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.

**THE SPEECH**

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**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!**

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