac abnormalities with no warning signs until suffering an SCA.*
- **Awareness Programs-** NoTF is working to increase survival of sudden cardiac arrest, with awareness in bystander CPR, AED training and the importance of having Automated External Defibrillators (AED) in all public places. We are also currently working with Cascade HeartRescue and the WA DOH to establish criteria for cities to be designated as "Heart Safe Communities"
 - **Fact:** *Success begins with public bystanders. Communities with higher bystander CPR participation have higher SCA survival rates.*
- **Heart of Schools Project-** NoTF works to educate school districts and communities about the need for Public Access Defibrillator (PAD) programs. By providing site assessment, emergency preparedness guides, training and program management for locations with existing PAD programs and helping facilitate and implement a program for schools that don't currently have AED's.
 - **Fact:** *When someone suffers SCA the only thing that will revive them is a shock with an AED within 3-5 minutes.*

We look forward to the future- as one of the NATA Youth Sports Safety Alliance organizations that will work together to educate and in turn protect our young people.

Darla Varrenti
Executive Director

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