

USA Hockey / Team Up Against Concussions Week
October 20th - 24th 2025
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- Michigan District Player Safety Coordinator Jon Hosking in any of the following ways:
 - a. Email him at jhosking@maha.org
 - b. Upload content to [this Google Drive Folder](#)

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 Jon Hosking, USA Hockey Player Safety Coordinator- Michigan District at jhosking@maha.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 @_MAHA 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:

TEAM NAME from @_MAHA 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. @_MAHA @usahockey and @concussionfoundation's

Learn more at ConcussionFoundation.org/Captains.

[include video of speech]

<https://youtu.be/ycwC04nXggY>