



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 button in the **REGISTER** upper right-hand 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 log in. The HOME dashboard will appear.

2. Create a team

- Click the "Manage Users" tab, then "Teams," and then the "New Team" button. Coaches may create as many teams as they like.

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. Coaches may also add students to their teams.
- To log out, click the round icon in the upper right-hand corner that displays your initials.

4. Appoint one student on each team as the Team Captain

- Hover by the student's name whom you wish to be captain. The "Make Captain" button will pop-up. Simply click on the button to designate that student as captain.
- Quizzes for special competitions like the LifeSmarts SkillsUSA Health & Safety Challenge or the LifeSmarts SkillsUSA Quiz Bowl Preparatory Quiz will be found under the Team Captain's "Quizzes" tab.

What's the difference between the teams?

The SkillsUSA QB team type is for teams who wish to complete the LifeSmarts SkillsUSA Quiz Bowl Preparatory Quiz to learn about the "LifeSmarts" topic for the SkillsUSA Quiz Bowl competition

Teams of up to seven students take the quiz together as a team. Only the team captain will have access to the quiz in their quizzes tab. The top-scoring teams will receive cash awards! This quiz is open October 1 - 31.

SkillsUSA HKB represents SkillsUSA Health Knowledge Bowl teams who wish to compete in the LifeSmarts Skills USA Health & Safety Challenge during the month of November

Teams of four students take the quiz together as a team. Only the team captain will have access to the quiz in their "Quizzes" tab. The top scoring teams will receive cash awards. Quiz is open November 1 - 30.

The Varsity and Junior Varsity team types stand for the traditional LifeSmarts competition

The LifeSmarts national champion team is crowned at the National LifeSmarts Championship in April. Teams of at least four students take quizzes online and (depending on the team score) can qualify for the state competition. Any number of students may participate in 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, homeschools, 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. The Junior Varsity National Championship is held virtually each May.

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.