



February 1, 2018

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, 2018, in San Diego, CA. 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 1-888-585-9008, and the pass code is 310237369#. Dates for the calls are:

- Wednesday, March 21, at 5:00 p.m. EDT
- Tuesday, March 27, at 3:00 p.m. EDT

#### **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 16
Make Hotel Reservation	3	March 20
Join Coach Conference Call	1	March 21 or 27
Review Safety Smart project; apply for travel stipend and scholarships	10	April 13
Plan Competition One and create poster	11-12	April 20

Good luck as you prepare for the 2018 National LifeSmarts Championship. We look forward to welcoming you to San Diego!

Lisa Hertzberg  
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651-699-3650  
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# LifeSmarts

*Learn it. Live it.*

## **Team Registration:**

You must complete the online registration form for the 2018 National LifeSmarts Championship to ensure your team's place at the competition. The deadline is March 16, 2018.

Please visit <http://lifesmarts.org/national-lifesmarts-championship-2018/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
- Monday afternoon fun activity preference
- Tuesday 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 16, 2018.**



# LifeSmarts

*Learn it. Live it.*

San Diego, California **April 21-24, 2018**

Information about the National LifeSmarts Championship

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

Saturday, April 21 – Tuesday, April 24, 2018

### **When to Arrive:**

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

### **When to Depart:**

Players must attend the awards luncheon on Tuesday 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 **Hilton San Diego Resort and Spa**. All competitions and LifeSmarts activities will take place at the hotel.

### **Host Hotel:**

#### **Hilton San Diego Resort and Spa**

1775 East Mission Bay Drive

San Diego, CA 92109

(619) 276-4010

<http://www.sandiegohilton.com/resort-overview.aspx>

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

Guests can access the web site to learn more about the event and to book, modify, or cancel reservations until March 20, 2018.

- Link to Book: [http://www.hilton.com/en/hi/groups/personalized/S/SANHIHF-NCL418-20180419/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/S/SANHIHF-NCL418-20180419/index.jhtml?WT.mc_id=POG)
- Group Rate: \$179/night + taxes (\$25.88/room/night)
- The resort fee is waived for our group; in-room Internet is included free of charge
- The hotel cut-off is 8 p.m. EDT March 20, 2018

Note: All hotel rooms have a microwave and refrigerator.

## **Travel Arrangements:**

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

## **Transportation:**

San Diego International Airport (SAN) offers direct flights to many major cities around North America.

### **Ground Transportation:**

To get teams from the San Diego airport to the hotel, the Hilton is providing a complimentary coach bus for our group on our arrival day. We will send details to coaches as we get closer.

- You will be responsible for arranging your own transportation back to the airport at the end of the event.

### **Uber**

If you plan on using Uber Ride Share, the average rates from the hotel to San Diego International Airport are:

- UberX (1 to 2 riders plus luggage) \$15-18
- Uber SUV (Up to 6 passengers) \$50-55

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

### **Other Ground Transportation Options**

Super Shuttle, cabs, or renting a vehicle are all options to get around San Diego.

### **Parking**

- Overnight parking—\$10/night with in and out privileges

## **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 Saturday.

## **Competition Format:**

Each team has an equal opportunity to advance to the semi-finals and finals on Tuesday 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 Monday. 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 Saturday evening, breakfast and lunch on Sunday, breakfast on Monday, and breakfast and lunch on Tuesday.

## **Monday Activities:**

On Monday afternoon LifeSmarts participants are invited to attend a fun activity in San Diego. Teams will choose between visiting the San Diego Zoo, or enjoying time on their own. Zoo tickets are provided by NCL and LifeSmarts sponsors. Transportation to the Zoo will be provided. Teams will be responsible for their own transportation to return to the hotel.

## **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 Saturday 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 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 San Diego?
- 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 Chantal Spruill at [ChantalS@nclnet.org](mailto:ChantalS@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.



# LifeSmarts

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## ***DRAFT AGENDA FOR NATIONALS 2018; As of February 1, 2018***

### **February 1-April 20**

**Competition 1: OTC Medicine Safety Community Service Project and Poster Design; teams may apply for travel stipends, and students may apply for project scholarships**

### **February 1 - April 13**

**Safety Smart Ambassador project launches, teams may earn travel stipends, and students may apply for LifeSmarts Safety Smart scholarships**

### **Saturday, April 21**

Noon – 5:00 p.m.

Registration

Noon – 4:00 p.m.

Team Photos

4:00 p.m.

Coach and Captain Orientation

5:00 p.m.

Welcome Orientation

**5:30 p.m.**

**Competition 2: Sister Team Activity**

6:30 p.m.

Dinner with Sister Teams

7:30 p.m.

Internet Teams Orientation

8:15 p.m.

Student Advisory Board

### **Sunday, April 22**

8:00 a.m. – 4:30 p.m.

Registration

7:30 – 8:30 a.m.

Breakfast

7:45 – 8:45 a.m.

Officials' Orientation for Speed Smarts

**9:00 – 10:30 a.m.**

**Competition 3: Team Activity Speed Smarts**

**10:45 – 11:45 a.m.**

**Competition 4: Individual Assessments**

**10:45 – 11:45 a.m.**

Officials' Orientation for Buzzer Matches

**10:45 – 11:45 a.m.**

**Coach's Meeting**

Noon – 1:30 p.m.

Lunch

1:45 – 4:30 p.m.

**Competitions 5 and 6: Team Buzzer Rounds**

### **Monday, April 23**

7:30 a.m. – 1:00 p.m.

Registration

7:30 – 8:30 a.m.

Breakfast

7:30 – 8:15 a.m.

Officials' Orientation

**8:30 a.m.**

**Competition 7: Team Buzzer Rounds**

9:45 a.m.

Group Session, refreshment, Round of 16 announced

**10:30 a.m.**

**Competition 8: Round of 16**

**or Last Smartie Standing**

**11:30 a.m.**

**Quarterfinal Matches**

12:15 p.m.

Orientation for Semi-Finalists

Afternoon

Visit the San Diego Zoo or time on your own to explore San Diego

### **Tuesday, April 24**

7:15 a.m. – Noon

Registration

7:30 – 8:30 a.m.

Breakfast

**9:00 a.m.**

**Semi-final Competitions**

**10:30 a.m.**

**National LifeSmarts Championship**

11:45 a.m.

Awards Lunch

1:00 p.m.

Adjourn





# LifeSmarts

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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 use the LifeSmarts OTC Medicine Safety Mentoring Project to make an OTC Medicine Safety presentation or conduct a community event
- *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 plus a tie-breaker in one hour
  - 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 Sunday and at least once Monday
  - All matches are head-to-head
  - Sunday 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

## 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 2018 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. *At least five scholarships awarded to students attending Nationals.*

### Learn More

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

Contact Emily Stevenson, [stevenson@fairpoint.net](mailto:stevenson@fairpoint.net), to set up a phone consultation to help you get started.



## **Competition 1: OTC Medicine Safety Mentoring Project**

Produce a visual display that describes your team's Health and Safety Community Service Project.

### Description of Poster requirements:

- One 36" x 24" poster board
- Graphic and text highlights team and participant engagement
- Easily read from a distance of 2 feet
- Graphic sources are cited

### Poster Objectives:

1. Demonstrates team participation in service to the community
2. Illustrates audience engagement
3. Outlines evidence of team learning and growing

Poster Rubric: (See Page 12)

### **Project Background**

2017-18 is the Year of Health and Safety at LifeSmarts, and high school participants have an exciting community service opportunity to become over-the-counter (OTC) medicine safety mentors.

The OTC Medicine Safety Mentoring Project is designed with LifeSmarts students in mind, and based on educational materials produced by Scholastic and the American Association of Poison Control Centers.

The project promotes safe medicine storage, safe use of OTC medicine, and understanding the Drug Facts label. High school students demonstrate leadership by teaching 5th and 6th graders about medicine safety. The lesson is easy to adapt to classroom, club, and community settings.

Students who become mentors will receive recognition and are eligible to win prizes and scholarships. Team awards (which may be used to offset team travel) area also available, and participating coaches are rewarded, too!

Use the LifeSmarts Web site to learn more: <http://lifesmarts.org/otc/>.

## Community Service Poster rubric

State Team \_\_\_\_\_

Team Score \_\_\_\_\_/120

DESCRIPTOR	POINTS			
	20-19-18-17-16	15-14-13-12-11	10-9-8-7-6	5-4-3-2-1-0
<b>Required Elements</b>	The poster includes all required elements as well as additional information.	All required elements are included on the poster.	All but 1 of the required elements is included on the poster.	Several required elements are missing.
<b>Labels</b>	All items of importance on the poster are clearly labeled and can be read from at least 2 feet away.	Almost all items of importance on the poster are clearly labeled and can be read from at least 2 feet away.	Many items of importance on the poster are clearly labeled and can be read from at least 2 feet away.	Labels are too small to easily view; few important items were clearly labeled.
<b>Content</b>	Informative and captures the topic, increases audience understanding of project.	Informs audience of the project.	Project detail is missing, audience is unclear of purpose.	Audience does not have understanding of project after viewing poster.
<b>Graphics - Relevance</b>	All graphics are related to the topic and make the poster easier to understand. All borrowed graphics have a source citation.	All graphics are related to the topic and most make it easier to understand. Some borrowed graphics have a source citation.	All graphics relate to the topic. Some borrowed graphics have a source citation.	Graphics do not relate to the topic. Several borrowed graphics do not have a source citation.
<b>Organization</b>	The poster is exceptional in design, layout, and neatness. Includes clear titles and subheadings. Layout looks polished, "sells" the content.	The poster is attractive in terms of design, layout, and neatness. Includes titles and subheading. Effective use of color, shape and images.	The poster is acceptable. Color, shape and images complement the topic.	The poster is distracting and poorly designed. Information is disorganized, and design is rough in presentation.
<b>Grammar</b>	There are no grammatical/mechanical mistakes on the poster.	There is a grammatical and/or mechanical mistake on the poster.	There are few grammatical/mechanical mistakes on the poster.	There are several grammatical/mechanical mistakes on the poster