[Your Name] [Your Address] [City, State, Zip Code] [Email Address] [Phone Number]

[Date]

[Coach's Name] [Team Name] [Organization Name] [Organization Address] [City, State, Zip Code]

Dear [Coach's Name],

I hope this message finds you well. I am writing to inquire about the progress of my application for a position on the [Team Name]. I am very excited about the possibility of joining such a talented group of athletes and contributing to the team's success.

As a brief reminder, I submitted my application on [Submission Date] and have been eagerly awaiting any updates. I am very passionate about [specific sport] and believe my skills in [mention skills or experiences relevant to the sport] would make me a valuable addition to the team.

Thank you for considering my application. I look forward to your response and hope to have the opportunity to demonstrate my commitment to the team.

Sincerely, [Your Name]