

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 **#TeamUpSpeakUp** speech on social media

Enter the video contest to win our grand prize!

Learn more at TeamUpSpeakUp.org