



4-H Coach Starter Guide



LifeSmarts
Learn it. Live it.

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.



- ▶ Visit <https://lifesmarts.org/> and click the register button in the upper right-hand corner.
- ▶ Read the coach prompts on the right-hand side before entering your information and select "Coach" as your role from the drop-down menu.
- ▶ Complete the registration process and login. The "Home" Dashboard will appear.
- ▶ If you had teams the previous LifeSmarts season, you can adjust those teams by moving students to alumni or inactive status, moving students to different teams or adding new teams, etc. Visit our Registration page (<https://lifesmarts.org/lifesmarts-registration/>) and follow the link in Step 1 for details.

2

Create a team.



- ▶ Click the "manage users" tab, then teams, then the "new team" button. Coaches may create as many teams as they like.
- ▶ Select 4-H and either Varsity (grades 9-12) or Junior Varsity (grades 6-8) as team types.

3

Have your 4-H'ers register at <https://lifesmarts.org/>.



- ▶ Once registered, students will be taken to a competition dashboard.
- ▶ Click the "my teams" tab to join a team. 4-H'ers should look for their coach and team in the list and click the "join" button to add themselves to the team.

4

Appoint one student on each team as the Team Captain.

5

To logout, click on the round icon in the upper righthand corner that bears your initials.



IMPORTANT: Quizzes for special competitions like the 4-H Online Challenge will be under the "Quizzes" tab on the left-hand side of the student dashboard.



Can the same students compete in both events?

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

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 students 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 in-person, virtual or online quiz state LifeSmarts championships 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).

State Champion Varsity teams, Wild Card Champion teams and Sweepstake Champion teams compete in the National LifeSmarts Championship held in a different city each year.

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. State Champion Junior Varsity Teams compete in the Virtual Junior Varsity National LifeSmarts Championship each May.



The 4-H Challenge

4-H teams can compete in the LifeSmarts 4-H Challenge Summer Online to learn more about LifeSmarts and to help them prepare for competition. More details are available on the [LifeSmarts 4-H page](#).



The TeamSmarts Challenge – September – January

TeamSmarts, the LifeSmarts Web-based team competition, is a great practice tool for a team of students to take together. Each month from September through January, teams are asked 50 multiple-choice questions. Cash Prizes are awarded each month to the top-scoring Junior Varsity, Varsity, 4-H, BPA, FBLA, FCCLA, and SkillsUSA teams (one prize per year, per school or individual club/organization).

Questions? →

Click the "Contact Us" link in the upper-right corner of [LifeSmarts.org](https://lifesmarts.org) if you have any questions.



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