TEAM UP SPEAK UP

TO FIGHT CONCUSSIONS

9.12.17

Athletic Directors

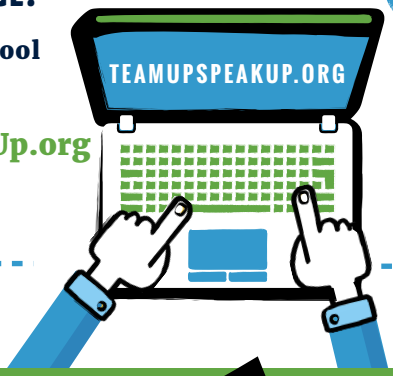
SIGN UP AT: TEAMUPSPEAKUP.ORG

HOW TO PARTICIPATE

We're a team, and we **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 might have a concussion**.

1. TAKE THE PLEDGE:

SIGN UP your school to participate at **TeamUpSpeakUp.org**



2. GIVE THE SPEECH:

Prepare your **coaches** to give **THE SPEECH** early in the season.

3. TAKE A TEAMIE:

Have your **teams** take a **TEAMIE** to show their commitment to concussion awareness.

A "TEAMIE": arms around your teammates, index fingers in the air, showing that you're teaming up.

4. SHARE OUR MESSAGE:

Post your **VIDEO + TEAMIE** on social media using **#TeamUpSpeakUp** before **Sept 12th!**

TEAM UP SPEAK UP DAY!

9.12.2017

THE SPEECH

this is the message we want all athletes to HEAR.

We're a team and we **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 might have a concussion**.