



# DANIEL HELM

88

TE

6-4 \* 225 \* DUKE

4.20.95 \* CHATHAM, IL \* 1ST YEAR \* ACQUIRED W IN '19-LAC

## GOLDMINE

- Prior to his senior season at Duke, Helm and 12 other members of the Duke football team spent the week between the spring semester and first summer session in Guatemala, doing work for Habitat for Humanity. While 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 challenged local school children to games of soccer.
- The 49ers and their families hosted 450 underserved boys and girls from the Bay Area for the first-ever 49ers Hope for the Holidays event. Each child had a once-in-a-lifetime experience traveling through Levi's Stadium and left with a brand new bike, helmet, lock, haircut, shoes, toys, glasses, backpack, dinner and more.



- Fellow TE George Kittle partnered with the Jessie Rees Foundation to pass out JoyJars filled with toys and games at a local children's hospital. Helm attended the event and was joined by several of his teammates including, TE Garrett Celek, TE Ross Dwelley, QB Nick Mullens and LB Fred Warner who helped him spread holiday cheer and lift the spirits of everyone they met.

## 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

2020 Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD
SIGNED TO TB PRACTICE SQUAD ON 9/23								
Sep 27	at Den	W	—	—	PRACTICE SQUAD	—	—	—
SIGNED BY SF ON 9/30								
Oct 4	Phi	L	—	—	INACTIVE	—	—	—
Oct 11	Mia	L	—	—	INACTIVE	—	—	—
Oct 18	LAR	W	1/0	0	0	—	—	0
WAIVED BY SF ON 10/20								
SIGNED TO SF PRACTICE SQUAD ON 10/21								
Oct 25	at NE	W	—	—	PRACTICE SQUAD	—	—	—
Nov 1	at Sea	L	—	—	PRACTICE SQUAD	—	—	—
ACTIVATED FROM SF PRACTICE SQUAD ON 11/5								
Nov 5	GB	L	1/0	0	0	—	—	0
REVERTED BACK TO SF PRACTICE SQUAD ON 11/6								
ACTIVATED FROM SF PRACTICE SQUAD ON 11/14								
Nov 15	at NO	L	1/0	0	0	—	—	0
REVERTED BACK TO SF PRACTICE SQUAD ON 11/16								
PLACED ON RESERVE/COVID-19 ON 11/20								
Nov 29	at LAR	W	—	—	—RESERVE/COVID-19—	—	—	—
REMOVED FROM RESERVE/COVID-19 ON 12/3								
RELEASED BY SF ON 12/3								
SIGNED TO SF PRACTICE SQUAD ON 12/9								
Dec 7	Buf	L	—	—	PRACTICE SQUAD	—	—	—
Dec 13	Was	L	—	—	PRACTICE SQUAD	—	—	—
Dec 20	at Dal							
Dec 26	at Arz							
Jan 3	Sea							
TOTALS			3/0	0	0	—	—	0



## HELM'S CAREER STATISTICS

YEAR	TEAM	GP	GS	NO	RECEIVING				ATT	RUSHING			
					YDS	AVG	LG	TD		YDS	AVG	LG	TD
2019	SF	0	0	0	0	—	—	0	0	0	—	—	0
2020	SF	3	0	0	0	—	—	0	0	0	—	—	0
<b>TOTALS</b>		<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>—</b>	<b>—</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>—</b>	<b>—</b>	<b>0</b>

### PLAYOFFS

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

### Milestones:

**NFL Debut:** vs. LAR (10/18/20)

## 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...Waived by SF on 8/15/20...Claimed off waivers by KC on 8/16/20...Waived by KC on 9/5/20...Signed to TB practice squad on 9/23/20...Signed a one-year deal with SF on 9/30/20...Waived by SF on 10/20/20...Signed to SF practice squad on 10/21/20...Activated from SF practice squad on 11/5/20...Reverted back to SF practice squad on 11/6/20...Activated from SF practice squad on 11/14/20...Reverted back to SF practice squad on 11/16/20...Placed on the Reserve/COVID-19 List on 11/20/20...Removed from the Reserve/COVID-19 List and released from SF practice squad on 12/3/20...Signed to SF practice squad on 12/9/20.

## 2019

- Spent the majority of the season on the practice squad before being promoted to the active roster on 12/12.

## 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).

## 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.

## HELM'S GAME-BY-GAME

### 2019

Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD
SIGNED TO SF PRACTICE SQUAD ON 9/1								
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	—	—	—
PROMOTED TO SF ACTIVE ROSTER ON 12/12								
Dec 15	Atl	L	—	—	DID NOT PLAY	—	—	—
Dec 21	LAR	W	—	—	INACTIVE	—	—	—
Dec 29	at Sea	W	—	—	INACTIVE	—	—	—
<b>TOTALS</b>			<b>0/0</b>	<b>0</b>	<b>0</b>	<b>—</b>	<b>—</b>	<b>0</b>

### 2019 Postseason

Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD
Jan 11	Min	W	—	—	INACTIVE	—	—	—
Jan 19	GB	W	—	—	INACTIVE	—	—	—
Feb 2	at KC	L	—	—	INACTIVE	—	—	—
<b>TOTALS</b>			<b>0/0</b>	<b>0</b>	<b>0</b>	<b>—</b>	<b>—</b>	<b>0</b>