



# 43

# DANIEL HELM

# TE

6-4 | 225 | DUKE

4.20.95 | CHATHAM, IL | ROOKIE | ACQUIRED FA IN '19

### GOLDMINE

• Prior to his senior season at Duke in 2018, Helm and twelve other members of the Duke football team spent the week between Duke's spring semester and first summer session in Guatemala, doing work for Habitat for Humanity. While the the team had previously worked with Durham Habitat for Humanity on several short-term projects during the school year, the organization helped them find an assignment in Guatemala. During the trip, the team stayed in hostels in Antigua and worked in the village of El Rejon on a pair of projects. Helm and his teammates worked on building new houses and restoring old homes for the residents of El Rejon. The players also took breaks during the day to challenge local school children to games of soccer.

### HELM'S GOLDEN NUGGETS

- Lettered in football and basketball at Glenwood (Chatham, IL) HS.
- Father, Steve, was a walk-on football player at UCLA and mother, Christen, was a swimmer at UCLA.

### HELM'S GAME-BY-GAME

#### 2019

Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD
<b>SIGNED TO SF PRACTICE SQUAD ON 9/1</b>								
Sep 8	at TB	W	-		PRACTICE SQUAD	-	-	-
Sep 15	at Cin	W	-		PRACTICE SQUAD	-	-	-
Sep 22	Pit	W	-		PRACTICE SQUAD	-	-	-
Oct 7	Cle	W	-		PRACTICE SQUAD	-	-	-
Oct 13	at LAR	W	-		PRACTICE SQUAD	-	-	-
Oct 20	at Was	W	-		PRACTICE SQUAD	-	-	-
Oct 27	Car	W	-		PRACTICE SQUAD	-	-	-
Oct 31	at Arz	W	-		PRACTICE SQUAD	-	-	-
Nov 11	Sea	L	-		PRACTICE SQUAD	-	-	-
Nov 17	Arz	W	-		PRACTICE SQUAD	-	-	-
Nov 24	GB	W	-		PRACTICE SQUAD	-	-	-
Dec 1	at Bal	L	-		PRACTICE SQUAD	-	-	-
Dec 8	at NO	W	-		PRACTICE SQUAD	-	-	-
<b>PROMOTED TO SF ACTIVE ROSTER ON 12/12</b>								
Dec 15	Atl	L	-	-	DID NOT PLAY	-	-	-
Dec 21	LAR							
Dec 29	at Sea							
<b>TOTALS</b>				<b>0/0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### HELM'S CAREER STATISTICS

YEAR	TEAM	GP	GS	RECEIVING					RUSHING					
				NO	YDS	AVG	LG	TD	ATT	YDS	AVG	LG	TD	
2019	SF	0	0	0	0	0.0	0	0	0	0	0	-	-	0
<b>TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>-</b>	<b>-</b>	<b>0</b>

### HELM'S TRANSACTIONS

Originally signed as an undrafted free agent by LAC on 5/10/19...Waived by LAC on 8/1/19...Claimed off waivers by SF on 8/2/19...Waived by SF on 8/31/19...Signed to SF practice squad on 9/1/19...Promoted to SF active roster on 12/12/19.



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## COLLEGE

Appeared in 51 games (26 starts) in his collegiate career and totaled 75 receipts. for 804 yds. A Third-Team All-ACC selection in 2018, he appeared in 13 games (11 starts) and tallied 26 receipts. for 271 yds. and 2 TDs as a senior. Started all 13 games in 2017, and registered 22 receipts. for 261 yds. and 2 TDs. Appeared in 12 games in 2016 and recorded 21 receipts. for 235 yds. and 2 TDs. Sat out the 2015 season following a transfer from the University of Tennessee. At Tennessee in 2014, registered 6 receipts. for 37 yds. in 12 games (2 starts).

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## PERSONAL

- Attended Glenwood (Chatham, IL) HS, where he registered 35 rec. TDs.
- Graduated from Duke with a degree in mechanical engineering.
- Married to the former Miranda Esperum.
- Born Daniel Helm (4/20/95) in Chatham, IL.