**Athletic Directors**

How to bring Team Up Speak Up to your school so your teams are educated on concussion reporting.

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

#TeamUpSpeakUp

Learn more at TeamUpSpeakUp.org