Sports Team Practice Schedule Update

Dear Team,

We hope this message finds you well. We would like to inform you about the updated practice schedule for the upcoming weeks:

Practice Schedule

Monday: 4:00 PM - 6:00 PM
Wednesday: 4:00 PM - 6:00 PM
Friday: 5:00 PM - 7:00 PM

Location: Main Gymnasium

Please ensure that you arrive 15 minutes early to warm up and be ready to start on time. If you have any conflicts with the schedule, please let us know as soon as possible.

Thank you for your commitment and dedication. Looking forward to seeing everyone at practice!

Best regards, Coach [Your Name] [Team Name]