

Date: [Insert Date]

Dear [Buddy's Name],

I hope this message finds you well! I'm reaching out to invite you to join our sports team this season. We are a group of enthusiastic players who enjoy both competition and fun, and I believe your skills would be a fantastic addition to our team.

We practice every [insert days of practice] at [insert location], and our games are scheduled on [insert game days]. It's a great opportunity to stay active and have some fun with friends.

If you're interested or want to know more, please let me know! I would love to have you on board.

Best regards,
[Your Name]
[Your Contact Information]