

Injury Status Update

Dear Team,

I hope this message finds you well. I wanted to provide you with an update regarding my current injury status.

As you know, I sustained an injury during our last game on [Date]. After consulting with my medical team, I have been informed that I am facing a recovery period of approximately [duration]. During this time, I will be focused on rehabilitation and following the prescribed recovery plan.

I appreciate your support and understanding as I work towards getting back on the field. I will keep you updated on my progress and look forward to rejoining the team as soon as possible.

Thank you for your encouragement during this time.

Best regards,

[Your Name]

[Your Contact Information]