

Solomon Helms



RB/DB - #27



SENIOR

VARSITY EXPERIENCE: 3 yrs

HEIGHT: 6' 0"

WEIGHT: 183 lbs

Nickname:

FULL NAME: Solomon Helms

POSITION: Running Back/Defensive Back

BIRTHPLACE: Bend, OR

FAVORITE FOOD: Biscuits and Gravy

FAVORITE MOVIE: Remember The Titans

MUSIC HE LISTENS
TO BEFORE GAMES:

WHEN HE'S NOT
PLAYING FOOTBALL:

FAVORITE ATHLETE:

DUCKS OR BEAVERS: Ducks

AFTER HIGH SCHOOL?

Updated on 9/4/09

www.mvcougars.com/football