



Robert Lee Helm

January 16, 1965 - February 14, 2026

With heavy hearts and deep love, we honor the life of Robert E. Lee Helm, Sr., who passed away on February 14, 2026, at the age of 61.

Born on January 16, 1965, in Anaheim, CA and raised in Las Vegas, NV, Robert grew into a man whose strength, passion, and heart left a lasting imprint on everyone blessed to know him.

From a young age, Robert was a fighter in the very best sense of the word. As a wrestler, he poured himself into the sport, earning the Nevada State title in high school and later achieving the honor of All American Wrestling Champion in college. Wrestling taught him discipline and resilience, but more than that, it revealed his heart; he never backed down from a challenge and never let those around him settle for less than their best.

Basketball was another love of his life. As long as he had a ball and a court, he was home. But for Robert, it was never just about the game, it was about the people. It was about teaching, pushing, laughing, and building something bigger than himself.

Robert studied Carpentry and Welding at VoTech in Las Vegas, carrying that same hands-on determination into his career. For more than ten years, he worked as a proud garbage man at Kirby's Sanitation, working side by side with his son. He often joked that if there were a "Garbage Man Olympics," he would be the front runner. He wore his work with pride but the title he cherished most was Father.

He raised his sons in Las Vegas with strength, structure, and unwavering love

before spending the last decade of his life in Spartanburg, SC which he proudly called home.

Coaching was his true calling. He coached hard because he believed in hard work-built character. He demanded excellence because he saw greatness in people before they saw it in themselves, and no matter how tough he pushed you, he would give you the shirt off his back without hesitation.

Robert was the kind of man who made everything more fun. His presence filled a room. His laughter was contagious. His belief in you felt unshakable. He wanted something better for everyone and would exhaust every ounce of himself trying to help you reach it.

He leaves behind his beloved life partner, Latosha Peoples; his sons, Robert Helm, II and Franky Helm, who were his pride and purpose. He is also survived by his father, Lester Kirby Helm; his sisters, Susan Helm and Teresa Helm; and countless extended family members, friends, athletes, and community members who will forever hear his voice pushing them to be stronger.

He was welcomed home by his mother, Carol Ann Truck; his brothers, Dennis Helm and Casper Helm; and his son, Lester Helm.

Robert's legacy is not measured in titles or trophies, but in the lives, he shaped, the young men he mentored, the laughter he created, and the love he poured into his family. And if he could leave us with one final piece of advice, it would be simple and strong, just like him; "Keep your head up, you'll be alright." In that spirit, we will carry him with us standing tall, pushing forward, and lifting one another the way he always did.

Visitation will be held from 4:00–6:00 p.m. Saturday, February 28, 2026, at The Wood Mortuary, 300 West Poinsett Street, Greer, SC 29650.

Online condolences may be made to www.thewoodmorturay.com.

Previous Events

Visitation

FEB **28**. 4:00 PM - 6:00 PM (ET)

The Wood Mortuary, Inc.
300 West Poinsett Street
Greer, SC 29650
(864) 877-3351
woodmortuary@bellsouth.net

Tribute Wall



“ *The Wood Mortuary created a Tribute Video in memory of Robert Lee Helm*



The Wood Mortuary - February 27 at 04:14 PM



“ *Robert you truly will be missed! RIP*



Tania Maine - February 28 at 08:20 PM



“ *I am going miss you my dear brother. I wish I had known what you were going through. You always greeted and treated me with upmost respect and I loved that. You were my son in law and I loved that.*

GOD loves you and I love you as well!!!

JOHN F. PEOPLES, JR.

JOHN PEOPLES - February 28 at 08:16 PM

DW

“ Sending condolences to Latosha on the loss of her life partner. Remembering him as he comes in the evening stopping at the mailbox and waving before turning in the driveway.



Demetrice Williams - February 28 at 01:33 PM

DW

“ Demetrice Williams lit a candle in memory of Robert Helm



Demetrice Williams - February 28 at 01:28 PM



“ 71 files added to the album Life Tributes



The Wood Mortuary - February 27 at 03:13 PM

VP

“ Versean P. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Robert Lee Helm.

Versean P. - February 27 at 10:58 AM

MA

“ *Mountaire Farms LB Accounting purchased the Country Basket Blooms for the family of Robert Lee Helm.*



Mountaire Farms LB Accounting - February 26 at 02:14 PM

MA

“ *Mountaire Farms LB Accounting planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Robert Lee Helm.*

Mountaire Farms LB Accounting - February 26 at 02:14 PM

LF

“ *Love, Your Mountaire Farms Family purchased the Country Basket Blooms for the family of Robert Lee Helm.*



Love, Your Mountaire Farms Family - February 25 at 01:02 PM

LF

“ *Love, Your Mountaire Farms Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Robert Lee Helm.*

Love, Your Mountaire Farms Family - February 25 at 01:02 PM



“ *Memories to Treasure was purchased for the family of Robert Lee Helm.*



February 25 at 11:54 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Robert Lee Helm.

February 25 at 11:54 AM



“ *Robert touched so many lives in the best way! May the Lord give you peace and strength during this difficult time. My heart goes out to the Helm Family!*

Kionn Woody - February 25 at 11:37 AM