



### I'm an FCCLA Adviser starting a LifeSmarts team. 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 as they like.
3. Have your students register as LifeSmarts players.
  - Once registered, players log in and join a team.
4. Appoint one player on each team as the Team Captain.
  - TeamSmarts group quizzes will appear under the Team Captain's "Competitions" tab.

### What's the difference between the teams?

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

FCCLA teams compete in the FCCLA/LifeSmarts Consumer Knowledge Bowl. In Knowledge Bowl, the national champion is crowned at the FCCLA National Leadership Conference every summer. Teams of five players (one Captain and four Players) take quizzes online and compete at the National Cluster Meeting. Only dues-paying FCCLA members in grades 9-12 may compete.

**Varsity teams compete in the signature LifeSmarts competition.**

Teams of at least 4 players take quizzes online and (depending on the team score) can qualify for state. Any number of students may participate on an online team, making it ideal for classrooms. However, teams advancing to live competitions are comprised of four or five students. 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 and a Varsity team), but players can join one team of each type. 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!

**Please click the "Contact Us" link in the upper-right corner of the home page if you have any questions.**