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 organization to participate at TeamUpSpeakUp.org

2. INVITE OTHERS:
   Have your constituents TAKE THE PLEDGE at TeamUpSpeakUp.org and we'll keep them up to date!

3. ENCOURAGE PARTICIPATION:
   Remind everyone to give THE SPEECH when their season starts.

4. SHARE OUR MESSAGE:
   Post your PHOTOS + VIDEOS of your coaches + teams on social media using #TeamUpSpeakUp

9.12.2018 TEAM UP SPEAK UP DAY!

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.

Take The Pledge And Learn More At TeamUpSpeakUp.org | Share On Social: #TeamUpSpeakUp