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. Give 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
   
   Grand prize of team backpacks for the best video!

Learn more at TeamUpSpeakUp.org