



Memorandum

To: State Association Executive Directors and Commissioners
From: Bob Gardner / Bob Colgate
Subject: NFHS Supporting *Team Up Speak Up*
Date: July 26, 2018

The NFHS is once again supporting a national concussion education initiative from the Concussion Legacy Foundation to help accelerate concussion culture change at the youth and high school level called *Team Up Speak Up*, which is summarized below and attached. The NFHS wanted to share with each member state association the information that was sent to the NFHS from the Concussion Legacy Foundation on this educational initiative. Please feel free to share with your member schools if you so choose.

Overview of *Team Up Speak Up* from the Concussion Legacy Foundation:

We encourage you to participate by:

1. Signing up to participate at TeamUpSpeakUp.org.
2. Encouraging your member schools, via email and social media, to participate.

The goal of *Team Up Speak Up* is to create a positive concussion culture. *Team Up Speak Up* asks every coach and captain to:

1. Give a speech to their team that says good teammates *Speak Up* to a coach or athletic trainer if they are concerned a teammate may have a concussion.

2. Post a video of the speech on social media with #TeamUpSpeakUp.

Many of you have supported this program in the past and we encourage others to do so as well.

Below is content you can share with your member schools:

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 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 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 in the **attached** "[How to Participate](#)" one-pager:

1. Sign Up your organization at TeamUpSpeakUp.org. It takes fewer than 2 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.