



***The Virtual 2020 and 2021 Double National LifeSmarts Championship:
Information for Teams***

Focus: Virtual Competition Rules, Coach Zoom Meetings, Deadlines, and More!

Dear Coaches and Team members,

We are so excited that your team will be competing in the 2020 and 2021 Double National LifeSmarts Championship! Each week leading into Nationals, we will share special updates with you through this *On the Double* newsletter. Our hope is that this will help you prepare for Nationals by providing helpful information and timely updates.

Team Registration:

We have 26 teams registered to compete for in the 2020 National LifeSmarts Championship and 33 teams registered to compete in the 2021 National LifeSmarts Championship!



Virtual Competition Rules:

The Virtual Competition Rules for the 2020 and 2021 National LifeSmarts Championship are attached to this enews. Please spend some time reading them and sharing them with your team. If you have any questions, please let us know.



Zoom Meetings for Coaches:

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.

- Tomorrow, 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=ZmJralY3Q0RSUxqVncxWFpGQmZTdz09>

We look forward to connecting with you on one of these calls.



Questions about Team Attire: We have had several questions about attire for the virtual national LifeSmarts competitions and activities. **There is no required attire.** Here are a few suggestions based on what we have observed in the past few years.

- For #MIXITUP and Competitions 3 and 4 (Sister Teams competitions) – Team Spirit Day – Wear something that represents your state, school or organization. T-shirts and jeans or khakis are absolutely fine. It is always nice to remember you are representing your state, school or organization in any of the competitions.
- Competitions 5 - 6: Polo style shirts and jeans or khakis.
- Semi-Final and Finals: Guys- Team shirts or nice shirts with or without coat and tie; Girls – Team Shirts, dresses or nice shirt and slacks.

USA Today: Use our LifeSmarts / USA Today grant to stay on top of news and current events that will show up in questions at Nationals. The LifeSmarts *USA Today* grant provides digital access to the newspaper. To access, [click here](#).

- Publication: USA Today
- Username: 66560
- Password: usatoday



Dates and Deadlines:

- March 1 – March 31: Competition 1- OTC Medicine Safety Infographic
- March 18: Deadline to submit Team Photo to CherylV@nclnet.org
- March 17: National Coach Orientation Zoom 1, 5:00 PM EST
- March 23: Alternate National Coach Orientation Zoom, 3:00 PM EST
- March 31: Deadline for [Team Roll Call recording](#)
- April 2: Deadline to [sign up for Tech Check](#)

- April 5 and 6: Team Tech Checks
- April 1 – 14: Competition 2 – Online Individual Topic Assessments
- April 7: Pathable platform launches for National LifeSmarts Championship
- April 10: [Zoom Background Contest Entries](#) Due
- April 12: OTC Medicine Safety Scholarship Applications Due
- April 14: [Student of the Year](#) Nominations Due
- April 14: [Coach of the Year](#) Nominations Due

Other Important Information:



Coming next week – Sister Teams and Sister Team competition details

Resources

- More information is available on the [2020 and 2021 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. Starting next week - be sure to watch our Instagram, Twitter and FB for competition topics and question leaks!