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

1. Take The Pledge
to give 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
Enter the video contest to win our grand prize!

Learn more at TeamUpSpeakUp.org