



KONSTA HELENIOUS
CENTER

Ht: 5'11" **Wt:** 190 lbs.

Born: May 11, 2006 (Age: 19)

Ylojarvi, Finland

2024, 1st round (14th overall)

SABRES RECALL F KONSTA HELENIOUS

Regular-Season Stats

	Team	GP	G	A	PTS	PIM
2025-26	Rochester (AHL)	34	9	21	30	10
Career	AHL Totals	99	23	42	65	38

Highlights

- Has appeared in 34 games with Rochester in 2025-26 and leads all Amerks forwards in assists and points. Ranks tied for fifth among all American Hockey League forwards in game-winning goals (4).
- Has registered 65 points (23+42) in 99 regular-season games with Rochester in his career. Collected six points (3+3) in eight games in the 2025 Calder Cup Playoffs.
- Led all U18 Liiga skaters in points during the 2022-23 (11) and 2023-24 (36) seasons. His 47 career points rank second all-time among Liiga players before the age of 18, trailing only Aleksandr Barkov. Represented Finland at the 2024 IIHF World Championship, IIHF World Junior Championship and IIHF U18 World Championship.