



BBC Sports Unsung Hero 2009 Nomination Form

Do you know someone who volunteers their time to help other people participate in sport? Then now is the time to nominate them for the BBC's Sports Unsung Hero award.

Now in its seventh year, this special award recognises someone who is dedicating their life to promoting sport in their community, taking no reward from it other than the pleasure of helping others to take part and enjoy their sport. It does not matter how young or old they are, how high a level they are at or how many people they are helping, simply that their efforts deserve recognition.

Simply fill in this form, answering all questions in conjunction with the Terms and Conditions at the end of the form. Then sign it at the bottom, and return it to the address below by **Friday 30th October 2009**.

Post your completed form to:

**Donald Garden,
Sports Unsung Hero 2009,
BBC Scotland,
Zone 4.30,
BBC,
40 Pacific Quay,
Glasgow,
G51 1DA.**

Or e-mail it to: donald.garden@bbc.co.uk

Part 1 - Details

Your details	
Name	
Age	
Address	
Town/City	
Post code	
Phone number (home)	
(work)	
(mobile)	
Email address	

Details of person you are nominating	
Their name	
Their age	
Their address	
Town/City	
Post code	
Their phone number (home)	
(work)	
(mobile)	
Email address	
Please confirm your nominee consents to being nominated	

Details of Club / Person your Nominee helps	
Name of Club/Individual	
(If club) Name of manager/secretary	
Type of Sport	
Address of Club/Individual (1 st Line)	
(2 nd Line)	
Town/City	
Post code	
Their phone number	
Club website address (if available)	

Please indicate where you learnt about the BBC Sports Unsung Hero 2009 award			
Radio		TV	Online
Poster		Newspaper	
Other (please specify)			

PART 2 - Nomination

Please use the following section to outline why you feel this person deserves to be recognised as a Sports Unsung Hero.

How do they enable others to participate in sport?

How long they have been involved?

How much time do they give up on a weekly basis?

Who and how many people have they helped? Have their efforts benefited the community at all?

Have their efforts encouraged more people to participate in the sport?

Do they work alone or as part of a team?

What makes them stand out?

PART 3 – Optional statement

If you like, you can use this section to provide a statement from somebody who has received help from your nominee, either in the past or currently. Please include their name, address and contact details.

Terms and conditions:

You need to be at least 16 years old

You cannot nominate yourself or your immediate family

The nominee must not be employed by the club or individuals they help

The nominee cannot be a playing member of the sporting group they help

The nominee cannot have won a previous BBC Sport Unsung Hero award

Employees of the BBC, as well as their immediate families, aren't eligible for nomination.

For full Terms and Conditions, please see the Sports Unsung Heroes 2009 nomination pages.

I have understood the terms and conditions:

Signed _____

Date _____