

Team Up Speak Up from the Concussion Legacy Foundation

Team Up Speak Up asks coaches to give a short, one-minute speech to their team that makes three 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 an adult if you think a teammate has a concussion.

It's important that athletes, especially youth 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 on the poster located at:

<https://www.mshsaa.org/resources/pdf/TeamUpSpeakUp.pdf>

1. Sign Up your organization at [TeamUpSpeakUp.org](https://www.teamupspeakup.org). It takes less than two minutes.
2. Speak Up by making sure this speech is given to the teams you care about.
3. Spread the Word on social media using #TeamUpSpeakUp.

If you have questions, comments or suggestions, please reach out to Evan Pursley at epursley@concussionfoundation.org.