

Injury Update for Coach [Coach's Name]

Date: [Insert Date]

Dear Coach [Coach's Last Name],

I hope this message finds you well. I wanted to provide you with an update regarding my recent injury sustained on [insert date of injury].

As of today, I have undergone [mention any treatments, assessments, or rehabilitation]. The medical staff has advised me that my recovery is progressing as planned and I am currently [insert current status, e.g., "undergoing physical therapy", "cleared for light practice", etc.].

My expected timeline for full recovery is [insert estimated recovery time], and I am committed to following the prescribed rehabilitation regimen to ensure a swift return to the team.

Please let me know if you would like further details or have any questions. I appreciate your support during this time.

Sincerely,

[Your Name]

[Your Contact Information]