

# Dear Team Members and Parents,

As we gear up for the upcoming season, we want to prioritize the health and safety of all our athletes. To minimize the risk of injuries, we have developed a set of injury prevention strategies that we urge everyone to follow.

## Injury Prevention Strategies

- **Proper Warm-up:** Ensure a minimum of 15 minutes of dynamic stretching before each practice and game.
- **Hydration:** Encourage athletes to stay hydrated before, during, and after practices and games.
- **Use of Equipment:** Make sure all equipment is properly fitted and in good condition.
- **Technique Training:** Focus on teaching proper techniques for all sports activities to reduce strain and injury.
- **Rest and Recovery:** Promote rest days and encourage athletes to listen to their bodies.

We believe that these strategies will help keep our athletes healthy and performing at their best. Thank you for your attention and support in implementing these practices.

Best Regards,  
[Your Name]  
[Your Position]  
[Team Name]