

# 4-H Coach Starter Guide



## I'm a 4-H Agent, Program Assistant, or Volunteer 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?

**4-H Varsity Teams:** 4-H teams with members in grades 9-12 compete in the Varsity Division and should be registered as 4-H Varsity teams. 4-H teams with members in grades 6-8 compete in the Junior Varsity Division and should be registered as 4-H Junior Varsity teams. This allows them to compete in the 4-H TeamSmarts division as well as their states' Varsity and Junior Varsity competitions.

**Varsity and Junior Varsity Competition:** For the Varsity 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 (or virtual) state championship competitions which are held in many states 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 4-H (such as public, private or home schools, FCCLA, etc).

Likewise, Junior Varsity is a version of the Varsity competition, but open to students in grades 6-8. In many states, Junior Varsity competitions are online-only. There is no LifeSmarts national championship for JV teams.

**The 4-H Challenge:** 4-H teams have the opportunity to compete in the LifeSmarts 4-H Challenge to learn more about LifeSmarts and to help them prepare for competition. More details will be provided to all registered 4-H LifeSmart teams.

## Can the same students compete in both events?

Of course! You'll have to create separate teams (Varsity 4-H/JV 4-H and 4-H Challenge), but players can join one team of each type. The questions are different 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.

