

Helms Charged with Misdemeanor Assault

Written by Staff Reports

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Head football coach Mike Helms of Freedom High was charged with misdemeanor simple assault Friday in Rutherford County. Helms, who also serves as a guidance counselor at the school, was arrested after making contact with a junior

varsity basketball player at R-S Central High School. Helms has been the head football coach at FHS since 2009. He is scheduled to appear in court in Rutherford County on Feb. 21. Burke County Public Schools Superintendent Larry Putnam said he was informed Helms was arrested and said he would wait until more details were available before commenting on what disciplinary action could take place.

Helms is 37-14 during his four-year stay with the Patriots. Helms, has coached at vast number of schools during his career. Helms has been a head coach at East Burke, Cherryville, West Charlotte and most recently at Northwest Cabarrus before he was named head coach of the Freedom.

Helms led the Patriots to the Class 3A Western Finals last fall. They lost to Concord in the finals, and finished the season with a 12-2 record.

The Patriots and Patton High will become members of the Northwestern 3A/4A Conference next fall. They will be joined by Watauga, Hibriten, South Caldwell, Hickory, St. Stephens and Fred T. Foard. WHS and South Caldwell will be the only Class 4A schools in the conference. Helms hasn't coached against WHS since the 1998 season. Helms led East Burke to a 13-6 win over the Pioneers at the old Jack Groce Stadium that season. But the Cavaliers later forfeited that game for using an ineligible player. As a matter-of-fact, the Cavaliers forfeited all of their games that season, finished the year with an 0-11 record, and Helms was dismissed as coach after that season.