

USA Hockey / Team Up Against Concussions Week

October 23rd - 27th 2023

Instructions for each team

Instructions:

1. Each team should designate a player on a team to be the team's "Concussion Legacy Captain" and give the player the speech card.
2. Have that player sign up online [here](#) to have a Team Up Against Concussions speech card and wristband mailed to the player.
3. Film videos of Captains giving the Team Up Against Concussions Speech to their team.
 - a. Videos should be shot horizontally rather than vertically, if possible.
4. Have the Captain take a selfie with the team after the speech.
5. Send video/selfie to USA Hockey- MA District Player Safety Coordinator Nicole Siglin:
 - a. Email me at safetycoordinator@mahockey.org

The speech (also on the speech card): *This is what the designated player will say to the team:*

We're a team and teammates look out for each other.

A teammate with a concussion needs your help.

I expect you to speak up to a coach, or an athletic trainer if you think a teammate has a concussion.

Questions?

- Contact Nicole Siglin USA Hockey Player Safety Coordinator- MA District at safetycoordinator@mahockey.org



#TeamUpAgainstConcussions

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Social Media Suggestions

CLF social media handles:

Facebook: @concussionfoundation

Instagram: @concussionfoundation

Twitter: @ConcussionLF

Hashtag to use:

#TeamUpAgainstConcussions

Language for grassroots teams to use in posts:

Facebook/Instagram:

TEAM NAME from @massachusetts hockey is proud to participate in @usahockey and @concussionfoundation's #TeamUpAgainstConcussions Week!

PLAYER NAME was chosen as our Concussion Legacy Captain. **He/she** gave CLF's Team Up Against Concussions speech to the team to set a positive concussion culture and make sure athletes with possible concussions get the care they need.

Learn more about the speech and CLF's Concussion Legacy Captains program at ConcussionFoundation.org/Captains.

[include video of speech and post team selfie]

Twitter (X):

TEAM NAME from @Mass_Hockey is proud to participate in @usahockey and @ConcussionLF's #TeamUpAgainstConcussions Week!

PLAYER NAME gave the #TeamUpAgainstConcussions speech to set a positive concussion culture on the team. @Mass_Hockey @usahockey and @concussionfoundation's

Learn more at ConcussionFoundation.org/Captains.

[include video of speech]