

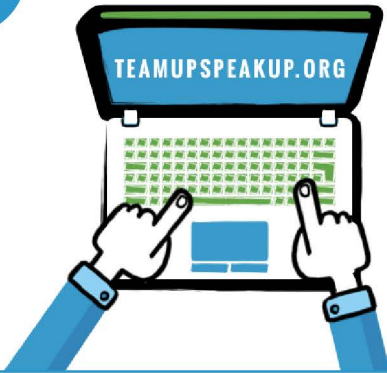
TEAM UP SPEAK UP

TO FIGHT CONCUSSIONS

Athletes

How to be a great teammate when it comes to concussions.

1



Take The Lead

by asking your coaches to give the Team Up Speak Up Speech at

TeamUpSpeakUp.org

2



Speak Up

to a coach, athletic trainer, or team leader if you see **SIGNS** of a **concussion** in your teammate.

3



[#TeamUpSpeakUp](https://www.instagram.com/teamupspeakup)

Spread The Word

by posting a video of your team hearing the speech on social media with

[#TeamUpSpeakUp](https://www.instagram.com/teamupspeakup)

Grand prize of team backpacks for the best video!

Learn more at TeamUpSpeakUp.org