Dear Coaches and Team members,

We are so excited to see you in Washington, D.C., April 25-28, 2020, competing for the National LifeSmarts Championship! Each week leading into Nationals, we will share special updates with you through this Monumental Memorandum newsletter. Our hope is that this will help you prepare for Nationals by providing helpful information and timely updates.

**Team Registration:**
You must complete the online registration form for the 2020 National LifeSmarts Championship to ensure your team’s place at the competition. The deadline is March 18, 2020. Please visit https://lifesmarts.org/nationals-2020-team-information2020-national-lifesmarts-championship-team-registration-and-competition-agreement/ to register yourself and your team.

Please note that you will have to indicate which Individual Assessment should be assigned to each student on your team. If a student is returning, they may not repeat topics they took previously at Nationals.

The registration form also requests your room confirmation numbers. If you do not have these when registering, please email them to Cheryl at Cherylv@nclnet.org as soon as possible. We need this information so that we can easily assist you with any hotel issues.

**Travel Stipends:**
Earn a travel stipend for your team by giving back to your community using a LifeSmarts community service project. Thirty $500 travel stipends are available. **For questions about travel stipends, please email Lisa at Lisah@nclnet.org.**


b. Make a presentation to older citizens warning them about fraud (https://lifesmarts.org/fraud-ambassadors/).
c. Mentor a second group of middle school students and submit another :30 second PSA (https://lifesmarts.org/xplorlabs/).

d. Using the resources available at https://lifesmarts.org/xplorlabs/, go beyond the mentoring activity to educate your community about the safe use of lithium ion batteries. Creativity rewarded. Share with us your vision and strategies. Tell us what worked, what you learned, and quantify the impact you made.

e. Submit Safety Smart forms for presentations completed in 2019. Safety Smart presentations must have been conducted in 2019 to count toward travel stipends. Please email Lisa at lisah@nclnet.org with questions.

**Competition 1 - New Details Posted:**
Details for Competition 1, Phases 1 and 2 are now available at https://lifesmarts.org/competition-1-2/.

Competition 1, Phase 1 (XPLORLABS Mentors and Lithium Ion Battery Safety PSA Activity) must be completed from March 1 – March 29. Competition 1, Phase 2 (Judging PSA’s) must be completed from April 6 - 17. Teams will receive specific instructions on Phase 2 by April 6. Please contact us if you have any questions.

**Deadlines:**
- March 1-March 31: Competition 1, Phase 1 (https://lifesmarts.org/competition-1-2/)
- March 18: Complete Online Team Registration Form and Online Team Agreement Form for Nationals and submit Team Photo to Cherylv@nclnet.org
- March 18: Coach Conference Call, 5:00 PM EST
- March 24: Alternate Coach Conference Call, 3:00 PM EST
- April 3: Student of the Year Nominations Due
- April 1 – 17: Competition 2 – Online Individual Topic Assessments
- April 6-17: Competition 1, Phase 2
- April 27: Coach of the Year Nominations Due

**Other Important Information:**
**Hotel Reservations:** Book by April 1!

All teams should stay at the **Hyatt Regency Crystal City.** All competitions and LifeSmarts activities will take place at the hotel. **Updated Hotel Address:** Hyatt Regency Crystal City, 2799 Richmond Highway, Arlington, VA 22202.

**IMPORTANT:** If you are arriving in D.C. outside of the peak nights (Thursday), or trying to stay over on Tuesday night, the rates/rooms cannot be guaranteed. If you plan to book there for these nights, please do so very soon. You can also choose to stay elsewhere for those nights.
To Book a Reservation: Guests can access the web site to learn more about the event and to book, modify, or cancel reservations through April 1, 2020.

- Group Rate: $179/night + taxes


Parking: For those teams who plan to drive, valet parking is available at the hotel at the rate of $45.00 per night. Better rates are available at Reagan National Airport. You can park there and take the free hotel shuttle to the hotel door. Attached is the parking map of nearby lots including the hotel valet with prices. All parking lots associated with Reagan National Airport can be found at this link: [https://www.flyreagan.com/dca/parking-transportation](https://www.flyreagan.com/dca/parking-transportation)

Delta Airlines Discount: Delta Airlines is offering a special discount for event attendees! Reservations and ticketing are available via [www.delta.com/meeting](http://www.delta.com/meeting). Select “Book Your Flight” and this will bring you to the “Book a Flight” page. Enter the meeting code NMTUV in the box provided. Reservations may also be made by calling Delta Meeting reservations at 800-328-1111 Mon-Fri 7am-7pm CDT.

Vehicle Rental Code: We will have a discount vehicle rental code available soon. Keep an eye out for the code in subsequent newsletters.

Transportation to Hotel from Reagan National Airport: Ground Transportation: Information regarding complimentary shuttle pickup at the airport is located at this link: [https://www.flyreagan.com/dca/ground-transportation](https://www.flyreagan.com/dca/ground-transportation)

The complimentary shuttle service departs from the hotel front drive every 20-minutes on the hour from 4:40am – 12:20am seven days a week. By accessing the link: [https://www.trackmyshuttle.com/](https://www.trackmyshuttle.com/) with the HOTEL CODE: 2799, guests will be provided with estimated times to and from the airport.

Other Ground Transportation Options: Washington Metro, cabs, Lyft, Uber, and Super Shuttle, or renting a vehicle, are all options to get around the Washington D.C. area.

Apps to help with Transportation Around D.C.: Washington Metro Hero: At some point during your Washington, D.C. trip you will probably ride the Metro. There are many free Washington D.C. apps for the Metro. Metro Hero shows the location of every single train in the Metro system. You can also find your station, get live updates for the next trains, and see alerts and elevator and/or escalator outages. Metro Hero: [Apple](https://apps.apple.com/us/app/metro-hero/id570587003) | [Google Play](https://play.google.com/store/apps)
Resources

- More information is available on the 2020 Team Page.
- Be sure to review the State Champion Coach Memo.
- If you have any questions, please email us: Lisa Hertzberg (lisah@nclnet.org), Cheryl Varnadoe (cherylv@nclnet.org).

Until next week,
The LifeSmarts Team

P.S. Be sure to watch Instagram and FB for competition topic and question leaks!