

Letter of Care for a Bereaved Athlete

Date: [Insert Date]

Dear [Athlete's Name],

I hope this letter finds you in moments of peace during this challenging time. I want you to know that my thoughts are with you as you navigate through the loss of your loved one.

As your coach, I am here to support you both on and off the field. Remember, it's okay to grieve and to take the time you need for yourself. Your well-being is important to me, and I encourage you to reach out if you feel comfortable. Whether it's talking or simply sharing silence, I'm here for you.

Our team is also a family, and they stand ready to support you in any way that you need. If you feel up to it, consider sharing your feelings with us; doing so might be a small step towards healing.

Whenever you are ready, we'll be here to welcome you back with open arms. Until then, please take care of yourself and know that you are in our hearts and minds.

With deepest sympathy and support,

[Your Name]

[Your Position]

[Your Contact Information]