



**Monumental Memorandum 5**  
**National LifeSmarts Championship 2022: Information for Teams**  
**Focus: National LifeSmarts Championship app, sister teams, 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 28<sup>th</sup> 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.



**It's Here! 2022 LifeSmarts National Championship App!**

We are excited to announce the new LifeSmarts National Championship app! First, download the **Attendify** App to your phone.

[iPhone App](#)  
[Google App](#)

Then, launch the app and search for **2022 Lifesmarts**. The app will be updated daily leading into the National LifeSmarts Championship. Be sure to check back often to stay current on additional information as it is posted.

**Sister Teams**

We know that everyone is excited to meet their Sister Team! To find yours, click on the menu option in the app (top left) and choose Team Rosters. Click on your team. Your sister team is listed as well as the members of your team.

Coaches: Please check carefully to be sure your team members are listed correctly and that their Individual topic assessment is accurate. Email [Cheryl](#) with any needed changes.

**Public tours returning to US Capitol for first time since the pandemic**

The U.S. Capitol reopens to the public for guided tours on Monday, March 31, two years after

the coronavirus pandemic halted the visits. Tours will only be available for limited groups of people who have registered in advance, congressional officials said. The move, announced last week, marked Congress' latest relaxation of COVID-19 restrictions. Mask requirements inside the Capitol were relaxed weeks ago. The site to book a tour will be updated next week but tours should be available by visiting [here](#).

### **Welcome back to the White House**

The White House has also announced that public tours will resume April 15. Public tours will initially be available Fridays and Saturdays, excluding federal holidays, from 8:30 a.m. to 12:30 p.m., the White House announced. The schedule is subject to change for inclement weather or official use. Face masks will be optional for visitors. Requests for White House tours must be submitted to a member of Congress or their congressional tour coordinator **immediately**. The White House schedules tours on a first come, first served basis.

### **Quiet hours in the hotel**

Once we arrive in DC, our teams must be considerate of other competitors and other hotel guests who may be trying to wind down and sleep after a long day. Quiet is especially important after 9:00 pm as we share the hotel with other guests not involved with the National LifeSmarts Championship. Noise in the halls and rooms must be kept to a minimum. Talking must be kept to quiet conversational levels. Quiet time must be completely observed in the whole facility from 11:30 pm – 6:30 am.

### **Weather**

Spring weather in the Washington, DC metro area tends to be colder than most people expect. April can be unpredictable -- and very often rainy. The average high/low temperatures in April are:

- Average high: 67° F
- Average low: 48° F

For accurate weather before and during the trip, visit [Weather.com](https://www.weather.com).



### **Team roll call recording reminder**

These are due by April 4! Thanks to everyone who has already submitted their Team Roll Call recording. 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 video.

### **Travel stipends reminder**

The deadline to request stipends is **MARCH 31!** [There is one form for coaches to complete](#) if you are requesting a travel stipend. Thanks to LifeSmarts sponsors we are able to provide travel assistance to teams attending Nationals this year. You will be notified of awards by April 6. All stipends are paid as reimbursements for travel expenses (airfare, ground transportation, and hotel) following the event after receipts are submitted to NCL. All questions about travel stipends should be directed to Lisa at [Lisah@nclnet.org](mailto:Lisah@nclnet.org).

### Identity Theft essay contest reminder

All student competitors attending the 2022 National LifeSmarts Championship are eligible to enter this essay contest. Five \$1,000 scholarships will be awarded to students will write essays of up to 500 words sharing their knowledge of identity theft and / or expressing creative solutions to the problem of identity theft. See the [State Champion Coach Memo](#) for additional details. The deadline for submissions is April 1, 2022. Essays should be submitted [here](#).



### Other Important Information:

#### Room Share

We still have some teams and coaches who would love to room share. Save money for your team. 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.

#### 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: Individual assessments, Competition 1 closes, Competition 2 opens 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.*