

**Name:** Rene Christian Ingram

**Position:** Goalkeeper

**Height:** 198 cm

**Weight:** 115 kg

**DOB:** 05 March 1999

**Nationality:** Germany/USA

**University:** IUBH (Sport Psychology)

**Team/Club:** IFK Kristianstad (Sweden)

**Coaches:** Ljubomir Vranjes, Uffe Larsson

**National Team Coaches:** Robert Hedin, Mads Fjelddalen, Pierre Binderis

**Goalie Coaches:** Manfred Hofmann, Milos Putera, Sigi Roch, Jesper Larsson



#### Clubs:

2019-current IFK Kristianstad, Sweden (Handbollsligan and 1<sup>st</sup> Division)

2017-2019 HC Erlangen; Germany (A-Jugend Bundesliga, 3. Liga)

2014-2017 TVG Junioren Akad., Germany (B Bayernliga, Jugend Bundesliga) + TV Großwallstadt (3. Liga)

2006-2014 ETSV 09 Landshut, Germany (Hometown Club)

#### Selection and National Teams:

2018-current USA Men's National Team

2017-2020 USA Junior National Team (Captain)

2017-2018 USA Youth National Team

2014-2017 Bavarian All-star Selection

#### European League Games 2020/2021

08.12.2020 TATRAN Presov 22 vs IFK Kristianstad 27

24.11.2020 IFK Kristianstad 27 vs Sporting CP 32

17.11.2020 USAM Nimes Gard 24 vs IFK Kristianstad 25

#### Championsleague Games 2019/2020:

24.11.2019 Kadetten Schaffhausen 26 vs IFK Kristianstad 29

13.11.2019 IFK Kristianstad 29 vs C.S. Dinamo Bucuresti 29

#### Tournaments and Distinctions:

2021 Nominated for World Championship in Egypt, Starting GK (cancelled Covid)

2019/20 Leading Goalkeeper (save %) in Handbollsligan Sweden

2019 KarmaGames Tri-Nations Tournament –Gormanston, Ireland;

2019 PanAmerican Games, Olympic Qualifier - Lima, Peru;

2019 Men's Junior World Championship - Vigo, Spain (Captain)

2019 U23 Emerging Nations Championships – Tbilis, Georgia

2019 U19 IHF Trophy Intercontinental Championships, Pristina, Kosovo –Captain (GK most saves)

2018 Pan American Games Qualifier – (Auburn, Alabama / Montreal, Canada (Best GK)

2018 Open National Championships, Open Division – (most fastbreak saves)

2018 U19 IHF Trophy Continental Championships – West Dundee, Illinois (Captain, MVP)

2018 U19 IHF Trophy Zonal Championships –West Dundee, Illinois, (Captain, MVP)

2017 U21 IHF Trophy Continental Championship –Tunja, Colombia, (MVG)

2017 U19 Pan American Championships –Santiago, Chile, (MVP)

2017 Pan American Junior Championships –Asuncion, Paraguay (Best Goalkeeper)

2017 U19 Canadian Nationals, Strathcona, Canada, (MVP)

2017 TVG Junioren Akademie, A-Youth Bundesliga East

2015 U17 German Championships – (Bronze)

2014 - 2016 U17 Bavarian Championship, 1st Place (2x)

2014 - 2016 All Bavarian School Championship, 1st Place (2x)

2013 - 2015 Bavaria All-Star Team Member

National Team Games: 74 Youth and Junior, 22 Men's National Team Games