TEAM UP
SPEAK UP
TO FIGHT CONCUSSIONS

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

#TeamUpSpeakUp
Grand prize of team backpacks for the best video!

Learn more at TeamUpSpeakUp.org