

TEAM UP SPEAK UP

TO FIGHT CONCUSSIONS

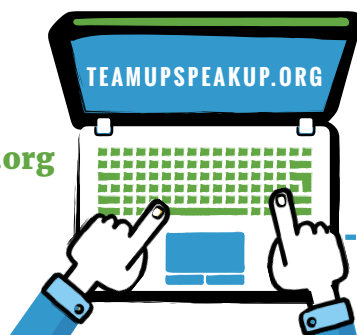
9.12.18

SIGN UP AT: TEAMUPSPEAKUP.ORG

HOW TO PARTICIPATE

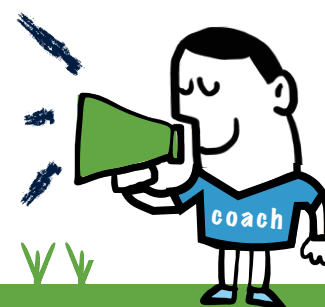
1. TAKE THE PLEDGE:

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**.