

Letter of Support for Athlete Wellbeing

Date: [Insert Date]

To: [Athlete's Name]

From: [Coach/Manager's Name]

Subject: Supportive Measures for Your Wellbeing

Dear [Athlete's Name],

I hope this message finds you well. As part of our commitment to your overall wellbeing, we want to ensure that you are receiving the necessary support not just for your performance, but also for your mental and emotional health.

In light of this, we are implementing the following supportive measures:

- Access to mental health professionals and counseling services.
- Regular check-ins with our sports psychologist to discuss your mental state.
- Flexible training schedules to accommodate personal needs and recovery time.
- Workshops on stress management and coping strategies.
- A dedicated wellbeing officer available for any concerns or questions you may have.

Your wellbeing is our priority, and we encourage you to take advantage of these resources. Remember, it's important to take care of yourself both on and off the field.

If you have any additional needs or suggestions, please don't hesitate to reach out.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]