

Helms Resigns At Freedom

Written by Staff Reports
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Mike Helms has resigned as football coach at Freedom High after four years on the job. Helms turned in his resignation on Tuesday. Helms had been arrested

and charged with misdemeanor simple assault in January stemming from an incident in which he made contact with his youngest son Brandon at a JV boys basketball game at R-S Central, Rutherford County police said.

But according to Helms, the arrest and following suspension and reinstatement from his position at Freedom were not a factor in his decision to step down as head football coach.

Helms leaves Freedom as the third-winningest coach in school history with a record of 37-14.

When he got to Freedom in 2009, the Patriots were a woeful 8-24. Helms ranks behind Ralph "Jug" Wilson, the school's first football coach and whose teams went 64-41-1 from 1973-82, and Tim McMahon, who compiled a 94-48 record from 1995-2005.

The Patriots were 12-2 last season, and they set a school record with 12 wins. They also reached the Class 3A state semifinals for the first time, and Helms is also the first coach in Freedom history to win 10 or more games in three consecutive seasons.

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