

RYAN LINDGREN



SHOOTS: LEFT
HEIGHT: 6'0"
WEIGHT: 199
BORN: FEBRUARY 11, 1998
BIRTHPLACE: MINNEAPOLIS, MINN.

#55
DEFENSEMAN

Lindgren recorded career highs in points (18) and assists (17) in 2022-23 and was a team-best +29, also a career high for the defenseman. Acquired by the Rangers in a Feb. 25, 2018 trade with Boston, Lindgren has tallied 63 points (7G, 56A) in 257 career NHL games, all with New York. The Minneapolis, Minnesota, native 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

Greatest passion besides hockey: Fishing

What he'd be doing if not playing hockey: Coaching

Superpower he'd most like to have: Ability to fly

Actor that would play him in a movie: Dolph Lundgren

Favorite superhero: Batman

On his bucket list: Skydiving

Most listened to artist: Kenny Chesney

Meal: Sushi

Movie: The Notebook

TV show: Family Guy

Athlete in another sport he'd like to practice with: Antonio Brown

Game show he'd like to compete on: Family Feud

NYC restaurant: Catch

THIS SEASON

- Played in his 300th NHL game on Jan. 19 at Vegas
- Scored his first goal of the season on Dec. 2 at Nashville, the second game-winning goal of his career

LOOSE PUCKS

- Named the recipient of the Players' Player Award in 2020-21 and 2022-23, which is given annually to the Ranger who, as selected by his teammates, "best exemplifies what it means to be a team player."
- Parents are Bob and Jennifer. Bob played college hockey at Michigan and currently 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
- Owns two dogs (Astro and Oliver) and two cats (Lyla and Lucie)
- Played golf and ultimate frisbee in high school, in addition to hockey
- Grew up a huge fan of the Minnesota Wild and Ryan Suter
- His first job was working at his parents' store every summer
- Majored in recreation administration

STEVEN MCDONALD AWARD

Lindgren was named the winner of the 2022-23 Steven McDonald Extra Effort Award, presented annually to the Ranger who, as chosen by the fans, "goes above and beyond the call of duty."