

# 4-H Coach Starter Guide



## I'm a 4-H Agent, Program Assistant, or Volunteer starting a LifeSmarts team. What do I do?

1. Register yourself as a LifeSmarts coach. The “Register” link is in the upper right-hand corner of [LifeSmarts.org](https://LifeSmarts.org).
2. Log in, then click the “Manage Users” tab, then teams, then the “new team” button. Coaches must create new teams every program year. Select Varsity for high school LifeSmarts teams (grades 9-12) and Junior Varsity (JV) for middle school LifeSmarts teams (grades 6-8). Coaches may create as many teams as they like.
3. Have your students register. Once registered, students will be taken to their competition dashboard and will click on the “My Teams” tab to join a team.
4. When you log in you will be directed to the instructor dashboard. Click on “Manage Users” and then “Teams.” Select the team name (which is highlighted in blue) and click on “Add Member.” Type part of the student’s name or email address and hit return to select from a list. Click “Add” next to the student you wish to add. Mouse over a name and the words “Make Captain” will appear. Click to select your team captain.
5. TeamSmarts group quizzes will appear under the Team Captain’s “Quizzes” tab.

## What’s the difference between the teams?

**Varsity Teams:** 4-H teams with members in grades 9-12 compete in the Varsity Division and should be registered as Varsity teams.

**Junior Varsity Teams:** 4-H teams with members in grades 6-8 compete in the Junior Varsity Division and should be registered as Junior Varsity teams.

When you register your teams and select either Varsity or JV team types, a drop-down menu appears entitled, “What type of team is this?” 4-H is one of the choices. Please select it and any other choices that apply to your team(s).

This allows them to compete in the 4-H TeamSmarts division as well as your states’ Varsity and Junior Varsity competitions.

**Varsity and Junior Varsity Competition:** For the Varsity Competition, teams of at least 4 players take quizzes online and (depending on the team score) can qualify for state. Any number of students may participate on an online team, making it ideal for clubs or classroom settings. However, teams advancing to live (in-person or virtual) state championship competitions, which are held in many states, 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 4-H (such as public, private or home schools, FCCLA, etc.).

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

**The 4-H Challenge:** 4-H teams have the opportunity to compete in the LifeSmarts 4-H Challenge to learn more about LifeSmarts and to help them prepare for competition. More details will be available for all registered 4-H LifeSmart teams.

## Can the same students compete in both events?

Of course! In fact, it’s a great way to practice!

Please click the “Contact Us” link in the upper-right corner of the [LifeSmarts.org](https://LifeSmarts.org) home page if you have any questions.

