



## NEWS AND TIPS FOR THE 2024 SAN DIEGO 30<sup>TH</sup> NATIONAL LIFESMARTS CHAMPIONSHIP

### ***National LifeSmarts Championship 2024: Edition 2*** ***Information for Coaches & Teams*** **Focus: Deadlines, attire, scholarship, pin swap and more!**

Dear Coaches and Team members,

We are so excited to see you San Diego, April 18 – 21, 2024 competing in the 30<sup>th</sup> National LifeSmarts Championship! Each week leading into Nationals, we will share special updates with you through this [San Diego Celebration Central](#) newsletter. Our hope is that this will assist you and your team in preparing for Nationals by providing helpful information, timely updates and reminders.



**[2024 State Confirmation Form and Reservation Numbers](#) – **Very important!**** This form is due **two weeks** following notification of your LifeSmarts National Championship invitation. This form assures us that you will be attending and competing in the National LifeSmarts Championship and also allows us to invite the second- place team in your state to attend and compete if your team cannot. ***Several teams who were named State Champions more than two weeks ago have not sent in these form as of this morning.***

#### **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 2024 National LifeSmarts Championship to confirm your team’s place at the championship. **The deadline is March 15, 2024.** Please visit this [link](#) to register yourself and your team.

If you have an assistant coach, they must already be registered and associated with your team at <https://lifesmarts.org/>. Let us know if you have any problems with that.

Coaches, 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.

The registration form also requests your room confirmation numbers. If you don't have these when registering, please email them to Ryan at [Ryanb@nclnet.org](mailto:Ryanb@nclnet.org) within two days of registering and also provide them on the [2024 State Confirmation Form and Reservation Numbers](#) mentioned above.



**Team social media photos due by March 15 – Please send ASAP!**

Thanks to everyone who has already submitted their team photo for social media. Hopefully, you and your team are following us online as we will begin posting these next week. *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!

**Reminder about Guests:**

The National LifeSmarts Championship is a **closed** event. Teams and coaches have earned their right to be here. Only registered coaches/ assistant coaches, competitors, alumni volunteers, adult volunteers, sponsors, state coordinators, LEAP members, and the LifeSmarts/ NCL/ Conference team are allowed to participate. Admission to all LifeSmarts events will be monitored.

We have received many questions about parents observing. Should parents be traveling in the area, they are only able to observe the buzzer matches that their child is competing in. They may not attend any other events (provided meals, Sister team activity, SpeedSmarts, Pool party and dance, Opening ceremonies, Sweet 16 announcement or Awards programs). Please contact [Lisa](#) or [Cheryl](#) to discuss any questions you have regarding this.



**Other Important Information:**

**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 LifeSmarts 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: Nice shirts and dress pants or khakis with or without coat and tie; 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.

### 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 team:

Fun Buzzer apps to use:

- [BuzzIn.live](#)
- [9 Awesome Virtual Buzzers](#)
- [Buzzer Apps](#)
- We have used **Multibuzzer** for LifeSmarts workshops 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. Our LEAP panel will also be leading icebreakers and games so that everyone can have fun and get to know others as well as their sister team. Each student can also get their LifeSmarts icon badge for the Individual Topic Assessment they completed during the pin trade. While pin trading is optional, it 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.)



### LifeSmarts Merch!

Stay tuned for our **new** LifeSmarts online store! We will have LifeSmarts branded T-shirts, Long-sleeved t-shirts, Hoodies, and Baseball caps. You and your team can pre-order for pick-up at the event. Our LEAP panel has done a terrific job arranging for this, and we can't wait to share their efforts with you. Our store is set to premiere no later than March 15<sup>th</sup>!



### Dates and Deadlines:

- Within 2 week of State LifeSmarts Championship – 2024 State Confirmation Form and Reservation Numbers Form Due
- **NEW** TBA – LEAP into LifeSmarts – Optional Zoom meetings for team members with our LifeSmarts LEAP panel to meet new friends and ask questions.
- March 1 – 31: Competition 1 – [Educational TikTok or Instagram Reel](#) Due. Details in Coach memo.
- March 12: State Winning Coach Zoom 1 at 5:00 PM EST (Coaches **required** to attend one of the two Zooms)
- 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 15: Sarah Weinberg Memorial Scholarship [Applications Due](#)
- March 19: [Hotel Reservation](#) Deadline
- March 19: State Winning Coach Zoom 2 at 3:00 PM EST (Coaches **required** to attend one of the two Zooms)
- March 28: [Anti-counterfeiting digital poster team entry due](#) – Optional for stipends
- March 28: [Deadline for Identity Theft Essay Contest Application](#) – Optional for individual
- March 29: Deadline for [Team Roll Call Recording](#) entries
- April 5: Recorded Coach and Captain orientation shared

- April 5: [Stipend form](#) due (includes OTC Medicine Safety Team Award presentations for travel stipends and Anti-Counterfeiting Digital Poster Contest which was due previously. See page 14 of [Coach Memo](#))
- April 5: [LifeSparks Team Achievement Award](#) Due
- April 7: [Deadline for OTC Medicine Safety Scholarship Application](#)– Optional for individual entries
- April 1 – 12: Competition 2 – Online Individual Topic Assessments - see coach memo for details; Teams will be randomly selected for monitoring via Zoom
- April 15: Deadline for [Student of the Year](#) nominations
- April 20: Deadline for [Coach of the Year](#) nominations
- April 18-21: National LifeSmarts Championship – San Deigo, CA



### Resources

- More information is available in the [National LifeSmarts Championship 2024 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 follow us on Instagram and FB for competition topics and question clues!  
Here is your second Championship Clue!*

