Hi Coach [LAST NAME OF COACH],

My name is [INSERT FULL NAME] and I am a [INSERT SPORT/POSITION] at [NAME OF HIGH SCHOOL/ ACADEMY] in [LOCATION OF SCHOOL]. I'm currently a [INSERT YOUR SCHOOL YEAR] and I am interested in continuing my athletic career at the collegiate level.

My stats are [INSERT YOUR BEST TIMES/MARKS/ ETC.]. My GPA is [INSERT GPA]. Please let me know if you would like any additional information.

[BRIEF PARAGRAPH ABOUT WHY YOU ARE INTERESTED IN THE SCHOOL, ATHLETIC PROGRAM, OR WHY YOU WOULD BE A GOOD FIT ON THE TEAM].

I would appreciate the opportunity to speak further if you are interested. My phone number is [INSERT PHONE NUMBER]. Thank you for your time and take care.

Best,
[INSERT FIRST NAME]