



# LifeSmarts

*Learn it. Live it.*

**DRAFT** January 11, 2017

Dear LifeSmarts Coach:

Congratulations on your team's victory in the state LifeSmarts competition! You and your team are invited to participate in the National LifeSmarts Championship April 21-24, 2017, in Pittsburgh, PA. We expect to have strong competition and a lot of fun.

LifeSmarts is a fun educational event in which everyone learns, expands their experiences and opportunities, meets new friends, and explores a new area of the country. As a coach you play an important role to ensure that your team members enjoy and benefit from the experience. This packet of information will help you prepare for the national event. Please read everything carefully. If you have questions, please let us know.

### **Conference Calls for Coaches:**

Prior to the national competition we will host two conference calls to answer questions for coaches. The same information will be covered, so plan to join us for one of the calls. For both calls dial 1-888-346-3659, and the pass code is 40175#. Dates for the calls are:

- Wednesday, March 22, at 5:00 p.m. EST
- Tuesday, March 28, at 3:00 p.m. EST

### **Items included in this packet:**

<b>Action Items</b>	<b>Page</b>	<b>Deadline</b>
Review National Information and Draft Agenda	3 – 9	Now
Complete online Team Registration for Nationals	2	March 17
Make Hotel Reservation	3	March 29
Join Coach Conference Call	1	March 22 or 28
Plan Competition One, conducting a Food Waste Audit	10	April 10
Review Safety Smart project; apply for travel stipend and scholarships; register for Webinar	11	April 12 Webinars Feb. 28, March 1, 21

Good luck as you prepare for the 2017 National LifeSmarts Championship. We look forward to welcoming you to Pittsburgh!

Lisa Hertzberg  
Program Director, LifeSmarts  
651-699-3650  
[lisah@nclnet.org](mailto:lisah@nclnet.org)



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## **Team Registration:**

You must complete the online registration form for the 2017 National LifeSmarts Championship to insure your team's place at the competition. The deadline is March 17, 2017.

Please visit <http://lifesmarts.org/national-lifesmarts-championship-2017/nlsc-team/> to register yourself and your team.

You will be unable to return to the online registration form, so please have the following information ready to complete your registration:

- Your complete contact information, including cell phone number and email address
- Complete contact information for the team's assistant coach, including cell phone number and email address
- Complete contact information for the school or organization your team represents
- Correctly spelled names of all players
- Contact name and phone number of a guardian for all players
- Which topic assessment each player will take at Nationals
- Hotel reservation numbers
- Special accommodations and dietary needs request
- Sunday afternoon fun activity preference
- Monday awards luncheon preference for guests traveling with your team

Please collect all of this information and have it ready prior to registration.

**Registration must be completed by March 17, 2017.**



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Pittsburgh, Pennsylvania **April 21-24, 2017**

Information about the National LifeSmarts Championship

## **Dates of the National LifeSmarts Competition:**

Friday, April 21 – Monday, April 24, 2017

### **When to Arrive:**

A mandatory coaches and captains meeting will be held at 4:00 p.m. on Friday. Plan to arrive with ample time to register and get to this meeting.

### **When to Depart:**

Players must attend the awards luncheon on Monday to receive their prizes and awards. The awards banquet will be over by 1:00 p.m. Plan your travel accordingly.

## **Hotel Reservations:**

All teams should stay at the **Westin Convention Center, Pittsburgh**. All competitions and LifeSmarts activities will take place at the hotel.

### **Host Hotel:**

#### **THE WESTIN CONVENTION CENTER HOTEL**

1000 Penn Avenue

Pittsburgh, PA 15222

(412) 560-6354

[westin.com/Pittsburgh](http://westin.com/Pittsburgh)

### **To Book a Reservation:**

Guests can access the site to learn more about the event and to book, modify, or cancel reservations until March 29, 2017.

- Link to Book: <https://www.starwoodmeeting.com/Book/lifesmarts>
- Group Rate: \$162/night + taxes (currently 14%) for Single, Double, Triple, or Quad Rooms
- The hotel cut-off is 5 p.m. EDT March 29, 2017

## **Travel Arrangements:**

Each team is responsible for making its own travel arrangements. Your state coordinator may be able to assist you with this.

## **Transportation:**

Pittsburgh International Airport (PIT) offers direct flights to many major cities around North America.

### **Ground Transportation:**

From the Pittsburgh airport to the Hotel, the Westin is providing a complimentary bus for our group on our arrival day. You do not need to reserve a space, as this is based on a first-come, first-served basis. The bus is a 56 passenger bus. It will leave from Pittsburgh International Airport at the following times:

- 10:00am
- 12:00pm
- 2:00pm
- 4:00pm
- We encourage you to book your flights to take advantage of one of these times. Please note that the bus will not wait, and will be leaving at the scheduled times.
- We will be sending out detailed information about the bus as the event gets closer so you know where to meet it at the airport.
- If you cannot book your flights around these times, cabs are available for \$35-42 each way.
- You will be responsible for arranging your own transportation back to the airport at the end of the event.

### **Super Shuttle:**

\$24, per person, one way from the airport to the Westin or from the Westin to the airport.

### **Uber:**

If you plan on using Uber Ride Share, the average rates from Pittsburgh International Airport to downtown Pittsburgh are:

- UberX (1 to 2 riders plus luggage) \$26-35
- UberXL (Up to 6 passengers) \$41-53

Please keep in mind that Uber prices surge during higher traffic times. Please check the fare estimate prior to confirming your pickup.

### **Parking:**

- Valet—\$26 with in and out privileges
- Self—\$24
- Daily—0-2 hours \$8; 2-4 hours \$14; 4-6 hours \$18; 8-12 hours \$20; 12-24 hours-\$22
- Overnight—after 5:00pm and before 8:00am—\$8

## **Coach's Responsibilities:**

Each team member must be under the supervision of an adult coach at all times. The coach is considered the official chaperone of the team and any guests under the age of 18, and is also responsible for overseeing the behavior and activities of the team members. Coaches are role models for the team.

## **Teams:**

The teams are comprised of the registered players and coaches who participated in their state competitions. Substitutions of new players are not permitted. Four team members must be available to play at all times.

## **Captains:**

The captain of each team will be considered the team leader and spokesperson. The captain will be assigned special leadership duties and is responsible for getting the team to all events on time. The captain's role will be discussed at the coaches and captains meeting on Friday.

## **Competition Format:**

Each team has an equal opportunity to advance to the semi-finals and finals on Sunday morning. All teams will compete seven times (three head-to-head matches and four written assessments or team activities) and team scores will be cumulative through competition mid-morning Sunday. The top 16 teams will advance to the round of 16 and once teams reach the round of 16 they must win to advance. The competition format will also be explained in further detail during the coach calls (see details on Page 1), and during the coach and captain meeting at orientation. See Page 9 for more information.

Remember – your team represents the entire state, not just your school or organization. Come prepared to participate at this level.

## **Review of Rules:**

During the coach and captain meeting you will have the opportunity to ask for clarification about rules or procedures. The League reserves the right to change the rules at the national event.

## **Rulings of Officials:**

Students will have a limited opportunity to challenge open-ended questions using challenge procedures at nationals. Our officials are experts in consumer-related fields, and volunteer their time to serve as officials at the national event.

## **Attendance:**

All competitors and coaches are expected to attend all competitions and scheduled events. Each team member and coach will sign a commitment form to do so upon arrival. Failure to attend any competition or event will result in disqualification of the entire team and forfeiture of all prizes, awards and recognition.

## **Timing:**

Please see the draft agenda attached to this memo. A final agenda will be distributed at registration and through the conference app. All events and competitions will begin as scheduled. Failure to be on time may be grounds for disqualification.

## **Meals:**

All meals listed on the agenda are included and free of charge for you and your team. These include: dinner Friday evening, breakfast and lunch on Saturday, breakfast on Sunday, and breakfast and lunch on Monday.

## **Sunday Activities:**

On Sunday afternoon, LifeSmarts participants are invited to attend a fun activity in Pittsburgh. Teams will choose between attending the Yankees vs. Pirates baseball game at PNC Park, the Carnegie Science Center, or the Warhol Museum. All are within walking distance of the hotel. There is no charge for these activities. Teams are also free to see Pittsburgh on their own.

## **Team Photos:**

Team photos will be taken. Teams are asked to follow the schedule that will be provided. You may bring props that represent your state or school to use for the team photos.

## **Sister Teams:**

Each team will be assigned a “sister” team to enhance mingling and cooperation among the teams. Please bring simple gift items for the members of your sister team. The gifts should be a reminder of your team and your state and should be very inexpensive (or free) items. Spend time on creativity rather than spending money. The gifts will be presented to your sister team at dinner on Friday night.

## **Team T-shirt Contest:**

This competition is optional. Teams that wish to enter the contest should prepare T-shirts that include the LifeSmarts name and logo and whatever else they wish that is related to the competition. Please, no corporate logos on the T-shirts. Teams are asked to bring one shirt that may be given to the judges. Judging will be done during the event.

## **Team Shirt Competition Criteria:**

- The team shirts should:
  - Show artistic talent
  - Say “LifeSmarts” and demonstrates LifeSmarts in some way
  - Use original artwork
  - Be a prototype for future national LifeSmarts t-shirt designs (some alterations may be necessary for those shirts including a state name)
- When you register, your team members will be asked to complete a form answering the following questions:
  - How was the design developed?

- How does the design demonstrate “LifeSmarts”?
  - What do they feel is most important about their design?
- In addition, all participants will be asked to vote for their favorite T-shirt, and there will be a “People’s Choice” award.

### **Other Teams:**

After all state competitions are complete, a list of other teams and their members will be provided to you. This may help if you wish to contact another coach regarding sharing rooms.

### **Tell Us About Your Team:**

NCL is inviting captains to submit a team photo and brief 1-2 paragraph article about their team for the LifeSmarts Web site and Facebook page. We enjoy getting to know teams better before meeting at Nationals!

Be creative! Here are a few ideas to get you started:

- Describe the competition – how difficult were the questions? Were there any nail-biting moments? How did you prepare?
- Have you been to state (or nationals) before? Any returning teammates?
- Tell us about your coach or how your team was formed. Are you affiliated with a school?
- Any fun stories about preparing for competition or fundraising for nationals?
- Why did you get involved with LifeSmarts?
- What are you most looking forward to doing in Pittsburgh?
- What’s the best thing you’ve learned so far by competing in LifeSmarts?
- Can you tell us something interesting about your home state?

Captains should email photos and articles to Seth Woods at [sethw@nclnet.org](mailto:sethw@nclnet.org). Please include your state, the date and location of your state competition, and tell us a little about your state coordinator.

### **Behavior:**

LifeSmarts is a great program because each person does his or her part to make it fun, safe and educational. Each participant is expected to be on his or her best behavior at all times. The League reserves the right to remove a player or participant at any point in the program for inappropriate behavior. The participant will be responsible for making their immediate arrangements to travel home at the participant’s expense and will forfeit prizes and awards.

Any damage to the hotel and/or surrounding environment by any participant or guest will be the responsibility of that individual. Coaches are responsible for checking the status of players’ sleeping rooms.

Please review with your team proper behavior and safety when traveling. You may wish to cover such things as guarding your luggage, hotel safety, emergency exits, personal safety in a new environment, and curfews (if you plan to impose one), and other important consumer tips.



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## *DRAFT AGENDA FOR NATIONALS 2017; As of January 11, 2017*

**March 1-April 7**  
**January 11 - April 14**

**Competition 1: Food Waste Audit service project launches**  
**Safety Smart Ambassador project launches, teams may earn travel stipends, and students may apply for LifeSmarts Safety Smart scholarships**

**Friday, April 21**

Noon – 5:00 p.m.  
Noon – 4:00 p.m.  
4:00 p.m.  
5:00 p.m.  
**5:30 p.m.**  
6:30 p.m.  
7:30 p.m.  
8:15 p.m.  
9:00 p.m.

Registration  
Team Photos  
Coach and Captain Orientation  
Welcome Orientation  
**Competition 2: Sister Team Activity**  
Dinner with Sister Teams  
Internet Teams Orientation  
Student Advisory Board  
State Coordinators meeting

**Saturday, April 22**

8:00 a.m. – 4:30 p.m.  
7:30 – 8:30 a.m.  
7:45 – 8:45 a.m.  
**9:00 – 10:30 a.m.**  
**10:45 – 11:45 a.m.**  
**10:45 – 11:45 a.m.**  
**10:45 – 11:45 a.m.**  
Noon – 1:30 p.m.  
1:45 – 4:30 p.m.

Registration  
Breakfast  
Officials' Orientation for Speed Smarts  
**Competition 3: Team Activity Speed Smarts (formerly Speed Dating)**  
**Competition 4: Individual Assessments**  
Officials' Orientation for Buzzer Matches  
**Coach's Meeting**  
Lunch  
**Competitions 5 and 6: Team Buzzer Rounds**

**Sunday, April 23**

7:30 a.m. – 1:00 p.m.  
7:30 – 8:30 a.m.  
7:30 – 8:15 a.m.  
**8:30 a.m.**  
9:45 a.m.  
**10:30 a.m.**  
  
**11:30 a.m.**  
12:15 p.m.  
Afternoon

Registration  
Breakfast  
Officials' Orientation  
**Competition 7: Team Buzzer Rounds**  
Group Session, refreshment, Round of 16 announced  
**Competition 8: Round of 16**  
**or Last Smartie Standing**  
**Quarterfinal Matches**  
Orientation for Semi-Finalists  
Fun activity, time on your own to explore Pittsburgh

**Monday, April 24**

7:15 a.m. – Noon  
7:30 – 8:30 a.m.  
**9:00 a.m.**  
**10:30 a.m.**  
11:45 a.m.  
1:00 p.m.

Registration  
Breakfast  
**Semi-final Competitions**  
**National LifeSmarts Championship**  
Awards Lunch  
Adjourn





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## The National LifeSmarts Championship Format

### **Goals:**

- All teams compete at least eight times
- NCL conducts an engaging competition that is academically rigorous
- Individual students are recognized for high achievement

### **National Championship Format:**

- *LifeSmarts Service Project*
  - Before nationals, teams will conduct a Food Waste Audit in their school or community
- *Sister Team Competition*
  - Sister teams collaborate on a consumer activity
- *Team Activity Speed Smarts*
  - Teams meet 10 experts, completing 10 short activities in 75 minutes
- *Individual Assessments*
  - Team members work independently, with each team member taking a different LifeSmarts topic assessment
  - Students answer 100 questions in one hour plus a tie-breaker
  - Students may not repeat topics taken previously at nationals
  - Recognition will be given to the top-scoring student in each topic area
- *Live buzzer competitions*
  - All teams compete twice Saturday and at least once Sunday
  - All matches are head-to-head
  - Saturday matches consist of team-plus and challenge questions
  - Sunday matches consist of lightning and challenge questions
  - Round of 16 and quarterfinals consist of team-plus, lightning and challenge questions

- Team activities are added for the semifinal and final matches
- Last Smartie Standing
  - Teams not advancing to the Round of 16 compete in a fast-paced, spelling bee format for top honors and recognition

### **Other Enhancements:**

- Point totals are cumulative through seven competitions
  - Top 16 teams advance to the Round of 16
  - Teams will be seeded
  - After reaching the Round of 16 teams must win to advance
- Teams may challenge answers
  - Once during each match a team may challenge a question and have it replaced with another question
  - New questions are open to the person(s) or team(s) that the original question was available to
- Multiple-choice questions are reserved for written assessments and will not be used in live competition
- Scholarships will be awarded to members of top teams
- Scholarships will be awarded to the student scoring the highest in each topic area
- Prizes will be awarded to the top students in the Last Smartie Standing activity
- Coaches may be nominated by their students for the LifeSmarts Coach of the Year award
- Coaches may nominate a student for the Student of the Year award
- Teams may nominate their State Coordinator for the Coordinator of the Year award



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## **Competition 1: Food Waste Audit**

*Details, a rubric, and resource materials will be released to all competitors on February 27, 2017.*

Teams attending the National LifeSmarts Championship will participate in their first competition before arriving on-site. Teams will conduct a food waste audit at their school or a local organization and submit a 10-slide presentation or a 1-minute video detailing their findings. This activity is worth up to 125 points. This event challenges creativity, promotes teamwork, requires technical knowledge, and demonstrates the application of technology. Teams will:

- Plan and execute a food waste audit at their school or a local organization
- Present findings in a 10-slide educational PowerPoint presentation OR create a 1-minute educational video to highlight findings for a general audience
- If invited, prepare 2-3 minute summary remarks to be presented to the full group at the luncheon on April 22 to celebrate Earth Day

Scoring:

- Up to 100 points will be awarded by a panel of judges who evaluate the presentations or video for quality and content. The rubric will detail how judges will evaluate presentations and videos.
- Up to 25 points will be awarded for extension activities:
  - Conducting a second audit to compare findings
  - Making recommendations to the school or organization to reduce future food waste
  - Being asked to present at the luncheon on April 22

### **Learn More**

Attend a Webinar to learn more. Webinars will be offered:

- February 28 at 4 p.m. EST
- March 1 at 5 p.m. EST
- March 21 at 4 p.m. EST

To register, go to: <http://lifesmarts.org/resources-2/safety-smart/safety-smart-webinars/>

We will also answer your questions during coach calls scheduled for March 22 and 28.

## Travel Stipend and Scholarship Opportunity: Become a Safety Smart Ambassador



LifeSmarts partners with Underwriters Laboratories (UL) to provide teens with a chance to focus on health and safety curriculum while giving back through community service.

We give you everything you need: the presentations, the lesson plans, the worksheets, and videos featuring Timon and Pumbaa from Disney's *The Lion King*. You take it from there – you get to present the fun, entertaining content to kids ages 4-10, and you can use it to fulfill community service requirements you may have.

### Prizes, Scholarships and Travel Stipends

Special prizes, scholarships and travel stipends are available to teams that attend the 2017 National LifeSmarts Championship:

- Teams that conduct five or more Safety Smart presentations are eligible to earn a travel stipend for their team. Stipends will range from \$500 to \$1,000. *Twenty travel stipends available.*
- Students may earn \$1,000 scholarships for post-secondary education by submitting a PowerPoint documenting their experience presenting Safety Smart lessons. *Five scholarships awarded to students attending Nationals.*

### Learn More

All materials are available on the LifeSmarts Web site: <http://lifesmarts.org/safety-smart/> .

### Register for a Webinar

Register for Webinar: <http://lifesmarts.org/resources-2/safety-smart/safety-smart-webinars/> or contact Emily Stevenson, [stevenson@fairpoint.net](mailto:stevenson@fairpoint.net), to set up a phone consultation to help you get started.