

Gunnar Helm

#85, Sr., TE, 6-5, 241

Hometown: Englewood, Colo. (Cherry Creek HS)

A fourth-year tight end who has appeared in 54 games with 25 starts ... 2024 John Mackey Award semifinalist ... named the East-West Shrine Bowl "Texas Star of the Week" on Sept. 10 following his performance in the road win at No. 10/9 Michigan ... received honorable mention praise from the Earl Campbell Tyler Rose Award for Player of the Week on Sept. 10 ... selected honorable mention All-Big 12 in 2023 ... selected to the Academic All-Big 12 First Team in 2022 ... named to the 2023 Academic All-Big 12 Second Team ... 2021-22 Academic All-Big 12 Rookie Team honoree ... five-time member of the Big 12 Commissioner's Honor Roll (spring 2021, fall 2021, spring 2022, fall 2022, spring 2023).

SENIOR (2024)

Started in the season opener vs. Colorado State, snaring two receptions for 42 yards ... logged a career-long reception of 37 yards against Colorado State ... had a career day in the start at No. 10/9 Michigan, reeling in a career-high seven receptions for a career-high 98 receiving yards and a touchdown ... he also led the Longhorns in both receptions and receiving yards against Michigan ... caught a 21-yard touchdown reception from QB Quinn Ewers in the first quarter vs. the Wolverines ... three of his receptions against Michigan were for 20+ yards ... led Texas with 45 yards after catch at Michigan (As a team, Michigan only registered 51 yac) ... snagged a 49-yard reception in the victory against UTSA ... hauled in one catch for eight yards in the victory against ULM ... grasped onto five receptions for 23 yards in the 35-13 win to open SEC play vs. Mississippi State on Sept. 28 ... amassed 91 yards on five receptions, including a seven-yard touchdown pass from Quinn Ewers in the second quarter to put the Longhorns up for good in the 34-3 victory over No. 18/16 Oklahoma on Oct. 12 ... started and notched 62 yards on six receptions against No. 5/4 Georgia on Oct. 19 ... hauled in four receptions for 46 yards in the victory at No. 25/25 Vanderbilt... corralled three receptions for 42 yards, including a 22-yard toss from Quinn Ewers in the first quarter of the win against Florida on Nov. 9 ... gathered three catches for 32 yards in the road win at Arkansas on Nov. 16 ... reeled in five receptions for 51 yards and a career-high two touchdowns vs. Kentucky (Nov. 23) ... snared six catches for 56 yards in regular season finale at Texas A&M (Nov. 30), helping UT clinch an SEC Championship Game berth ... caught one pass for 11 yards in SEC Championship vs. Georgia (Dec. 7) ...

gathered six receptions for 77 yards and a touchdown in CFP First Round vs. Clemson (Dec. 21) ... pulled in three receptions for 56 yards and a touchdown vs. Arizona State (Jan. 1) in the CFP Quarterfinal at the Chick-fil-A Peach Bowl.

JUNIOR (2023)

Honorable mention All-Big 12 ... played in all 14 games with six starts ... totaled 14 receptions for 192 yards and two touchdowns ... had one reception for 14 yards against Wyoming ... hauled in two passes for 37 yards at Baylor ... set career highs with four receptions for 67 yards and caught his first career touchdown pass against Oklahoma in the Red River Rivalry ... caught two passes for 13 yards at Houston ... had two receptions for 40 yards with a 31-yard touchdown reception at Iowa State ... had a one-yard reception against Texas Tech ... caught one pass for 11 yards in the Big 12 Championship Game victory over Oklahoma State ... hauled in a six-yard reception in the CFP semifinal against Washington.

SOPHOMORE (2022)

Played in all 13 games with four starts ... caught five passes for 44 yards ... made his first career start in the season-opening victory over ULM ... hauled his first career reception for seven yards against the Warhawks ... also returned a kick for 12 yards versus ULM ... had a five-yard reception at Texas Tech ... tallied career highs with two receptions and 13 yards versus Oklahoma in the Red River Showdown ... caught one pass for a career-long 19 yards in the Alamo Bowl against Washington.

FRESHMAN (2021)

Appeared in all 12 games ... played primarily on the field goal unit.

HIGH SCHOOL

An All-State and All-Centennial League performer from the state of Colorado ... ranked No. 13 at his position and No. 3 in the state of Colorado by Rivals ... ranked No. 16 at his position and No. 7 in the state of Colorado by ESPN ... slotted at No. 14 in the state of Colorado by 247Sports ... helped lead Cherry Creek to back-to-back state titles and 23-straight wins over his final two seasons ... chosen first-team 5A All-State by the Colorado High School Activities Association in 2020 ... was named a first-team All-Centennial

League selection ... caught 28 passes for 367 yards and seven touchdowns as a senior ... caught at least one touchdown in each of his first four games of the season ... hauled in four passes for 48 yards and one touchdown against Smoky Hill ... caught three passes for 36 yards and two touchdowns against Cherokee Trail ... logged season-highs with eight catches for 137 yards and two touchdowns against Grandview ... posted five catches for 59 yards and one score against Overland ... caught three passes for 45 yards and one touchdown against Ponomo, his final game of the season ... logged 25 catches for 370 yards and eight touchdowns as a junior ... hauled in three catches for 37 yards and one touchdown in the season opener against Doherty ... recorded season-highs with six catches for 106 yards and two touchdowns in a shutout win over Mullen ... logged a 14-yard touchdown against Chaparral ... caught a 13-yard touchdown against Arapahoe ... logged five catches for 53 yards and one score against Grandview ... part of a 12-2 Cherry Creek team that finished as the Class 5A runner-up in 2018 ... played for head coach Dave Logan ... also played basketball.