



Tell us all about your amazing volunteer right here. The closing date for nominations is 23:59 on 20th October 2019.

Remember to tell us; Why they deserve the award? What makes them so special? What have they done in the last twelve months particularly?

Complete, sign, and return the form via email to [unsunghero@bbc.co.uk](mailto:unsunghero@bbc.co.uk)

Your nominee will then be entered into the local award for their BBC Nation or Region for consideration. Winners of the local award will win a place at Sports Personality of the Year 2019, where they will walk down the red carpet at the star-studded event.

You can find the terms and conditions and read the experiences of previous winners here: [www.bbc.co.uk/unsunghero](http://www.bbc.co.uk/unsunghero)

Remember, complete, sign, and return the form via email to [unsunghero@bbc.co.uk](mailto:unsunghero@bbc.co.uk) by:

**23:59 BST on 20<sup>th</sup> October 2019**

Or you can visit [bbc.co.uk/unsunghero](http://bbc.co.uk/unsunghero) to enter online.

## Please note:

All questions are mandatory and you must provide all of the information in order for your nomination form to be valid. Incomplete forms with little or no supporting information will not be considered by the judging panel.

## Tell us about your nominee\*

Please tell us why you are nominating this person for the Get Inspired Unsung Hero Award.

What information should you include:

- 1) Tell us why you think they deserve this award?
  - a) What do they do that makes them special?
  - b) What have they achieved in the last 12 months?
  - c) How do they provide opportunities for people who otherwise would not have the chance to participate in sport or physical activity?
  - d) What other commitments do they have outside of volunteering?

Rob has changed the lives of hundreds (if not thousands) of boys, girls, men and women in the city of Hull through teaching Judo in his local community club. With a lot of anti-social issues in the areas surrounding the club, one of Rob's proudest achievements is the programme he offers, in partnership with local authorities, to children who have come from challenging backgrounds or those who have been involved with gang culture. The scheme which has seen 200 kids take part in free Judo classes in the space of just 12 months. From his own background, and the way in which he can speak to and relate to anyone, no matter where they're from or who they are, is why so many people can warm to Rob. What makes Rob's story all the more amazing is that he does this for his love of the sport, and nothing else. He has a five-year-old daughter and works in a supermarket by day (and sometimes overnight shifts) but still finds the time to run sessions four times a week. He puts on classes for all ages and backgrounds, from teaching the sport to over 60s on a Sunday to sessions for beginners aged seven plus. Six years later, Rob is now the lead coach at the club, which is very rare for someone of his age. Rob had a promising career in the sport and represented his city in his early teenage years, but found that he got more joy out of teaching and helping others. Judo was (and still is) his life and aged just 16 he decided that he wanted to focus on becoming a coach. He started by helping the younger kids, learning what makes a good coach, asking questions from senior members at the club and being a happy and positive influence on everyone around him. From setting up and clearing up the hall at each session, to using his online skills to promote the club to new members, Rob has been important to the development of the club. He did his qualifying badges the same year and even organised for some of the children to go to a British Judo training session and meet some of Team GB. A couple of people at the club have shared their thoughts on why Rob should be this

year's Unsung Hero. Paul said: "If it wasn't for Rob I would never have tried Judo and made all the friends I have now. I didn't even know what Judo was when I first started but going to one of his sessions kept me busy after I had some personal problems. He taught me the basics and would always make things so easy to understand. He puts the time in with everyone at the club, always knows everyone's name (even though there are so many of us!) and is a positive person to be around." Kerry added: "Rob's programme in partnership with the local council has been amazing. It's a prime example of him putting others first and wanting to provide opportunities for people in the local community. He never takes no for an answer and it always striving to change things for the better at the club, no matter what he has on in his own life. I would love for him to win this award as he really deserves it." Our club is the City of Hull Judo Club. The best contact is our Club Secretary, Phil Phillipson 07123456789 phil\_phillipson@pretendemail.com