



# RYAN LINDGREN



## STATS

**Shoots:** Left  
**Height:** 6'0"  
**Weight:** 199  
**Born:** 2/11/1998  
**Birthplace:** Minneapolis, MN

## POSITION

**DEFENSEMAN**  
**#55**

## BIO

Lindgren tallied 17 points (3G, 14A) in 76 games for the Rangers in 2023-24 while posting a team-best +22 plus/minus rating. He skated in his 300th career game on Jan. 18 at Vegas and added three points in 16 postseason contests. Acquired by the Rangers in a Feb. 25, 2018 trade with Boston, Lindgren spent two seasons at the University of Minnesota (2016-18) prior to turning pro and served as an alternate captain for the Golden Gophers in his final year with the team (2017-18). A product of the U.S. National Team Development Program, Lindgren represented his country at two IIHF World Junior Championships, helping the U.S. win gold in 2017 and bronze in 2018.

## ONE-TIMERS

**Nickname:** Lindy  
**Superpower he'd want:** Ability to fly  
**Actor who would play him:** Dolph Lundgren  
**Favorite superhero:** Batman  
**On his bucket list:** Skydiving  
**Most listened to artist:** Kenny Chesney  
**Favorite meal:** Sushi  
**Favorite movie:** The Notebook  
**Favorite TV show:** Family Guy  
**Favorite NYC restaurant:** Catch

## LOOSE PUCKS

- Parents are Bob and Jennifer. Bob played college hockey at Michigan and works as a truck driver for UPS, while Jennifer works in real estate
- Has two brothers, Charlie and Andrew. Charlie is a goaltender for the Washington Capitals and also played college hockey at St. Cloud State. Andrew is also a goaltender and played four seasons at St. John's University in Minnesota
- Played golf and ultimate frisbee in high school
- Grew up a fan of the Minnesota Wild and Ryan Suter
- Majored in recreation administration
- First job was working at his parents' store every summer