



National LifeSmarts Championship 2023: Information for Teams
Focus: Coach Zooms, Reminders, Fun things to do and eat in Cincinnati!

Dear Coaches and Team members,

We are so excited to see you Cincinnati, April 27-30 2023, competing in the 29th 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.



Reminder! Zoom Meetings for Coaches:

The first of our two Zoom meetings to answer questions for coaches is **today**. The same information will be covered in both Zoom meetings, so plan to join us for the one that best fits your schedule. While they will be recorded, we request you make every effort to join us in person for one of the Zooms. **Note:** Zooms are for Coaches and Assistant Coaches only, not students.

- Wednesday, March 22, at 5:00 p.m. EDT
<https://us06web.zoom.us/j/82098958601?pwd=T2xjYWpMOHhwVEoyTlIGYXpJUG80UT09>
 - Meeting ID: 820 9895 8601
 - Passcode: 706927
- OR Tuesday, March 28, at 3:00 p.m. EDT
<https://us06web.zoom.us/j/86028224871?pwd=R3JaVGpNMXZCTVQ4NnVpUHpSS1Brdz09>
 - Meeting ID: 860 2822 4871
 - Passcode: 502991



Reminder: We need your Team social media photos

Thanks to everyone who has already submitted their team photo for social media. If you have not submitted yours, please send these as soon as possible! 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!



Take note! Team Roll Call Reel due by March 31

Introduce your team to everyone in attendance! It should only take teams a few minutes to film and submit this. The team video should be 10 seconds long, with each team member stating their name, and the captain sharing the state, school, or organization you represent. We encourage you to wear items that show your team spirit! **Pointers:** Give 1 second before and after speaking at the beginning and end of the video to allow for the cross fade. Speak loudly if outdoors, or try to film indoors. Do NOT add or use background music. Make it fun/unique/creative to your team! [UPLOAD YOUR ROLL CALL REEL HERE.](#)

Examples from last year:

1 of 3: <https://drive.google.com/file/d/1eMSLKe3njT2-gG5ymEkx5hqwUmC9T41l/view?usp=sharing>

2 of

3: <https://drive.google.com/file/d/17PMpo87l55LOpFALLavu4LWBwDjrdViQ/view?usp=sharing>

3 of 3: https://drive.google.com/file/d/1Gmy_t0THAhTpspp5L-Y4su8f60E7lWsD/view?usp=sharing



Fun things to do!

As you are planning your evenings and your free time on Saturday, check out these fun things to do and see in Cincinnati!

Roller Rink at Fountain Square: Some exciting news about Fountain Square (Located right next door to the Nationals Hotel) was recently announced. There will be a Roller Rink located on the Square for the entire month of April. This is the first time they are doing a roller rink in the warmer months. (they have an ice skating rink during the winter months. The cost is very reasonable (\$2-\$5 plus skate rental) and you can reserve spots online. More details can be found [here](#). There will be DJs on the Square Saturday 4/29 at 6pm to go along with the skating.

In addition, **Lunch on the Square** returns every weekday including a rotating selection of local food trucks. You can find more details on **Fountain Square's event calendar:**

<https://myfountainsquare.com/events/>

Visit Cincy Activities for Students

Official Visitors Guide: [https://www.visitcincy.com/plan-your-visit/visitor-guide/digital-guide/15 Things to Do in Cincinnati](https://www.visitcincy.com/plan-your-visit/visitor-guide/digital-guide/15-Things-to-Do-in-Cincinnati)

Connector streetcar (FREE at all times): <https://www.visitcincy.com/plan-your-visit/transportation/streetcar/>

Transit App (use to track Connector in real-time, find closest stations): <https://transitapp.com/>

Southbank Shuttle (\$1 to ride to Newport, KY and Covington, KY):

https://www.tankbus.org/bus_routes/southbank-shuttle/

Central Business District map:

[https://www.otrchamber.com/img/maps/Central Business District Map 10 22.pdf](https://www.otrchamber.com/img/maps/Central_Business_District_Map_10_22.pdf)

Over the Rhine map: [https://www.otrchamber.com/img/maps/OTR Map 10 22.pdf](https://www.otrchamber.com/img/maps/OTR_Map_10_22.pdf)

Link to many other maps: <https://www.visitcincy.com/plan-your-visit/regional-maps/>

Cincinnati Zoo Discount Tickets - \$7.00 per person

Thanks to our Colorado State Champion team coach, Sahvanna Mease who shared the following:

<https://cincinnati-zoo.org/education/schools-teachers/in-person-programs/fieldtrips/schoolcodes/>

Using the link above, complete the Field Trip form.

Who is eligible: daycares, preschools, private & public/charter schools, universities, alternative education schools, homeschool families and co-ops

Dates: Sunday-Saturday, year-round

Time: March 12-October 30: 9:00am-5:00pm.

Cost: Students \$7; Adults \$7.

Parking Cost: Buses: \$10-50 parking pass, Cars: \$10;

Location: See Field Trip Guide once registered. Some dates are bus drop-off only.

Note: They require 1 adult (teachers, staff, guardians) for every 7 students. Required adults are free. Students in grades Pre-K-12 must be supervised by their chaperone at all times. Bus drivers are always free in addition to your 1:7 adults.

To receive the \$7 school group rate, all participants (students and adults) must be part of the school group order. Individuals will not be able to purchase tickets at the school rate at the general admission windows.

HINT: Use your school's name; For groups like 4-H, use your university as the school.

Places to Eat

[Skyline Chili – You must try Cincinnati Chili!](#)

[Graeter's Ice Cream](#)

[Montgomery Inn](#)

[Downtown Restaurant Guide](#)

[Downtown Cincy Restaurant Map](#)

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 Cherylv@nclnet.org. Additionally, if you have a male chaperon who would not mind sharing a room, please contact Cheryl.



Dates and Deadlines:

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

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

Past Due! 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: Travel Stipends updates, 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 third Leak of the Week!

The graphic features a red background with a white faucet on the right side, dripping blue liquid into a blue puddle at the bottom. In the top left corner, there is a white trophy icon next to the text "LifeSmarts" in white, with the tagline "Learn it. Love it." below it. The main text reads "Test your knowledge about credit reports:" followed by a bulleted list of three questions. At the bottom left, there are small icons of a calendar and a credit report. The words "LEAK OF THE WEEK" are written in large, bold, black letters at the bottom.

LifeSmarts
Learn it. Love it.

Test your knowledge about credit reports:

- Purpose of credit reports
- How often can you obtain free credit reports?
- How are credit scores calculated?

LEAK OF THE WEEK