Hey [Friend's Name]!

I hope this message finds you well. I wanted to reach out and extend a friendly invitation to join our local sports league this season.

We're forming a team for [Sport] and think you would be a great addition. It's a fantastic way to stay active, meet new people, and have some fun together!

The season kicks off on [Start Date] and games are held on [Days]. If you're interested, let me know by [RSVP Date].

Looking forward to hopefully playing together!

Best,

[Your Name]