

Hey [Friend's Name]!

I hope you're doing well! I am excited to invite you to join our local sports team, [Team Name]. We're looking for enthusiastic players, and I immediately thought of you!

We practice every [Day of the Week] at [Time] at [Location]. It's a great way to stay active, meet new people, and most importantly, have fun!

Please let me know if you're interested. I would love to have you on the team!

Looking forward to hearing from you!

Best,
[Your Name]