

Roy Helu Jr.

2015 SRVHS ATHLETIC HALL OF FAME

Roy Helu Jr. - Class of 2007 - Football

Roy was a quiet leader who led by example. He was one of the most unselfish athletes to play for Dave Kravi whatever he could to help his team succeed. He was naturally talented but never took that for granted... alwa

At SRV, Roy was a three year Varsity player and he was 1st team all-League his junior and senior years. He \ rushing and touchdowns his junior and senior years. In 2006 Roy had 1,085 yards rushing, 11 TD's along with 1,526 yards rushing, 19 TD's and 500 yards receiving.

After SRV, Roy went on to the University of Nebraska where he is 4th overall in career rushing yards. Roy wa game rushing record of 307 yards vs. Missouri. Among his accomplishments, Roy rushed for over 1,000 yard was the National Player of the Week and on the Academic Honor Roll for the Big 12 Conference.

Roy was drafted by the Washington Redskins and played for them for 3 years. Roy holds the rookie single rus led the Redskins in rushing yards. He was named to the All-Rookie team by the Pro Football writers associati Raiders.