

Dear [Team Name],

I hope this message finds you well and energized for the upcoming season. As you navigate the challenges and victories of sports, it's important to remember that mental health is just as crucial as physical health.

You are a talented group of athletes, and it's normal to feel pressure both on and off the field. Don't forget that it's okay to take a step back and breathe. Support one another, communicate your feelings, and remember that seeking help is a strength, not a weakness.

Each of you plays a vital role in our team, and your well-being is important. Let's continue to lift each other up, celebrate our achievements, and learn from setbacks together.

Stay strong, stay focused, and most importantly, enjoy the game!

Sincerely,

[Your Name]

[Your Position/Role]

[Contact Information]