



HELDER SEMEDO basketball profile

Team: Sangalhos (Portugal) (2023-2024)

Uniform: 21
Height: 197cm / 6'6"
Position: Forward
Born: 2001
Weight: n/a
Nationality: Cape Verdean
Agency: DDOSS

Previous teams / draft:
Dakota Tech (college)
Dakota Tech (USA-Reg-XIII)
Rochester CTC (USA-Reg-XIII)



Born: Dec.21, 2001

Career:

2021-2022: Rochester Community & Technical College (JUCO, starting five): 29 games: 3.6ppg, 4.8rpg

2022-2023: Dakota County Technical College (JUCO): 27 games: 3.9ppg, 3.8rpg

2023-2024: Alianca Sangalhos (Portugal-Proliga, starting five): 22 games: 4.1ppg, 4.0rpg

Awards/Achievements:

MCAC South Division Runner-Up -2022

NJCAA D3 Region XIII Semifinals -2022

NJCAA D2 North District Finalist -2023

NJCAA D2 Region XIII Champion -2023

PORTUGAL (2023-2024)

STATS SUMMARY														
TEAM	G	MIN	PTS	2FGP	3FGP	FT	RO	RD	RT	AS	PF	BS	ST	TO
Sangalhos	22	460	91	20-47	14-50	9-12	18	70	88	15	43	9	9	31
STATS AVARAGE														
TEAM	G	MIN	PTS	2FGP	3FGP	FT	RO	RD	RT	AS	PF	BS	ST	TO
Sangalhos	22	20.9	4.1	42.6%	28.0%	75.0%	0.8	3.2	4.0	0.7	2.0	0.4	0.4	1.4

DETAILS																	
DATE	TEAM	AGANIST TEAM	RESULT	MIN	PTS	2FGP	3FGP	FT	RO	RD	RT	AS	PF	BS	ST	TO	RNK
10/14/2023	Sangalhos	Braga	67-56	17	4	1-1	0-2	2-2	1	3	4	1	3	0	0	2	3
10/21/2023	Sangalhos	Galitos-Aveiro	70-65	14	4	2-2	0-2	0-0	0	1	1	2	2	0	1	2	2
10/28/2023	Sangalhos	Vasco da Gama	89-73	23	10	2-3	2-2	0-0	1	6	7	0	1	0	0	3	11
11/5/2023	Sangalhos	Illiabum	81-87	34	5	1-4	1-5	0-0	1	4	5	1	3	0	0	2	-1
11/18/2023	Sangalhos	Sampaense	63-88	14	3	0-0	1-1	0-0	0	1	1	0	2	0	0	0	3
11/25/2023	Sangalhos	Maia Basket	75-71	30	7	2-4	1-2	0-0	0	7	7	2	0	1	1	5	11
12/1/2023	Sangalhos	Academica	83-60	22	7	1-4	1-4	2-2	3	5	8	0	4	1	0	0	8
12/8/2023	Sangalhos	Braga	63-67	14	0	0-0	0-0	0-0	0	3	3	0	1	0	0	2	0
12/16/2023	Sangalhos	Galitos-Aveiro	68-81	25	3	0-1	1-4	0-0	0	3	3	0	2	1	2	0	3
1/6/2024	Sangalhos	Vasco da Gama	91-87	22	3	0-3	1-1	0-0	2	1	3	0	4	1	0	2	-2
1/13/2024	Sangalhos	Illiabum	70-74	19	1	0-0	0-2	1-2	0	2	2	0	2	0	0	2	-3
1/20/2024	Sangalhos	Sampaense	76-71	27	4	2-3	0-3	0-0	0	2	2	2	2	0	1	0	3
1/27/2024	Sangalhos	Maia Basket	70-67	11	2	1-3	0-0	0-0	2	2	4	0	1	0	0	2	0
2/4/2024	Sangalhos	Academica	49-85	13	8	1-2	2-2	0-0	2	3	5	2	1	0	1	1	13
2/18/2024	Sangalhos	Galitos-Barreiro	90-75	24	5	0-3	1-4	2-2	0	5	5	1	3	0	0	3	0
3/2/2024	Sangalhos	CAB Madeira	73-77	25	2	1-1	0-1	0-0	1	3	4	0	4	2	0	2	1
3/6/2024	Sangalhos	Santo Andre	82-97	20	0	0-0	0-3	0-0	0	2	2	1	2	0	1	1	-2
3/10/2024	Sangalhos	Queluz	74-69	13	0	0-3	0-1	0-2	0	4	4	0	1	0	0	0	-2
3/16/2024	Sangalhos	Galitos-Barreiro	83-80	26	5	0-1	1-3	2-2	2	3	5	3	0	0	1	0	12
3/24/2024	Sangalhos	Santo Andre	67-58	23	10	2-3	2-4	0-0	1	3	4	0	1	3	0	1	12
3/30/2024	Sangalhos	CAB Madeira	69-72	21	0	0-1	0-3	0-0	1	3	4	0	2	0	0	1	-3
4/13/2024	Sangalhos	Queluz	79-63	23	8	4-5	0-1	0-0	1	4	5	0	2	0	1	0	10