Dear ,

Thank you for your interest in the LifeSmarts program. Now is the time to begin recruiting and working with your youth and forming LifeSmarts teams in order to earn scholarships, honors, travel opportunities and gain knowledge that will help them throughout their lives!

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* **All high school student teams** are eligible to compete in the Oklahoma Varsity competition to crown the State Champion Varsity Team who will be invited to compete in the National LifeSmarts Championship, April 27-30. The LifeSmarts program offers community service projects complete with stipends to assist teams in attending nationals.
* We also encourage your team to apply for a Wild Card Bid (include link) to compete in the National LifeSmarts Championship.  All Varsity level 4-H teams are eligible to apply. Stipends are included for Wild Card winners.

Getting started:

* If you are new to LifeSmarts program, I hope that you will take a few minutes to explore the wonderful opportunities that LifeSmarts offers you and your 4-H’ers.
* Please visit: [https://lifesmarts.org/coaches/new-coaches/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Flifesmarts.org%2Fcoaches%2Fnew-coaches%2F&data=04%7C01%7Ccherylv%40nclnet.org%7C83222cff1ea74fef789e08d994bb983c%7C4e1d2f3fec00459892401b9071ab6582%7C1%7C0%7C637704355697773455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=QqSLQL3Psx39pg1NdrXXEXPmvJ8UhUHEI1zoyDunAic%3D&reserved=0) and [https://lifesmarts.org/4-h](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Flifesmarts.org%2F4-h&data=04%7C01%7Ccherylv%40nclnet.org%7C83222cff1ea74fef789e08d994bb983c%7C4e1d2f3fec00459892401b9071ab6582%7C1%7C0%7C637704355697778436%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=tFgRpJYmwUtQ75cSQ2PnIYWsAz8VQ84BTwX7wm0jmhU%3D&reserved=0) for coaching information including a coaches guide and a calendar checklist as well as a wealth of other information.
* To register as a coach and to have your 4-H’ers register and join your team use this [document](https://lifesmartstwo.wpenginepowered.com/wp-content/uploads/2022/08/How-To-LifeSmarts_22-23.pdf).
* Study materials are available [here](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Flifesmarts.org%2Fresources&data=04%7C01%7Ccherylv%40nclnet.org%7C83222cff1ea74fef789e08d994bb983c%7C4e1d2f3fec00459892401b9071ab6582%7C1%7C0%7C637704355697788393%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=q6muRClSDER1VkdGBflAfo4amh2HLQtrBRRPdr1ZHt0%3D&reserved=0).
* We hope you will use our FREE LifeSmarts educational resources in your club, even if you choose not to compete this year.

Competition Dates

* State Varsity team online competition is open **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Before the online competition closes, each student on the team (must have four and up to five students per team) should take the 20 question pre-quiz, the five category quizzes (20 questions each) and the 20 question capstone quiz to qualify the team for the state online championship test.
* The state online **Varsity Championship** will be held **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Working together, eligible teams will take a 100-question online state championship test during this time period to determine the State Champion.
* The state online **Junior Varsity Championship** will close **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. If you plan or would like to have a Junior Varsity team (grades 6-8), please let me know so that we can provide more details about the online state championship.

Once again, welcome to LifeSmarts.  Please let me know how I can help you and your team get started with LifeSmarts.