

Hey [Friend's Name],

I hope this letter finds you in great spirits! I know exam season is just around the corner, and it must be a bit stressful trying to balance your love for sports and keeping up with your studies.

I wanted to share a few tips that have worked for me when it comes to managing both. First off, it really helps to plan out a study schedule in advance. Trust me, splitting your study time into smaller, manageable chunks throughout the day makes everything feel less overwhelming. Don't forget to include short breaks – that's when you can squeeze in a bit of practice or a quick game. Physical activity isn't just fun, it also helps clear your mind and actually improves your focus when you get back to your books.

Another thing: avoid leaving everything till the last minute (I learned this the hard way!). Prioritize your tasks and tackle the trickiest subjects first when you're most alert. Keep your routine healthy as well – get enough sleep, eat proper meals, and drink plenty of water. Your body will thank you for it, especially during those important exam days.

Remember, it's all about finding that sweet balance. You don't have to give up sports to do well in exams, and vice versa. Set realistic goals for yourself, stick to your plan as much as you can, and don't be too hard on yourself if things get a bit hectic. I believe in you and I'm sure you'll do great, both on the field and in your exams!

Let me know how it all goes. If you need any more tips or just want to chat, I'm always here.

Take care and good luck!

Your friend,  
[Your Name]