



NEWS AND TIPS FOR THE 2024 SAN DIEGO 30TH NATIONAL LIFESMARTS CHAMPIONSHIP

National LifeSmarts Championship 2024: Edition 7 Information for Coaches & Teams

Focus: The 30th National LifeSmarts Championship is here!

Dear Coaches and Team members,

We are so excited to see you in San Diego this week! In just three short days, we will begin the 30th National LifeSmarts Championship! Here are some final reminders for the 30th National LifeSmarts Championship.

Thanks so much to everyone for completing their individual assessments and especially to the teams whom we observed in person. Also, everyone received their stipend notices last week! We are all so impressed by the amazing educational outreach you conducted this year!



Download our new social media frames!

Please share this with your team! <https://lifesmarts.org/2024-social-media-frames/>



Get social: Get social by using the hashtags **#LifeSmarts30th**, **#lifesmartsnationals** and **#lifesmarts2024**! Join in the Instagram and Meme contest. Details will be on the app and are included in this newsletter.



Streaming info: Share with your fans at home!

Invite friends and family back home to watch the semifinals and final matches on Sunday, April 21st. Semi-finals begin at 8:30 AM PST, and finals at 10:15 am EST.

Host a watch party and compete in the Kahoot that will be offered by the LifeSmarts Engagement Advisory Panel! Details will be posted at [LifeSmarts.org](https://lifesmarts.org) as well as shared via social media! Stay tuned!



Packing Reminders / Checklist

- Door prize
- Pins or other items to trade at pin party
- Sister Team Gifts
- Download the new social media frames
- Download the National LifeSmarts Championship App
- ID's and other information needed for flights
- Arrange transportation from airport (See [Celebration Central 1](#))
- Jacket, Sweater, Hoodie, etc.
- Check the [weather in San Diego](#)
- Make plans with your team for Friday evening and Saturday afternoon and meals away from the hotel (see all past editions and the San Diego microsite)
- Read the "General Information for Competitor Info" under the resources sections on the National LifeSmarts Championship app. It contains information on competition, events, helpful hints, safety and hotel, travel and tipping etiquette.
- Read the competition rules and format under the resources section on the National LifeSmarts Championship App.
- Address for hotel: Hyatt Regency Mission Bay Spa and Resort, 1441 Quivira Road, San Diego, CA, 92109
- Coach and Captain watch the Coach and Captain orientation (See Celebration Central 6)
- [Student of the Year Nominations](#) close tonight APRIL 15 at midnight Eastern. We welcome your nominees!
- [Coach of the Year Nominations](#) are also due by midnight tonight, April 15 at EST.



Other things to remember



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 19th** by midnight PST for judging and voting via the app.



Instagram Contest

Don't forget about the Instagram Contest!

How to participate: Follow @LifeSmarts_org and include #LifeSmarts2024, #LifeSmarts30th 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 17- 20 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 19th. 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).



Download the 2024 LifeSmarts National LifeSmarts Championship App is here!

Instructions:

1. Download the Attendee Mobile app here: <https://mobile-mobile.swoogo.com/app/fgq014> or use the QR code
2. Search for LifeSmarts2024
3. **No one has to login to access the app.** Just pretend that the login area is there.
4. Find your sister team! Click on teams, then find and click on your team. Your sister team will be listed!



Dates and Deadlines:

- April 15: Deadline for [Student of the Year](#) nominations – **Must be completed online**
- April 15: Deadline for [Coach of the Year](#) nominations– **Must be completed online**

- April 18-21: National LifeSmarts Championship – San Diego, 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](#).



Contacting Us

If you have any questions, *please* email us: Lisa (lisah@nclnet.org) and Cheryl (cherylv@nclnet.org). Email is the best way to reach us as after today (Monday) as we will be busy preparing for your arrival! See you in San Diego!

The LifeSmarts Team

P.S. Be sure to have your students follow us on Instagram and Facebook for competition topics and question leaks! Students will also want to follow us on TikTok.

Here is your eighth and final Championship Clue!

