Dear Team,

I hope this message finds you well. I am writing to you today with a heavy heart to sincerely apologize for my actions during our last game.

I know that my behavior may have affected our team dynamics, and for that, I am truly sorry. Our success as a team relies on mutual respect and trust, and I take full responsibility for not upholding those values.

I want each of you to know that I care deeply about our team and your development, and I am committed to making sure this will not happen again. We will learn from this experience and grow stronger as a unit.

Thank you for your understanding and support. Let's work together to move forward positively.

Best regards, Coach [Your Name]