



### ***National LifeSmarts Championship 2023: Information for Teams Focus: Registration, Deadlines, and More!***

Dear Coaches and Team members,

We are so excited to see you Cincinnati, April 27-30 2023, competing in the 29<sup>th</sup> National LifeSmarts Championship! Each week leading into Nationals, we will share special updates with you through this *Cincinnati Communicator* newsletter. Our hope is that this will help you prepare for Nationals by providing helpful information and timely updates.



#### **Important! Team registration due by March 15**

*To help us in planning and confirming numbers, please register as soon as you can!* You must complete the online registration form for the 2023 National LifeSmarts Championship to ensure your team's place at the competition. **The deadline is March 15, 2023.** Please visit this [link](#) to register yourself and your team.

Coaches, remember that you must indicate which **Individual Assessment** should be assigned to each student on your team. If a student has competed in the National LifeSmarts Championship before (whether in-person or virtually), they *may not* repeat Individual Assessment topics they have previously tested on. (Email Cheryl if you need to know which one your students took previously.)

The registration form also requests your room confirmation numbers. If you do not have these when registering, please email them to Ryan at [Ryanb@nclnet.org](mailto:Ryanb@nclnet.org) as soon as possible.

#### **Team social media photos due by March 15**

Thanks to everyone who has already submitted their team photo for social media. Hopefully, you and your team are following us online as we have already begun posting these. *Just a note:* We will take photos during the registration process at Nationals with and without the team coach(es). We prefer these social media photos to include just the students. Thank you!

## **Sarah Weinberg Memorial Scholarship – Due March 15**

Coaches may nominate one graduating Senior for the Sarah Weinberg LifeSmarts Memorial Scholarship. This scholarship is awarded annually to a LifeSmarts participant who demonstrates a commitment to volunteer service work, like Sarah did. Scholarship nominations are due March 15. One \$500 scholarship will be awarded. Students do not have to be members of teams competing in the National LifeSmarts Championship. For additional information, click [here](#). Nominate your student [here](#).



### **Questions about team attire**

We have had several questions about attire for the National LifeSmarts Championship. There is no required attire. Here are a few suggestions based on what we have observed in the past few years.

Many teams choose to match. Many teams don't. It is totally up to you and your team!

- For Team photos and Competition 3 (Sister Teams Activity) – Team T-shirts and jeans or khakis. It is always fun to remember you are representing your school, organization and/or state in any of the photos and the competitions. You can also wear or bring small props to represent your school or favorite sports team or university in the team photos. We have signs for our student leadership organizations and sponsors to be used in photos as well.
- Competitions 4 - 6: Polo style shirts and khakis or jeans.
- Competition 7 and 8: Polo style shirts and khakis or jeans.
- Semi-Final and Finals: Guys- Nice shirts and dress pants or khakis with or without coat and tie; Girls - Dresses or nice shirt and slacks or skirt.

### **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. *Note:* If you have a space for Thursday and Friday night for a student, please email Cheryl at [Cheryl@nclnet.org](mailto:Cheryl@nclnet.org). Additionally, if you have a male chaperon who would not mind sharing a room, please contact Cheryl.

### **Practice buzzers**

We have had requests for links to online buzzers that teams can practice with. Here are some resources that you can check out with your students:

Fun Buzzer apps to use:

- [9 Awesome Virtual Buzzers](#)
- [Buzzer Apps](#)
- Cheryl used **Multibuzzer** for a LifeSmarts workshop and it worked great! Allows up to 200 players

## Pin Swap

Immediately following dinner on Thursday evening, the Pin Swap provides time for exchanging pins, buttons, stickers, or anything representative of your state with other LifeSmarts competitors. This is optional, but is a fun way to meet and get to know friends from all over the country. Look for free items that represent your state, city or town, or your school or club. Local clubs, banks, businesses, Chambers of Commerce, and state welcome centers may be able to help you with swap items. You may also make an item to represent your town, school, club or state to trade! (Below are a few examples of items from last year.)



### Dates and Deadlines:

March 1 – 31: Competition 1 – [Educational TikTok](#). Details in Coach memo

March 15: [Team Registration Due online](#)

March 15: Team photo for social media due! Submit earlier if you can! Email to [Cheryl Varnadoe](#)

March 15: [Participation Release forms / Forms Packet](#) due to [Ryan Barhoush](#) (if not submitted by your State LifeSmarts Coordinator)

March 22: State Winning Coach Zoom 1 at 5:00 PM EST (Coaches **required** to attend one of the two Zooms)

March 28: State Winning Coach Zoom 2 at 3:00 PM EST (Coaches **required** to attend one of the two Zooms)

March 24: [Anti-counterfeiting digital poster team entry due](#)

March 31: Deadline for [Team Roll Call Recording](#)

April 4: Deadline to make hotel reservation

April 7: [Deadline for Identity Theft Essay Contest Application](#)

April 7: [Deadline for OTC Medicine Safety Scholarship Application](#)

April 7: [Stipend form](#) due

April 3 – 14: Competition 2 – Online Individual Topic Assessments

April 12: Recorded Coach and Captain orientation shared

April 21: Deadline for [Student of the Year](#) nominations

April 28: Deadline for [Coach of the Year](#) nominations

April 27 - 30: National LifeSmarts Championship – Cincinnati, Ohio



### Other Important information and resources

- More information is available in the [National LifeSmarts Championship 2023 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](#).



**Next week:** Coach Zooms, Ideas for touring and more!

Until next week,  
The LifeSmarts Team

*P.S. Be sure to have your students follow us on Instagram, Twitter and FB for competition topics and question leaks!*

*Here is your second Leak of the Week!*

