

Dear [Athlete's Name],

I hope this message finds you in great spirits as you continue your journey to recovery. I want you to know how incredibly proud I am of your determination and resilience during this challenging time.

Throughout your recovery, remember that every small step matters. Your strength and perseverance are truly inspiring, not only to your teammates but to everyone around you.

Please take all the time you need to heal, both physically and mentally. I am here to support you in any way possible and can't wait to see you back on the field/court, stronger than ever.

Keep pushing forward, and know that you have a whole community cheering you on!

Best wishes,

[Your Name]