



I'm a SkillsUSA Adviser starting a LifeSmarts team. What do I do?

1. Register yourself as a LifeSmarts coach.
 - Visit <https://lifesmarts.org/> and click the register button in the upper righthand corner.
 - Read the coach prompts on the right-hand side before entering your information and select "Coach" as your role from the drop-down menu.
 - Complete the registration process and login. The "Home" Dashboard will appear
2. Create a team.
 - Click the "manage users" tab, then teams, then the "new team" button. Select Varsity as team type. On the next line which asks "what type of team is this? select SkillsUSA. Coaches may create as many teams as they like.
 - SkillsUSA teams may have 4 team members.
3. Have your students register at <https://lifesmarts.org/>.
 - Once registered, students will be taken to a competition dashboard.
 - Click the "my teams" tab to join a team. Students should look for their coach and team in the list and click the "join" button to join the team.
 - To logout, click on the round icon in the upper righthand corner that bears your initials.
4. Appoint one student on each team as the Team Captain.
 - Quizzes for special competitions like the LifeSmarts SkillsUSA Health & Safety Challenge will be found under the Team Captain's "Quizzes" tab.

What's the difference between the teams?

SkillsUSA stands for the LifeSmarts SkillsUSA Health & Safety Challenge.

Teams of four students take the SkillsUSA Health & Safety Quiz together as a team. Only the team captain will have access to the quiz in their quizzes portal. The quiz must be taken between Feb 1 - 28. The top scoring teams will receive cash awards!

Varsity stands for the traditional LifeSmarts competition.

The LifeSmarts national champion team is crowned at the National LifeSmarts Championship in April. Teams of at least 4 students take quizzes online and (depending on the team score) can qualify for the state competition. Any number of students may participate on an online team, making it ideal for classrooms. However, teams advancing to live competitions 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 SkillsUSA (such as public schools, private schools, other CTSOs, home schools, etc.)

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

Can the same students compete in both events?

Of course!

As a Varsity team, SkillsUSA teams can compete in both Varsity LifeSmarts as well as special LifeSmarts SkillsUSA competitions. LifeSmarts partners with the SkillsUSA Health Knowledge Bowl so there's no downside; 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.