

## what do I do?

### 1. Register yourself as a LifeSmarts coach.

The "Register" link is in the upper right-hand corner of every page.

### 2. Log in, then create a team in the Coach's Corner.

There are several types of teams you can create, depending on the event you want your students to compete in. Coaches may create as many teams of different types as they like.

### 3. Have your students register as LifeSmarts players.

Once registered, players log in and find the team you created for them to join. Players can join the team through their own profile, coaches do not have to add players in the Coach's Corner.

### 4. Appoint one player on each team as the Team Captain.

Group quizzes (called "TeamSmarts") will appear in the Team Captain's "Competitions" folder.

## what's the difference between the teams?

**FCCLA** stands for the FCCLA/LifeSmarts Consumer Knowledge Bowl.

In FCCLA, the national champion is crowned at FCCLA National Leadership Conference every summer. Teams of five players (one Captain and four Players) take quizzes online and qualify at Cluster Meetings. Teams can qualify either at a Cluster Meeting or through the "Second Chance" TeamSmarts quiz. There are no state competitions. Only dues-paying FCCLA members in grades 9-12 may compete.

**Varsity** stands for the traditional LifeSmarts competition.

In Varsity, the national champion is crowned at the National LifeSmarts Championship every April. Teams of at least 4 players take quizzes online and (depending on team score) can qualify for state. There is no maximum limit to players on a Varsity online team, making it ideal for classroom activities. Once a team has qualified online, only 4 or 5 players can participate on the team advancing to state. Varsity competitions are open to all high-school students in grades 9-12, and competition may be against teams not affiliated with FCCLA (such as public schools, private schools, 4-H, home schools, etc)

Likewise, **Junior Varsity** is a version of the Varsity competition, but open to students in grades 6-8. In most states, JV competitions are online-only. There is no national championship for JV teams.

## can the same students compete in both events?

**Of course!** You'll have to create separate teams (an FCCLA team & a Varsity team), but players can join one team of each type (through their individual login). The questions are different for FCCLA and Varsity events, but are similar in style and format. There's no penalty; in fact, it's a great way to practice!

If you have any questions, please click the [CONTACT US](#) link in the upper-right corner of the home page.