

# SYKES ENTERPRISES INC

Reported by  
**HELMS H PARKS**

## FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 05/18/06 for the Period Ending 05/12/06

Address	400 NORTH ASHLEY DRIVE TAMPA, FL 33602
Telephone	8132741000
CIK	0001010612
Symbol	SYKE
SIC Code	7373 - Computer Integrated Systems Design
Industry	Computer Networks
Sector	Technology
Fiscal Year	12/31

# SYKES ENTERPRISES INC

## FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 5/18/2006 For Period Ending 5/12/2006

Address	100 NORTH TAMPA ST STE 3900 TAMPA, Florida 33602
Telephone	813-274-1000
CIK	0001010612
Industry	Computer Networks
Sector	Technology
Fiscal Year	12/31

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# FORM 4

[ ] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

OMB APPROVAL  
OMB Number: 3235-0287  
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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(f) of the  
Investment Company Act of 1940

1. Name and Address of Reporting Person *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
<b>HELMS H PARKS</b>			<b>SYKES ENTERPRISES INC</b>			<input checked="" type="checkbox"/> Director		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)			<input type="checkbox"/> 10% Owner		
<b>4901 HADRIAN WAY</b>			<b>5/12/2006</b>			<input type="checkbox"/> Officer (give title below)		
(Street)			4. If Amendment, Date Original Filed (MM/DD/YYYY)			<input type="checkbox"/> Other (specify below)		
<b>CHARLOTTE, NC 28211</b>						6. Individual or Joint/Group Filing (Check Applicable Line)		
(City) (State) (Zip)						<input checked="" type="checkbox"/> Form filed by One Reporting Person		
						<input type="checkbox"/> Form filed by More than One Reporting Person		

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock, \$.001 par value	5/12/2006		G		5904	D	\$16.34	5416	D	
Common Stock, \$.001 par value	5/16/2006		M		7500	A	\$5.14	12916	D	
Common Stock, \$.001 par value	5/16/2006		M		10000	A	\$10.32	22916	D	
Common Stock, \$.001 par value	5/16/2006		M		10000	A	\$4.73	32916	D	
Common Stock, \$.001 par value	5/16/2006		S		7500	D	\$16.05	25416	D	
Common Stock, \$.001 par value	5/16/2006		S		5000	D	\$16.02	20416	D	
Common Stock, \$.001 par value	5/16/2006		S		15000	D	\$16.00	5416	D	
Common Stock, \$.001 par value								600	I	Held in IRA
Common Stock, \$.001 par value								600	I	Held in IRA by Wife

**Table II - Derivative Securities Beneficially Owned ( e.g. , puts, calls, warrants, options, convertible securities)**

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option (right to buy)	\$22.23						5/9/1998	5/9/2007	Common Stock	7500		7500	D (I)	
Option (right to buy)	\$20.74						5/1/1999	5/1/2008	Common	5000		5000		

**Table II - Derivative Securities Beneficially Owned ( e.g. , puts, calls, warrants, options, convertible securities)**

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		(A)	(D)	Date Exercisable	Expiration Date				
									Stock					D (1)
Option (right to buy)	\$23.81						4/30/2000	4/30/2009	Common Stock	5000		5000		D (1)
Option (right to buy)	\$18.76						4/27/2001	4/27/2010	Common Stock	7500		7500		D (1)
Option (right to buy)	\$5.14	5/16/2006		M		7500	4/26/2002	4/26/2011	Common Stock	7500	\$5.14	7500		D (1)
Option (right to buy)	\$10.32	5/16/2006		M		10000	4/29/2003	4/29/2012	Common Stock	10000	\$10.32	10000		D (1)
Option (right to buy)	\$4.73	5/16/2006		M		10000	5/2/2004	5/2/2013	Common Stock	10000	\$4.73	10000		D (1)

**Explanation of Responses:**

- (1) Grant of stock options to the reporting person pursuant to the Company's 1996 Non-Employee Director Stock Option Plan, which vests in 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.

**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

5/18/2006

\*\* Signature of Reporting Person

Date

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

\* 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).

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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