Athletic Directors

This two-minute speech could save an athlete's season, career, or even their life.

1. Take The Pledge

that your athletes will hear the Team Up Speak Up Speech from their coach at TeamUpSpeakUp.org

2. Share The Speech

- We're a team, and teammates look out for each other.
- A teammate with a concussion needs your help.
- I expect you to SPEAK UP to a coach or athletic trainer if you think a teammate has a concussion.

3. Spread The Word

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

Enter the video contest to win our grand prize!

#TeamUpSpeakUp

Learn more at TeamUpSpeakUp.org