



Monumental Memorandum 4
National LifeSmarts Championship 2022: Information for Teams
Focus: Dining out, Washington metro, reminders and more!

Dear Coaches and Team members,

We are so excited to see you in Washington, D.C., April 21 - 24, 2022, competing in the 28th 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.

Thank you coaches for joining us on the recent Coach Zooms. Please let us know if you were unable to attend and need the link to the recording shared with you.



Dining out

Thanks to our co-worker, John Breyault, for these dining suggestions! Here are some general suggestions within easy walking distance of the Hyatt Regency Crystal City:

- 23rd Street South – There are a number of good, fairly inexpensive places to eat in a lively strip of restaurants near the intersection of 23rd St. South and Rt. 1/Richmond Hwy, about a 10-minute walk from the Hyatt Regency Crystal City. Some places I can recommend:
 - Crystal City Sports Pub – This is a great venue for larger groups (like L/S teams!). Typical sports pub with three levels of TVs, good pub grub. Family-friendly.
 - Kabob Palace – In my humble opinion, this is probably the best Afghan/Pakistani food in Northern Virginia. Service can take a while, so I recommend calling ahead, particularly if you are ordering for a large group. Limited seating inside, so it's probably best as a takeout place.
 - Bob & Edith's Diner – This is the Crystal City location of an Arlington institution. Great diner food, reasonable prices, opens early, closes late. Ample indoor seating with some outdoor seating.
 - Los Tios Arlington – Tex-Mex/Salvadorean. I haven't eaten here, but I've heard good things from folks who know Tex-Mex.

- Bowlero Arlington – I haven't been here, but it's a very new bowling alley + restaurant. Supposed to be a hip place for the younger set. I note they advertise it as a fun place for teen parties.
 - Other chain options nearby: Buffalo Wild Wings, Mezeh Mediterranean, Jimmy John's
- Crystal Drive – North of 23rd St., Crystal Drive is a 10-15 minute walk from the Hyatt Regency in the Crystal City Shops development. Restaurants here tend to be more upscale, but there are a few chains including Chipotle, Cold Stone Creamery, Chick-Fil-A, and Dunkin Donuts. Note: The Crystal City Shops are probably the eateries folks will pass while walking to/from the Hyatt Regency and the Crystal City Metro station
- Closer to the Hyatt Regency (5-10 minute walk)
Chains nearby:
- Subway – 2461 S. Clark St. Arlington, VA 22202
 - McDonald's – 2620 Richmond Hwy. Arlington, VA 22202
- A 10-15 minute walk south from the Hyatt Regency gets you to National Gateway, a big mixed-use development which includes:
- Lidl Express – Small-footprint grocery store with great discounts
 - Harris Teeter – Grocery store with all the usual grocery store stuff.
 - Paisano's – 3650 S. Glebe Rd. Arlington, VA 22202 – Typical Italian pizza, wings & subs place. Probably best for delivery or pickup.
 - Domino's Pizza – 3535 S. Ball St. Arlington, VA 22202
- And here are some suggestions for things that are within a 5-10 minute drive of the hotel:
- Fashion Centre at Pentagon City – High-end mall with a big food court that caters to tourist groups (you'll probably see a line of tour buses parked outside). Bonus: My oldest daughter works at the Panera there on the weekends!
 - Potomac Yards – Typical strip mall, with a sizeable Target, Best Buy, Barnes & Noble etc.
 - Del Ray neighborhood – This is a fun and funky strip of independent restaurants and shops along Mt. Vernon Avenue in Alexandria. The Dairy Godmother is not to be missed!
 - National Landing 5K Fridays – Every Friday in April, Pacers Running (the big local running shop) puts on this long-running 5K. A great way to get a run in and see the sites of the neighborhood!
 - Long Branch Aquatics & Fitness Center – A brand-new, state-of-the-art 92,000 sq. ft. indoor public pool and fitness facility including water slides, lazy river, rec pool, competition lap pool, diving boards. \$11.25 daily admission for out-of-county adults, and \$6.25 for youth age 5-17.
 - Gallery Underground – A unique art gallery located in the below-ground Shops at Crystal City.
 - Gravelly Point Park – It's a little challenging to get here (only accessible by car from northbound George Washington Pkwy), but it's a great park right on the Potomac with stunning views of DC across the water. Also, it's an amazing place for plane spotting planes taking off/landing at Reagan National Airport.

- Additional great resource:
www.NationalLanding.org – A good resource to find out what’s going on in National Landing/Crystal City.

Washington Metro

The heart of Washington, DC’s public transportation is the MetroRail (or “Metro” by its nickname) subway system. It provides service to the entire metropolitan area and has numerous stations within walking distance of museums, monuments, and other places of interest. Metro is safe, clean, easy to use, and has reasonable fares.

Smartcards are available at metro stations. You may also purchase your smartcards online prior to your trip. This electronic card allows the user to add money with a credit or debit card and use throughout the week. You can find more information about this here: <http://www.wmata.com/fares/smartrip/>

The following mobile app is very useful when navigating your trip via metro: DC Metro Transit – Free by Jazzmoon Studio. Other apps are available as well.

You can also visit www.wmata.com for information about public transportation—including bus and metro fares, routes, and timetables. The trip planner allows you to enter where you are, where you’d like to go, and it gives you exactly how to get there.

USA Today

LifeSmarts received a grant from USA Today to provide our participants with digital access to the newspaper. This grant will provide you and your team access to current events that will show up as competition questions. To access, click [here](#).

Username: 66560

Password: usatoday



Book your hotel rooms immediately

The deadline for booking rooms is **March 29th**. Please do not delay in booking your rooms. All the details for booking are included in the [State Champion Coaches Memo](#) as well as [Monumental Memorandum 1](#).

Guest Rooms

The Hyatt Regency Crystal City is one of the premier hotels in the Arlington Virginia area. Recently renovated, all Hyatt Standard guest rooms excel with 335 square feet, 47-inch televisions, workstations and some have great views of the airport and Potomac River.

- Guest Room Amenities include
- Front desk staff available to assist 24 hours of the day, seven days a week
- Pillow-top mattresses with down bedding
- Free internet
- Fitness Center
- Bluetooth alarm clock and speaker

- LG 47-inch high-definition TV
- Minifridge
- Complimentary coffee and tea
- Personal safe to fit a standard laptop
- Individual climate control
- Hair dryer, iron, and ironing board

Team Roll Call Recording

Thanks to everyone who has already submitted their Team Roll Call recording. These are due **April 4**. As of today, we have five teams who have submitted. Teams are asked **NOT** to add or use background music and to observe the time requirement. Several of you asked for examples of what teams have shared previously. [This link](#) highlights one of the three rolls from the virtual championship last year. There is no right or wrong way to do this and we encourage you all to be creative and do them together, in-person this year! [Link to upload](#) your team roll call recording.

Parking Reminder

We had a question recently about the clearance of the parking garage. The clearance in the garage is 6 feet, 6 inches. If you are driving a van or a mini-bus, it is best (and less expensive) to use one of the parking options [here](#) or park at [Reagan National](#) and take the free shuttle to the hotel.



Other Important Information:

Room Share

Have an odd number of male or female students on your team? Or need to share a room as a coach or volunteer? Share your needs or extra room space in the [LifeSmarts Coaches Group](#) on Facebook. There are a few requests posted there already, so be sure to check them out!

Resources

- More information is available in the [National LifeSmarts Championship 2022 Team Information Center](#)
- Be sure to review the [State Champion Coach Memo](#).
- If you have any questions, please email us: [Lisa Hertzberg](#) or [Cheryl Varnadoe](#).



Dates and Deadlines:

- March 1 – April 8: **Competition 1**
- March 29: **Sister Teams** announced and National LifeSmarts Championship App launched
- April 1: [Deadline for Identity Theft Essay Contest Application](#)
- April 1: [Deadline for OTC Medicine Safety Scholarship Application](#)
- April 4: Deadline for [Team Roll Call Recording](#)
- April 4 – 15: **Competition 2** – Online Individual Topic Assessments (See Coaches Memo)
- April 6: Recorded Coach and Captain orientation shared

- April 18: Deadline for [Student of the Year](#) nominations
- April 22: Deadline for [Coach of the Year](#) nominations
- April 21-24: National LifeSmarts Championship – Washington, D.C.



Next Week: National LifeSmarts Championship App, Sister Teams and more!

Until next week,
The LifeSmarts Team

P.S. Be sure you are following us on Instagram, Twitter and FB for competition topics and question leaks.