



LifeSmarts

Learn it. Live it.

Dear LifeSmarts Coach:

Congratulations! You and your team are invited to participate in the virtual National LifeSmarts Championship, April 17-19, 2021. Both 2020 and 2021 teams will compete in our biggest event ever! This is our 27th year of educating teens to be smart, confident consumers. We know that going virtual is a big change, but we're excited about the opportunities to bring the LifeSmarts community together and create an exciting and worthwhile event for you and your students.

LifeSmarts is a fun, educational event in which everyone learns, expands their experiences and opportunities, and meets new friends. 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.

Zoom Meetings for Coaches

Prior to the national competition, we will host two Zoom meetings to answer questions for coaches. The same information will be covered in both, so plan to join us for one of them.

- Wednesday, March 17, at 5:00 p.m. EDT
<https://zoom.us/j/95496428135?pwd=SWFWQ25LL25xdnI5V3JxUHJQNjd3Zz09>
- OR Tuesday, March 23, at 3:00 p.m. EDT
<https://zoom.us/j/91295973143?pwd=ZmJralY3Q0RSUUxqVncxWFpGQmZTd09>

Action Items	Page	Deadline
Review National Information and Draft Agenda	2-8	Now
Complete Online Team Registration Form and Competition Agreement for Nationals	2	March 1 (2020 teams) March 15 (2021 teams)
Join Coach Zoom Meeting	1	March 17 or 23
Send team photo to Cherylv@nclnet.org	4	March 18
Submit Competition 1: OTC Medicine Safety Infographic (optional scholarship submissions due April 10)	7-8	March 31
Take Competition 2: Online Individual Topic Assessments	9	April 1-14
Enter optional Zoom Background Contest	10	April 10

Additional team information can be found here: <https://lifesmarts.org/nationals-2020-and-2021-team-information/>. Good luck as you prepare for the National LifeSmarts Championship! We look forward to seeing you online!

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Team Registration

2020 Teams: Complete the online registration form for the 2020/2021 National LifeSmarts Championships by **Monday, March 1, 2021**. We need to know the number of 2020 teams competing as early as possible in order to structure our event schedule.

2021 Teams: Complete the online registration form for the 2020/2021 National LifeSmarts Championships by **Monday, March 15, 2021**.

The registration form is the same for all teams and can be found at:

<https://lifesmarts.org/nationals-2020-and-2021-team-information2020-national-lifesmarts-championship-team-registration-and-competition-agreement/>

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, if applicable, including cell phone number and email address
- Complete contact information for the school or organization your team represents
- Correctly spelled names or preferred names of all team members
- Contact name, phone number and permanent email (no school emails) of all players and a guardian for all team members
- Which topic assessment each team member will take online (each student must take an individual category assessment. It will show up for that individual student in their competitions tab during the quizzing period). Coaches will serve as proctors for these and will follow the rules on page 9.

Please collect all of this information and have it ready prior to registration. Contact Cheryl Varnadoe (cherylv@nclnet.org) if you have questions about registration.



Information about the virtual National LifeSmarts Championship

Dates of the National LifeSmarts Competition

Saturday, April 17 - Monday, April 19, 2021

Time Commitment

- Saturday LifeSmarts kicks-off with a general session beginning at 1:30 pm EDT. Teams will engage in a fun activity, compete twice, and the day ends with a fun event from 7:45-8:45 pm EDT. Your team will have breaks and some downtime during the afternoon.
- Sunday's general session begins at 1:00 pm EDT, and your team will be assigned to compete during a two-hour window, either between 1:45-3:45 or 4:00-6:00 pm EDT. Semi-finalists will be announced in a closing session from 6:30-7:00 pm EDT.
- Monday semi-final and final matches will be held for both 2020 and 2021 teams between 1:30-4:00 pm EDT. An awards ceremony for all participants will be held from 4:30–5 pm EDT.

How to Access Nationals Virtually! – Check Your Technology!

Nationals will be hosted on a professional virtual event platform called Pathable. You will use this platform to access all of the sessions, receive announcements, and check the scoreboard. There will also be a lounge where teams can connect with one another to cheer each other on. The platform is powered by Zoom in the background. We will be launching our Virtual Event Platform on April 7 for attendees. Each team member and coach will receive a unique email to login to the platform. We will send out a communication to all registered teams ahead of the platform launch with details and instructions. In the meantime, you can begin to prep your technology for a smooth virtual experience.

1. Please make sure you have the latest version of zoom downloaded to the devices you will be logging in from. You can check for updates in your zoom app.
2. Download the CHROME browser to your devices. Chrome is the best browser for this platform. Internet Explorer and Safari can cause glitches.

Coach's Responsibilities

The coach is the official chaperone of the team and is responsible for overseeing the behavior and activities of all students in the virtual competition / conference format. Coaches are role models for the team. A coach and captain meeting will be scheduled prior to the competition, and details will be provided to you soon.

Teams

The teams are comprised of the registered players and coaches who participated in their state competitions or won Wild Card bids. **Substitutions of new players must be approved by the LifeSmarts Team for 2020 teams. 2020 teams are allowed to have three to five players while 2021 teams must have four to five players.**

Captains

The captain of each team is 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.

Competition Format

Each team has an equal opportunity to advance to the semi-finals on Monday. All teams will compete six times (two head-to-head buzzer matches and four individual and team activities). Team scores will be cumulative through competition Sunday. The top four teams from both 2020 and 2021 will advance to the semi-finals; once teams reach the semi-finals they must win to advance.

Review of Rules

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

Rulings of Officials

Our officials are experts in consumer-related fields, and volunteer their time to serve as officials at the national event. The rulings of the officials are final.

LifeSmarts Mastery Rule

Student competitors who are members of a team that wins the National LifeSmarts Championship are ineligible to compete again in Varsity LifeSmarts on the state or national level. These outstanding students will be encouraged to stay involved in LifeSmarts as mentors, student coaches for their school or organization, members of the LifeSmarts Team Advisory Board, student assistants at the National LifeSmarts Championship, and active LifeSmarts alumni. LifeSmarts made this change, effective as of the 2020 program year, to encourage more teams and students to compete.

Attendance

All competitors and coaches are expected to attend all general sessions and competitions. Failure to attend any competition could result in disqualification of the entire team and forfeiture of all prizes, awards and recognition.

Sister Teams

Each team will be assigned a “sister” team or group to enhance mingling and cooperation among the teams. Sister teams will complete the Speed Smarts activity together and gain the same number of points in that competition.

Team Photo for Social Media

Coaches, please provide us with a photo of your team by **March 18**. We will use this photo on social media prior to the National LifeSmarts Championship. We will also use this to introduce your team during the event. Email the photo to: CherylV@nclnet.org.

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 both online and off. The League reserves the right to remove a player or participant at any point in the program for inappropriate behavior.



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DRAFT AGENDA; as of February 16, 2021

NOTE: All times Eastern Daylight Time (EDT)

March 15-31 2021

April 1 –14

April 14, 4:00 pm

Competition 1: Team OTC Medicine Safety Infographic Contest

Competition 2: Online Individual Topic Assessments

Coach and Captain Orientation Meeting

Saturday, April 17

1:30 – 2:15 pm

2:30 – 3:15 pm

National Championship Kick-off

LifeSmarts #MixItUp for all teams

3:30 – 4:30 pm

Competition 3: Speed Smarts – a Sister Team Activity

OR Competition 4: Team Link

OR Break

4:45 – 5:45 pm

Competition 3: Speed Smarts – a Sister Team Activity

OR Competition 4: Team Link

OR Break

6:00 – 7:00 pm

Competition 3: Speed Smarts – a Sister Team Activity

OR Competition 4: Team Link

OR Break

7:15 – 7:30 pm

7:45 – 8:45 pm

First-day Wrap-up and Preview Day 2

Fun Activity for all Teams

Sunday, April 18

1:00 – 1:30 pm

Team Rally: Show Your Team Spirit

1:45 – 3: 45 pm

Competitions 5 and 6: Team Buzzer Matches

OR Break

4:00 – 6:00 pm

Competitions 5 and 6: Team Buzzer Matches

OR Break

6:30 – 7:00 pm

Day 2 Wrap-up and Announcement of Semi-finalists

Monday, April 19

1:30 – 3:00 pm

3:15 – 4:00 pm

Semi-final Competitions

National LifeSmarts Championship

4:30 – 5:00 pm

Awards Ceremony and Announcement of 2022 location



The National LifeSmarts Championship Format

Goals:

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

National Championship Format:

- **Competition 1: Team OTC Medicine Safety Infographic Contest**
 - See pages 7-8
- **Competition 2: Online Individual Topic Assessments**
 - Team members work independently, with each team member taking a different LifeSmarts topic assessment
 - Students answer 50 multiple-choice questions in 33 minutes
 - Students may not repeat topics taken previously at nationals
 - Recognition will be given to the top-scoring student in each topic area
 - The team coach will serve as the proctor for the assessments. See page 9 for proctoring rules.
- **Competition 3: Speed Smarts**
 - Sister teams will compete in Speed Smarts together, with both teams gaining the same score
 - Sister teams will work with a host who facilitates competition; teams will complete activities in 60 minutes
- **Competition 4: Team Link Team Activity**
 - Each team will answer six Team Link sets
- **Competitions 5 and 6: Buzzer matches**
 - All teams compete twice Sunday
 - All matches are head-to-head
 - Matches consist of lightning and challenge questions

Competition Notes:

- Point totals are cumulative through six competitions
 - Top 4 teams advance
 - Teams will be seeded
 - After reaching the semi-finals teams must win to advance
- Multiple-choice questions 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

Special Enhancements in 2021:

- Nominate a student for the Sara Weinberg scholarship: <https://lifesmarts.org/sarah/>. Nominations due March 12.
- Win one of five \$1,000 OTC Medicine Safety Scholarship. See Page 8.
- Ten \$100 cash prizes will be awarded for the top 10 infographics. See Page 8.
- Coaches may be nominated by their students / teams for the LifeSmarts Coach of the Year award. <https://lifesmarts.org/national-coach-of-the-year/>
- Coaches may nominate a student for the Student of the Year award. <https://lifesmarts.org/national-lifesmarts-student-of-the-year/>
- Graduating seniors will receive honor cords from LifeSmarts and be invited to join the LifeSmarts Alumni Association.



Competition 1: OTC Medicine Safety Infographic Contest

Teams will submit their OTC medicine safety infographic by March 31, 2021. This activity is worth up to 150 points.

Steps for Teams

- Review the infographic contest rubric at: <https://lifesmarts.org/wp-content/uploads/2020/09/The-Infographic-Contest-Guide.pdf>.
- Use LifeSmarts and other resources to conduct research and choose a topic.
- Select a target audience.
- Create an infographic.
- Share the infographic with the target audience (bearing in mind COVID-19 safety protocols).
- Complete the Infographic Contest form and upload the infographic to LifeSmarts: <https://lifesmarts.org/infographic-contest-form/>.

Competition 1 Rubric

On the Infographic Contest Form, describe your team's process of creating the infographic	9-10 Compelling 2-3 sentence description	7-8 Detailed 2-3 sentence description	5-6 1-2 sentences, lacking detail	0-4 Lacking detail; incomplete
On the Infographic Contest Form, detail what you learned doing this activity	25-30 Compelling 2-3 sentence description	24-20 Detailed 2-3 sentence description	15-19 1-2 sentences, lacking detail	0-14 Lacking detail; incomplete
On the Infographic Contest Form, describe your target audience, outreach, and impact	16-20 Compelling 2-3 sentence description	11-15 Detailed 2-3 sentence description	6-10 1-2 sentences, lacking detail	0-5 Lacking detail; incomplete
Artwork and creativity	80-90 Well-researched, well designed	70-79 Research evident, design pleasing	60-69 Research and artwork incomplete	0-59 Research and design lacking

Cash Prizes for Top 10 Infographics

The top 10 teams with the highest scores in the infographic contest will each receive a \$100 cash prize.

Optional activity – Apply for a \$1,000 Scholarship

Individual LifeSmarts team members may apply for a \$1,000 OTC Medicine Safety Scholarship. Five \$1,000 post-secondary scholarships will be awarded to students attending the 2021 National LifeSmarts Championship.

To apply, interested students will:

1. Create an infographic targeted specifically to senior citizens.
2. Distribute the infographic and possible related materials to a senior population.
3. Write a blog post, consisting of a three paragraph essay (750 word maximum), about this experience.

Scholarship criteria include:

- Describe what you learned about OTC medicine safety by creating your infographic for the target audience. Include how and where you shared your infographic.
- You may also write about personal growth, your depth of understanding, how you shared OTC safety messages with the intended audience, the impact your project had on your audience, what surprised you, and your ideas about your resource material.

Project Background:

LifeSmarts partners with Johnson & Johnson to educate consumers about OTC medicine. Winners may have their blogs published on the National Consumers League web site, the LifeSmarts site, and shared with Johnson & Johnson, the scholarship sponsor.

Ideas to Get You Thinking about this Opportunity:

COVID-19 restrictions make educating any group challenging at this time, so use creative thinking to reach your audience. You could contact a local senior housing project or assisted living facility program director. Infographics could be posted in senior facilities in common areas such as the dining room tables, elevators, or hallways. To reinforce your message, you might provide the senior facility with trivia cards, quizzes, a word search or simple crossword that reinforces your infographic's message. The goal is to educate and/or remind seniors about OTC medicine safety.



Competition 2: Online Individual Topic Assessments

Students will complete their Individual Topic Assessments April 1-14, 2021. This competition is worth up to 150 points.

The second competition is the online Individual Topic Assessments. Coaches will indicate which team member will take which topic assessment on the National LifeSmarts Team Registration Form. Team members will find the assessments under their competitions when they log in between April 1-14, 2021. Students work independently, with each team member taking a different assessment. Students will answer 50 questions in 33 minutes. If a student is returning, they may not repeat topics they have taken previously at Nationals. Recognition will be given to the top-scoring student in each topic area. Ties will be broken by time (least amount of time to complete the quiz is the winner).

The team coach will serve as the proctor/monitor for the assessments. Thank you for helping LifeSmarts and your team in this way. All coaches must follow these guidelines to administer the Individual Topic Assessments:

- The coach is responsible for following all rules of academic honesty during the online assessment process.
- The coach should secure a computer lab or library so that the all students on the team can take the assessments at the same time. If students will not be together in-person, they should be together on Zoom or a similar platform.
- The room should be well-lighted and must be as quiet as possible. Sounds such as music or television are not permitted.
- Devices (other than the device used to take the assessment) must be turned off and put away.
- The coach must confirm that each student is taking the correct assessment. Assistant coaches are allowed to be present. No other students, parents or administrators are allowed to be present during the individual assessments.
- The student may not launch the assessment until directed by the proctor.
- The student may not launch the assessment more than one time. Disconnects or technical difficulties should be reported immediately to the LifeSmarts staff.
- The device used to take the exam must not have more than one display or monitor and all other programs, windows, or websites on the computer must be closed before the assessment begins.
- Ensure that the student does not receive any outside assistance while taking the assessment.
- Remain in the presence of the student from the time the student starts the assessment until the student finishes.
- Notify the LifeSmarts staff immediately if a student violates any proctoring rule. Violation of any of the rules by coaches or students will result in a score of 0 for the assessment.



National LifeSmarts Championship Zoom Background Contest

What better way to Zoom than with a fun virtual background to show off your team's personality (or hide a messy room)! Share your best Zoom background for a chance to win an Amazon gift card for your team!

Here are the rules:

- The background image must be an original—a photograph one of your team members has personally taken OR an image you have created.
- The LifeSmarts logo must be used in the background.
- The uploaded image for the contest needs to be a screengrab of your team with your background. Upload here: <https://lifesmarts.org/national-lifesmarts-championship-zoom-background-contest-submission-form/>
- All images must be submitted by **midnight EDT, April 10, 2021**.
- All participants will be asked to vote for their top three favorite Zoom backgrounds for the “People’s Choice” award.
- LifeSmarts will also select a winner for the “LifeSmarts Choice” award.



This fun competition is completely optional for teams. Participants will have their backgrounds featured in LifeSmarts publications and social media. A digital Amazon gift card will be emailed to the top three team contest winners.

Zoom Background Image Specs:

- Format: .jpg, .png, .gif or PDF
- Dimension: 1920 pixels by 1080 pixels (16:9 aspect ratio)
- Maximum file size: 5 MB
- Zoom backgrounds can be made in Canva, PowerPoint or any other free graphics program