

SYKES ENTERPRISES INC
 Form 4
 May 18, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
HELMS H PARKS

2. Issuer Name and Ticker or Trading Symbol
SYKES ENTERPRISES INC [SYKE]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
05/12/2006

Director 10% Owner
 Officer (give title below) Other (specify below)

4901 HADRIAN WAY

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

CHARLOTTE, NC 28211

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock, \$.001 par value	05/12/2006		G		5,904	D	\$ 16.34
Common Stock, \$.001 par value	05/16/2006		M		7,500	A	\$ 5.14
Common Stock, \$.001 par value	05/16/2006		M		10,000	A	\$ 10.32

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Common Stock, \$.001 par value	05/16/2006	M	10,000	A	\$ 4.73	32,916	D	
Common Stock, \$.001 par value	05/16/2006	S	7,500	D	\$ 16.05	25,416	D	
Common Stock, \$.001 par value	05/16/2006	S	5,000	D	\$ 16.02	20,416	D	
Common Stock, \$.001 par value	05/16/2006	S	15,000	D	\$ 16	5,416	D	
Common Stock, \$.001 par value						600	I	Held in IRA
Common Stock, \$.001 par value						600	I	Held in IRA by Wife

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Option (right to buy)	\$ 22.23					05/09/1998	05/09/2007	Common Stock	7,500

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Option (right to buy)	\$ 20.74					05/01/1999	05/01/2008	Common Stock	5,000
Option (right to buy)	\$ 23.81					04/30/2000	04/30/2009	Common Stock	5,000
Option (right to buy)	\$ 18.76					04/27/2001	04/27/2010	Common Stock	7,500
Option (right to buy)	\$ 5.14	05/16/2006		M	7,500	04/26/2002	04/26/2011	Common Stock	7,500
Option (right to buy)	\$ 10.32	05/16/2006		M	10,000	04/29/2003	04/29/2012	Common Stock	10,000
Option (right to buy)	\$ 4.73	05/16/2006		M	10,000	05/02/2004	05/02/2013	Common Stock	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HELMS H PARKS 4901 HADRIAN WAY CHARLOTTE, NC 28211		X		

Signatures

/s/ Martin A. Traber, Attorney-In-Fact for H. Parks
Helms 05/18/2006

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Grant of stock options to the reporting person pursuant to the Company's 1996 Non-Employee Director Stock Option Plan, which vests in (1) three equal annual installments beginning one year after the date of grant; provided that all options vest upon completion of the initial term as a director and subsequent grants vest in a full one year after the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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