

Opt-Out of School Sports Event

Date: _____

To: **[School's Name]**

Address: **[School's Address]**

Dear [Teacher/Coach's Name],

I am writing to formally notify you that my child, **[Child's Name]**, will not be participating in the upcoming school sports event scheduled for **[Date of Event]**. After careful consideration, we have decided that it is in [his/her/their] best interest to opt out of this event.

We appreciate the opportunity provided to the students and understand the value of physical activities; however, due to **[brief reason, e.g., personal circumstances, health issues, etc.]**, we feel this is the right decision for our family at this time.

Thank you for your understanding. Should you require any further information or documentation, please feel free to contact me at **[Your Phone Number]** or **[Your Email Address]**.

Sincerely,

[Your Name]

[Your Address]

[Your Phone Number]