

TEAM UP SPEAK UP

From the

Concussion Legacy Foundation

National Team Up Speak Up Week Sept. 8-14, 2019 is a concussion education initiative from the Concussion Legacy Foundation to help improve concussion culture and reporting at the youth and high school level. The Missouri State High School Activities Association supports this program and asks all of our member schools to participate.

[Team Up Speak Up](#) asks coaches to give a short, one-minute speech to their team that makes 3 simple points:

1. We're a team. We look out for each other.
2. A teammate with a concussion is a teammate that needs your help.
3. It is your responsibility to *Speak Up* to a team leader if you think a teammate has a [concussion](#).

National Team Up Speak Up Week is September 8-14, 2019. It's important that athletes hear the Team Up Speak Up message at the beginning of **every season** to establish a positive concussion culture.

Participating is as easy as 1-2-3, and is detailed in the attached "[How to Participate](#)" illustrated guides:

1. Take the Pledge for your school or team at TeamUpSpeakUp.org. It takes fewer than 2 minutes.
2. Give the Speech or make sure this speech is given to the teams at your school during **National Team Up Speak Up Week Sept. 8-14, 2019**.
3. Spread the Word by posting a video of your speech on social media using #TeamUpSpeakUp. Participants are entered to win the [Grand Prize for the best video!](#)