Dear [Coach's Name],

I hope this message finds you well. My name is [Your Name], and I am a [Your Grade/Class, e.g., sophomore] at [Your School's Name]. I am very interested in trying out for the [specific sport, e.g., basketball] varsity team this year.

I would like to inquire about the tryout schedule and any specific requirements or preparations needed ahead of time. Additionally, I would appreciate any information about the selection criteria and what you look for in potential team members.

Thank you for your time, and I look forward to your response.

Best regards,

[Your Name]
[Your Contact Information]
[Your Class/Grade]