



2023 JOHN CARION UNSUNG HERO AWARD

Nomination Form

HINTS AND TIPS TO ENHANCE THE QUALITY OF THE NOMINATION

Each year, the Selection Committee receives a number of nominations of law enforcement torch runners to be considered for the John Carion 'Unsung Hero' Award.

It is unlikely that members of the Selection Committee know or have had extensive interactions with your nominee and you should not assume that to be the case. The nominations are judged primarily on the content of the Nomination Form along with any References supplied.

It is therefore extremely important that every effort is made in the Nomination Form to address the selection criteria and highlight the nominee's strengths and accomplishments.

GENERAL ADVICE

- Be specific about accomplishments – talk about results and the level of contribution that the nominee had in achieving those results.
- Highlight roles and positions held by the nominee – this can include roles within the LETR movement, Special Olympics movement or other community based organisations.
- The question and answer panels in the nomination form have been created as tables – do not think that you are limited to the size of the box – keep typing - the table will expand automatically. If you have two or three good examples, include them.
- Read the question and respond to it – try and stay focussed on what is being asked for.
- Use the final question (any information you believe the selection committee should know about the nominee) to close the deal – summarise the nominee's achievements – reinforce the strongest examples – tell the selection committee why YOUR NOMINEE should be one of the three to receive an award.

1. How many years has the nominee been involved with the Law Enforcement Torch Run?

This only requires a numeric response – ie: 20 years

2. Provide detailed examples that demonstrate the nominee's substantive contributions made at the local, state, provincial and/or community level with the Law Enforcement Torch Run.

The nominee has been involved with his Law Enforcement Torch Run movement and their partnership with Special Olympics since [year]. The nominee joined the [LE Agency] in [year] and as a rookie, he ran in his first Torch Run as soon as the opportunity presented itself. This initial experience as a Torch Runner set the foundation for the years that would follow as his commitment, dedication and enthusiasm for the athletes of Special Olympics continued to grow and evolve.

Over time, the nominee quietly and humbly increased his volunteer involvement to include almost every LETR event in the state: Truck Convoy, Polar Bear Plunge, the 5K Run to the Plunge and Over the Edge. He currently serves as our Logistics Chairperson for the LETR State Committee which means he oversees all logistical elements for law enforcement's signature annual event, the Torch Run itself.

This nomination then expanded on the role played by the nominee in the position of Logistics Chair and in respect of each fundraising event.

3. What specific level of involvement with Special Olympics, other than their LETR involvement has demonstrated the nominee's spirit, dedication and enthusiasm delivered in an effective and unheralded fashion?

The nominee became a powerlifting coach for Special Olympics in 2012 and continues today. The nominee's experience as a Final Leg Runner in Greece in 2011 left such an indelible impression that he had to find a way to become even more involved. In his own words, the nominee describes his Final Leg experience as follows, "participating in the Final Leg with athletes from all over the world and seeing first-hand how much the Law Enforcement Torch Run has a positive effect on their lives was unforgettable. Getting to live with these athletes for three full weeks while watching them grow and overcome their fears and challenges gave me a new perspective on things that I had often taken for granted. It was inspiring to see their commitment and watch just how much they were able to accomplish when given an opportunity. Running with the Flame of Hope throughout Greece was the experience of a lifetime." It was this unforgettable memory that served as a catalyst for him to become a coach.

As a coach, the nominee teaches our athletes foundational athletic skills in the sport of powerlifting. He helps them build the confidence needed to compete in any arena. He is a consummate leader and professional who helps them face challenges with courage and inspires them to rise to the occasion, no matter what that occasion may be. The nominee shows our athletes how to discover their greatness and join our communities in celebrating that greatness. The nominee transforms lives, both on and off the playing fields.

4. List any other information you believe the selection committee should know about the nominee. What makes the nominee an “Unsung Hero” for the Law Enforcement Torch Run and Special Olympics?

Summarise what you have said in response to questions 2 and 3

Reinforce the key points

Close with a strong statement of support for the nominee

COMMENT

The examples provided above are taken from a successful nomination submitted in the past three years. The responses to the questions were comprehensive and detailed (5 pages in total) and left the Selection Committee in no doubt about the worthiness of the nominee for the ‘Unsung Hero’ Award.