

Injury Prevention Notice

Date: [Insert Date]

To: [Team Name] Members and Parents

Dear [Team Name] Members and Parents,

As the season progresses, we want to emphasize the importance of injury prevention for our athletes. Keeping our players safe is our top priority, and we encourage all team members to follow these guidelines:

- Always warm up properly before practices and games.
- Stay hydrated throughout training and competition.
- Use proper equipment, including gear that fits well and is in good condition.
- Listen to your body; report any pain or discomfort to your coaches.
- Participate in stretching and conditioning exercises.

We will be holding a mandatory injury prevention workshop on [Insert Date] at [Insert Time]. Attendance is crucial for all players and parents. Please mark your calendars.

Thank you for your attention to this important matter. Let's work together to keep our athletes healthy and safe!

Best regards,

[Coach's Name]

[Team Name]

[Contact Information]