

Ladies and gentlemen of the committee,

I stand before you today with a deep sense of humility and a sincere recognition of my actions during the recent match. I want to express my genuine remorse for the incident that occurred and acknowledge the disappointment it has caused to my team, the spectators, and the sport itself.

I understand the importance of sportsmanship and the values we are all expected to uphold. My actions did not align with these principles, and for that, I am truly sorry. I have taken time to reflect on my behavior and have already begun to take necessary steps to ensure that such a situation does not happen again in the future.

I humbly request your understanding and compassion in considering my appeal. I am committed to learning from this experience and turning it into an opportunity for personal growth. Thank you for your time and consideration.

Sincerely,

[Your Name]