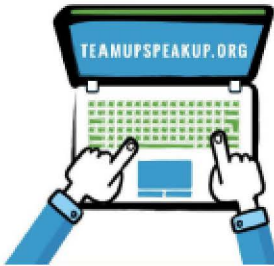


Athletic Trainers

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

1



Take The Pledge

that your school, athletic program, or team will hear the Team Up Speak Up Speech 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](https://www.instagram.com/TeamUpSpeakUp)

Enter the video contest to win our grand prize!

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

Learn more at TeamUpSpeakUp.org