

Hey [Friend's Name],

I hope you're doing well. I just wanted to say how truly sorry I am for missing the [name of the sports event] the other day. I was really looking forward to being there with you and cheering you on, but unfortunately, [briefly explain your reason, e.g., something unexpected came up at the last minute/ I had to help my family/ I wasn't feeling well].

I can only imagine how much you wanted me to be there, and I feel bad for letting you down. I know how important this event was, and I'm really sorry for not being there to support you. I hope everything went well, and I can't wait to hear all about how it went!

Let's make sure to catch up soon-I'd love to spend some time together or make up for missing your big day. Promise I'll be there next time!

Take care and talk soon!

[Your Name]