



National LifeSmarts Championship 2023: Information for Teams

Focus: App Launch, Sister Teams, T-shirt contest, Meme Contest, Instagram Contest and more!

Dear Coaches and Team members,

We are so excited to see you and your team in 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.



It's Here! 2023 LifeSmarts National Championship App!

We are excited to announce the new LifeSmarts National Championship app! Team members, coaches and assistant coaches should look for an email from lifesmarts@swoogo.com.

The email will provide information for downloading the app, but here are some helpful hints:

1. Download the Attendee Mobile app here: <https://mobile-mobile.swoogo.com/app/h968e1>
2. Search for *LifeSmarts Championship 2023*
3. First time logging in? Start by clicking on the grey "Reset Password" button, since your password has not yet been set
4. Having trouble? Try re-registering your name and email address here: <https://tinyurl.com/mskuzsj7>

Coaches: Be certain your team reads the *2023 General Information for Competitors* document under the Resources tab. The app will be updated daily with additional information as we approach the National LifeSmarts Championship, so be certain you check it often!

Sister Teams

We know that everyone is excited to meet their Sister Team! To find yours, click on the Team tab in the app and select your team. Your sister team is listed as well as the members of your team. Coaches: Please check your team page on the app for accuracy. We tried to include all updates, but let Cheryl know if you see anything that needs to be changed.

T-shirt Contest

Details on the T-shirt contest are available on the [Team Information Center Page](#). The form to upload your t-shirt photos is also linked on that page. The entry must include a photo of the front and back of the actual t-shirt – not just a design. Entries are due on Friday, April 28th for judging and voting via the app.

Instagram Contest

Don't forget about the Instagram Contest!

How to participate: Follow @LifeSmarts_org and include **#LifeSmarts2023** and **#LifeSmartsNationals** in every post. Share pictures with us of *your* LifeSmarts in action. Show us funny stories about studying, traveling to Nationals, just hanging out with your team and of course, your best selfies! Posts from April 26 – 29 will be considered. Winners will receive gift cards.

Meme Contest

Share the meme contest with your students. How to participate: Follow @LifeSmarts_org on Instagram and make a Meme about how much you love LifeSmarts. DM your submission to @LifeSmarts_org by April 28th at midnight EST. Submissions will be posted on @LifeSmarts_org and the meme with the most likes by the awards luncheon will receive a prize for the meme-maker(s)! (if for some reason, the DM does not work, email the meme along with the names of the makers to Cheryl@nclnet.org.)



We need individual student applicants for the OTC Medicine Safety Mentoring Scholarship – Deadline extended!

For the Scholarship: Individual students create an personal project that follows the guidelines below and apply using the form on this page (<https://lifesmarts.org/otc/submit-an-otc-medicine-safety-scholarship-application/>):

After reviewing the LifeSmarts U Lessons on [Drug Facts Label](#) and [Medicine 101](#) and the [Scholastic Over the Counter Medicine Safety Program](#), the student designs a social media message, presentation, or an educational product that will communicate the importance of OTC safety to others. The focus should be one or more of the following topics: safe use, storage, and disposal of medicines, and understanding the Drug Facts label. Your project can

review general safety information or have a detailed focus on one aspect. Ideas for components:

- Use social media platforms such as Instagram, Snapchat or TikTok to broadcast the importance of OTC medicine safety to peers.
- Mentor younger students with in-person or virtual presentations.
- Design visual displays including posters, infographics, trivia cards, table tents, games, and newsletters for a broad community audience. The type of educational material you create will depend on your audience and where it will be used or displayed.
- Implement and evaluate your project as much as possible prior to the scholarship deadline and/or list what you might do differently next time and other audiences you plan to share the presentation with in the future.

The new deadline is **April 20, 2023** at midnight EST. Five \$1,000 scholarships will be awarded!



Stipend forms still being accepted!

If your team has completed their work for stipends and have not applied for your stipends yet, please do so at this [link](#)! Norton Wild Card teams are ineligible for these stipends, but all other teams are eligible. Details are in the [State Champion Coach memo](#).



Reminder! Individual Assessments are open now through April 14th

Please remember! These must be taken on the time and date you provided on your registration form. If you need to change that, let [Cheryl](#) know as these are being monitored.

Very important: We had already had a few instances of this. Students must not minimize their screen or open another program, page or app while testing. This can cause the test to time out and report a score. While we can reset it, we usually must wait 12 – 18 hours for the score to show up so that we may delete it and set up another testing schedule for that student. All the details for proctoring were included in the [State Champion Coaches Memo](#) on pages 16-17. As a reminder, no one (coaches, assistant coaches, other students, parents, etc.) may assist the team or individual students in completing any portion of the assessments including providing answers, suggesting answers, or giving opinions on correct answers. Should it be determined that assistance was provided to the individual students or team, the individual scores and team score will be adjusted accordingly, and any awards earned may not be given. Please email us during normal business hours if you have any questions or need assistance.

Student of the Year nominations:

Coaches are invited to nominate one senior on their team for special recognition as the LifeSmarts Student of the Year. Nominations are due April 21. Complete the form [here](#).



Aquarium discount CODE!

We now have our discount code for the [Newport Aquarium](#) which will provide \$3.00 off each ticket.

To purchase tickets, visit NewportAquarium.com/CorporateDiscounts

Input the promo code: **LSMARTS**

Select your visit date

Select your entry time

Popular days and times do sell out, so purchase your tickets as far in advance as possible to ensure you get your preferred date and time.



Dates and Deadlines:

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

April 18: Recorded Coach and Captain orientation shared with team coach

April 21: [Deadline for OTC Medicine Safety Scholarship Application](#)

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 and captain meeting recording shared, it's getting close, and more!

Until next week,
The LifeSmarts Team

