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

Learn more at TeamUpSpeakUp.org