```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>Contact Us - Team Sniper</title>
  <style>
   /* Basic Reset */
   * { margin: 0; padding: 0; box-sizing: border-box; }

   body {
     font-family: Arial, sans-serif;
     line-height: 1.6;
     background: #f5f5f5;
     color: #333;
   }

   header {
     background: #333;
     color: #fff;
     padding: 20px 0;
   }

   .container {
     width: 90%;
     max-width: 1200px;
     margin: auto;
     overflow: hidden;
   }

   form {
     background: #fff;
     padding: 20px;
     border-radius: 5px;
     box-shadow: 0 2px 5px rgba(0,0,0,0.1);
   }

   label {
     font-size: 1.1rem;
   }

   input, textarea {
     width: 100%;
     padding: 10px;
     margin: 10px 0;
     border: 1px solid #ddd;
     border-radius: 5px;
   }
```

```css
    button {
      background: #e8491d;
      color: white;
      border: none;
      padding: 10px 20px;
      cursor: pointer;
      border-radius: 5px;
      font-size: 1.1rem;
    }

    button:hover {
      background: #d83814;
    }

    footer {
      background: #333;
      color: #fff;
      text-align: center;
      padding: 20px 0;
    }
  </style>
</head>
<body>
  <header>
    <div class="container">
      <nav>
        <ul>
          <li><a href="index.html">Home</a></li>
          <li><a href="contact.html">Contact Us</a></li>
        </ul>
      </nav>
    </div>
  </header>

  <section>
    <div class="container">
      <h1>Contact Us</h1>
      <form action="submit_form.php" method="post">
        <label for="name">Name</label>
        <input type="text" id="name" name="name" required>

        <label for="email">Email</label>
        <input type="email" id="email" name="email" required>

        <label for="message">Message</label>
        <textarea id="message" name="message" rows="5" required></textarea>
```

```html
      <button type="submit">Send Message</button>
    </form>
  </div>
</section>

<footer>
  <div class="container">
    <p>&copy; 2025 Team Sniper</p>
  </div>
</footer>
</body>
</html>
```