

Dear *[Friend's Name]*,

I hope you're doing well! I wanted to share some exciting news about my sports journey in school this year. It's been an amazing time, and I couldn't wait to tell you all about it.

This year, our school organized the annual Sports Day, and I participated in several events. Guess what? I managed to win first place in the 100-meter sprint! It felt incredible crossing that finish line ahead of everyone and hearing the cheers from my friends and family. I also took part in the relay race with my teammates, and we brought home the silver medal. Teamwork really makes all the difference, and we celebrated together after the race.

Besides running, I joined the school's basketball team this semester. We practiced really hard, and our efforts paid off when we reached the finals. Although we finished second, the whole experience was unforgettable. Our coach always encouraged and pushed us to do our best, and my teammates were truly supportive throughout the season.

Oh, I almost forgot to tell you about the award I received! At the end of the term, I was given the 'Best Sports Performer' trophy for my overall contributions. It's sitting right on my shelf, and I'm super proud of it.

Sports have taught me a lot about discipline, teamwork, and pushing my limits. I can't wait for you to join me at next year's Sports Day—it will be even more fun if we can cheer each other on!

Write back soon and let me know what you've been up to!

Take care,  
*[Your Name]*