



NFL CAREER

TRANSACTIONS:

- Signed by Miami on March 17, 2022.
- Signed by Oakland as an undrafted college free agent on May 3, 2019.

CAREER HONORS:

- 2024 Walter Payton Man of the Year nominee (Miami).
- 2023 Don Shula Leadership Award winner.
- 2023 Pro Bowl Selection.
- 2023 Walter Payton Man of the Year nominee (Miami).
- 2022 Ed Block Courage Award (Miami recipient).
- 2022 Art Rooney Sportsmanship Award nominee.
- 2020 Walter Payton Man of the Year nominee (Las Vegas).

CAREER HIGHLIGHTS:

- Played in 85 career games with 43 starts.
- 32 carries for 43 yards (1.3 avg.) and 2 TD.
- 65 receptions for 538 yards (8.3 avg.) and 4 TDs.
- 11 special teams tackles (7 solo).
- 3 miscellaneous tackles.
- 4 miscellaneous fumble recoveries.
- Played in 2 postseason games with 1 start for Miami.
- Is a 3-time team captain (2021, 2023-24).

2024 (MIAMI):

- Played in 10 games with 5 starts.
- Inactive for 2 games.
- 9 carries for 13 yards (1.4 avg.) and 1 TD.
- 9 receptions for 75 yards (8.3 avg.)
- 2 special teams tackles (1 solo).
- 1 miscellaneous fumble recovery.
- Serves as a team captain.

VS. JACKSONVILLE (9/8): 2 carries for 8 yards (4.0 avg.).

- Converted on 3rd-and-1 on the final drive of the game to set up the game-winning field goal.

AT NEW ENGLAND (10/6): 1 carry for 3 yards and 1 TD.

- Scored the game-winning TD on a 3-yard rush with 4:27 remaining in the 4th quarter.

VS. ARIZONA (10/27): 1 carry for 3 yards; 3 receptions for 19 yards (6.3 avg.).

HONORS:

- Walter Payton Man of the Year nominee (Miami).

2023 (MIAMI):

- Played in all 17 games with 13 starts.
- 2 carries for 0 yards (0.0 avg.).
- 13 receptions for 119 yards (9.2 avg.).
- 1 miscellaneous tackle.
- Served as a team captain.

AT L.A. CHARGERS (9/10): 2 receptions for 34 yards (17.0 avg.).

AT BUFFALO (10/1): 1 reception for 23 yards (23.0 avg.).

VS. LAS VEGAS (11/19): 3 receptions for 16 yards (5.3 avg.).

POSTSEASON:

AFC WILD CARD AT KANSAS CITY (1/13): 1 kickoff return for 19 yards (19.0 avg.); 1 solo special teams tackle.

PRO BOWL:

- Selected to start the Pro Bowl for the 1st time in his career.

HONORS:

- Don Shula Leadership Award winner.
- Walter Payton Man of the Year nominee (Miami).

2022 (MIAMI):

- Played in all 17 games with 14 starts.
- 6 carries for 8 yards (1.3 avg.) and 1 TD.
- 15 receptions for 105 yards (7.0 avg.) and 1 TD.
- 2 kickoff returns for 20 yards (10.0 avg.).
- 2 solo special teams tackles.
- 2 miscellaneous tackles.

VS. NEW ENGLAND (9/11): 1 carry for 2 yards; 1 reception for 8 yards.

- Made his Dolphins debut.

AT DETROIT (10/30): 1 carry for 1 yard and 1 TD; 1 reception for 5 yards.

- Scored his 1st career rushing TD on a 1-yard carry in the 3rd quarter.

VS. CLEVELAND (11/13): 4 receptions for 45 yards (11.3 avg.) and 1 TD.

- Caught a 13-yard TD pass from QB Tua Tagovailoa in the 1st quarter for his 1st TD reception of the season.

POSTSEASON:

AFC WILD CARD AT BUFFALO (1/15): 1 miscellaneous tackle.

HONORS:

- Ed Block Courage Award (Miami recipient).
- Art Rooney Sportsmanship Award nominee.

2021 (LAS VEGAS):

- Played in 9 games with 3 starts.
- Missed the rest of the season after being placed on injured reserve on Nov. 20.
- 2 carries for 1 yard (0.5 avg.).
- 10 receptions for 85 yards (8.5 avg.) and 1 TD.
- 4 special teams tackles (2 solo).
- 1 miscellaneous fumble recovery.
- Served as a team captain.

VS. MIAMI (9/26): 1 carry for 0 yards; 1 reception for 1 yard and a TD.

- Caught a 1-yard TD pass from QB Derek Carr in the 2nd quarter.

VS. PHILADELPHIA (10/24): 1 carry for 1 yard; 1 reception for 29 yards; 1 solo special teams tackle.

AT N.Y. GIANTS (11/7): 3 receptions for 28 yards (9.3 avg.); 1 special teams tackle.

2020 (LAS VEGAS):

- Played in all 16 games with 4 starts.
- 3 carries for 4 yards (1.3 avg.).
- 12 receptions for 110 yards (9.2 avg.) and 1 TD.
- 1 solo special teams tackle.
- 1 miscellaneous fumble recovery.

VS. NEW ORLEANS (9/21): 2 receptions for 5 yards (2.5 avg.) and 1 TD.

- Caught a 3-yard TD pass from QB Derek Carr in the 2nd quarter.

VS. BUFFALO (10/4): 1 carry for -1 yard; 2 receptions for 29 yards (14.5 avg.).

AT KANSAS CITY (10/11): 2 receptions for 25 yards (12.5 avg.).

HONORS:

- Walter Payton Man of the Year nominee (Las Vegas).

2019 (OAKLAND):

- Played in all 16 games with 4 starts.
- 10 carries for 17 yards (1.7 avg.).
- 6 receptions for 44 yards (7.3 avg.) and 1 TD.
- 2 special teams tackles (1 solo).
- 1 miscellaneous fumble recovery.

VS. L.A. CHARGERS (11/7): 1 carry for 3 yards; 1 reception for 9 yards and a TD; 1 solo special teams tackle.

- Scored on a 9-yard pass from QB Derek Carr to give Oakland a 17-14 lead in the 2nd quarter.
- It was his 1st career TD.

AT KANSAS CITY (12/1): 1 carry for 4 yards; 2 receptions for 13 yards (6.5 avg.).

VS. JACKSONVILLE (12/15): 3 receptions for 22 yards (7.3 avg.).

BEFORE THE NFL

COLLEGE (WISCONSIN):

- 4-year letterman (2015-18) and 1-year starter.
- Moved from linebacker to fullback early during his freshman season in 2015.

CAREER: Played in 51 games with 11 starts; 103 carries for 343 yards (3.3 avg.) and 17 TDs; 14 receptions for 185 yards (13.2 avg.) and 4 TDs; 4 kickoff returns for 63 yards (15.8 avg.).

SENIOR (2018): Played in all 13 games with 11 starts; 26 carries for 143 yards (5.5 avg.) and 6 TDs; 5 receptions for 93 yards (18.6 avg.) and 1 TD.

- Served as team a captain.

JUNIOR (2017): Played in all 14 games; 10 carries for 25 yards (2.5 avg.) and 3 TDs; 3 receptions for 37 yards (12.3 avg.) and 1 TD.

SOPHOMORE (2016): Played in all 14 games; 18 carries for 44 yards (2.4 avg.) and 2 TDs; 6 receptions for 55 yards (9.2 avg.) and 2 TDs; 2 kickoff returns for 31 yards (15.5 avg.).

TRUE FRESHMAN (2015): Played in 10 games; 49 carries for 131 yards (2.7 avg.) and 6 TDs; 2 kickoff returns for 32 yards (16.0 avg.).

HIGH SCHOOL (BAY PORT HS – GREEN BAY, WIS.)

- Played quarterback and running back.
- Also lettered in wrestling and baseball.

SENIOR (2014): 2,324 rushing yards and 29 TDs; 1,411 passing yards and 15 TDs.

- Wisconsin Gatorade Player of the Year.
- 1st-team all-state.

SOPHOMORE (2012): 1,024 rushing yards and 22 TDs.

- 1st-team all-conference.

OFF THE FIELD

COMMUNITY:

- Established the Ingold Family Foundation with the vision to cultivate environments of inspiration and motivation.
- Leads in advocacy of adoption and foster care through partnerships with AdoptUSKids, ChildNet and The Barker Adoption Foundation.
- Serves as a national spokesperson for AdoptUSKids.
- Has served as a Mission Ambassador for Raise the Future, an organization that supports and exemplifies the mission of finding one caring adult for all youth who are currently experiencing foster care.

2023:

- Through the Ingold Family Foundation, teamed up with Beyond the Basics Inc., to host a holiday dinner and wish list surprise for children at the SOS Children's Villages Florida, a residential foster care community in Coconut Creek.
- Led several panels and speaking engagements for community members to inspire and connect through overcoming adversity.
- Hosted a free football camp for children in the foster care and adoption community, in collaboration with Children's Home Society of Florida.

2022:

- Earned the Adoption Excellence Award from AdoptUSKids in partnership with the Children's Bureau and the Ad Council for making extraordinary strides on behalf of waiting children and youth in foster care.

PERSONAL:

- **PRONUNCIATION:** Last name is pronounced INN-gold.
- **MAJOR:** Personal finance – financial planning.

- Wrote and published his first book – “The 7 Crucibles: An Inspirational Game Plan for Overcoming Adversity in Your Life” – in 2023.

ALEC INGOLD'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	RUSHING					RECEIVING				
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2019	OAKLAND	16	4	10	17	1.7	4	0	6	44	7.3	14	1
2020	LAS VEGAS	16	4	3	4	1.3	3	0	12	110	9.2	23	1
2021	LAS VEGAS	9	3	2	1	0.5	1	0	10	85	8.5	29	1
2022	MIAMI	17	14	6	8	1.3	2	1	15	105	7.0	17	1
2023	MIAMI	17	13	2	0	0.0	0	0	13	119	9.2	23	0
2024	MIAMI	10	5	9	13	1.4	6	1	9	75	8.3	25	0
NFL TOTALS		85	43	32	43	1.3	6	2	65	538	8.3	29	4

ALEC INGOLD'S NFL PLAYOFF STATS

YEAR	TEAM	GP	GS	RUSHING					RECEIVING				
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2022	MIAMI	1	0	0	0	0.0	-	0	0	0.0	-	0	
2023	MIAMI	1	0	0	0	0.0	-	0	0	0.0	-	0	
PLAYOFF TOTALS		1	0	0	0	0.0	-	0	0	0.0	-	0	

ALEC INGOLD'S NFL PLAYOFF RETURNING STATS

YEAR	TEAM	KICKOFF RETURN					PUNT RETURN					
		KR	YDS	AVG	LG	TD	PR	FC	YDS	AVG	LG	TD
2023	MIAMI	1	19	19.0	19	0	0	0	0	0.0	-	0
PLAYOFF TOTALS		1	19	19.0	19	0	0	0	0	0.0	-	0

ADDITIONAL STATS

Special Teams Tackles: (Oakland/Las Vegas) 2 in 2019, 1 in 2020, 4 in 2021, (Miami) 2 in 2022, 2 in 2024 for total of 11 (P-1).
Kickoff Returns: (Miami) 2 for 20 yards in 2022.
Miscellaneous Tackles: (Miami) 2 in 2022, 1 in 2023 for a total of 3 (P-1).
Miscellaneous Fumble Recoveries: (Oakland/Las Vegas) 1 in 2019, 1 in 2020, 1 in 2021, (Miami) 1 in 2024 for total of 4.

SINGLE-GAME CAREER HIGHS

Rushes: 2 Twice, last: vs. Jacksonville, 9/8/24
Rushing Yards: 8 vs. Jacksonville, 9/8/24
Rushing Long: 6 vs. Jacksonville, 9/8/24
Rushing TDs: 1 Twice, last: at New England, 10/6/24
Receptions: 4 Twice, last: vs. Cleveland, 11/13/22
Receiving Yards: 45 vs. Cleveland, 11/13/22
Receiving Long: 29 vs. Philadelphia, 10/24/21
Receiving TDs: 1 4 times, last: vs. Cleveland, 11/13/22

2019 GAME-BY-GAME STATS (OAKLAND)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/09	DENVER	1/1	0	0	0.0	-	0
09/15	KANSAS CITY	1/0	0	0	0.0	-	0
09/22	at Minnesota	1/0	0	0	0.0	-	0
09/29	at Indianapolis	1/1	1	1	1.0	1	0
10/06	CHICAGO	1/0	1	3	3.0	3	0
10/20	at Green Bay	1/0	0	0	0.0	-	0
10/27	at Houston	1/0	1	2	2.0	2	0
11/03	DETROIT	1/0	1	2	2.0	2	0
11/07	L.A. CHARGERS	1/1	1	3	3.0	3	0
11/17	CINCINNATI	1/1	1	3	3.0	3	0
11/24	at N.Y. Jets	1/0	1	0	0.0	0	0
12/01	at Kansas City	1/0	1	4	4.0	4	0
12/08	TENNESSEE	1/0	1	-1	-1.0	-1	0
12/15	JACKSONVILLE	1/0	0	0	0.0	-	0
12/22	at L.A. Chargers	1/0	0	0	0.0	-	0
12/29	at Denver	1/0	1	0	0.0	0	0
2019 TOTALS		16/4	10	17	1.7	4	0

2020 GAME-BY-GAME STATS (LAS VEGAS)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/13	at Carolina	1/0	0	0	0.0	-	0
09/21	NEW ORLEANS	1/0	0	0	0.0	-	0
09/27	at New England	1/0	0	0	0.0	-	0
10/04	BUFFALO	1/0	1	-1	-1.0	-1	0
10/11	at Kansas City	1/1	0	0	0.0	-	0
10/25	TAMPA BAY	1/1	0	0	0.0	-	0
11/01	at Cleveland	1/0	1	3	3.0	3	0
11/08	at L.A. Chargers	1/0	0	0	0.0	-	0
11/15	DENVER	1/0	0	0	0.0	-	0
11/22	KANSAS CITY	1/0	0	0	0.0	-	0
11/29	at Atlanta	1/1	0	0	0.0	-	0
12/06	at N.Y. Jets	1/0	0	0	0.0	-	0
12/13	INDIANAPOLIS	1/1	0	0	0.0	-	0
12/17	L.A. CHARGERS	1/0	1	2	2.0	2	0
12/26	MIAMI	1/0	0	0	0.0	-	0
01/03	at Denver	1/0	0	0	0.0	-	0
2020 TOTALS		16/4	3	4	1.3	3	0

2021 GAME-BY-GAME STATS (LAS VEGAS)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/13	BALTIMORE	1/1	0	0	0.0	-	0
09/19	at Pittsburgh	1/0	0	0	0.0	-	0
09/26	MIAMI	1/0	1	0	0.0	0	0
10/04	at L.A. Chargers	1/0	0	0	0.0	-	0
10/10	CHICAGO	1/0	0	0	0.0	-	0
10/17	at Denver	1/1	0	0	0.0	-	0
10/24	PHILADELPHIA	1/1	1	1	1.0	1	0
11/07	at N.Y. Giants	1/0	0	0	0.0	-	0
11/14	KANSAS CITY	1/0	0	0	0.0	-	0
11/21	CINCINNATI						INJURED RESERVE
11/25	at Dallas						INJURED RESERVE
12/05	WASHINGTON						INJURED RESERVE
12/12	at Kansas City						INJURED RESERVE
12/20	at Cleveland						INJURED RESERVE
12/26	DENVER						INJURED RESERVE
01/02	at Indianapolis						INJURED RESERVE
01/09	L.A. CHARGERS						INJURED RESERVE
2021 TOTALS		9/3	2	1	0.5	1	0

DATE	OPPONENT	P/S	REC	YDS	AVG	LG	TD
01/15	at Cincinnati*						INJURED RESERVE
PLAYOFF TOTALS		0/0	0	0	0.0	-	0

* AFC Wild Card game

2022 GAME-BY-GAME STATS (MIAMI)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/11	NEW ENGLAND	1/1	1	2	2.0	2	0
09/18	at Baltimore	1/1	1	1	1.0	1	0
09/25	BUFFALO	1/1	1	0	0.0	0	0
09/29	at Cincinnati	1/1	0	0	0.0	-	0
10/09	at N.Y. Jets	1/1	0	0	0.0	-	0
10/16	MINNESOTA	1/1	1	2	2.0	2	0
10/23	PITTSBURGH	1/0	0	0	0.0	-	0
10/30	at Detroit	1/1	1	1	1.0	1t	1
11/06	at Chicago	1/1	0	0	0.0	-	0
11/13	CLEVELAND	1/1	0	0	0.0	-	0
11/27	HOUSTON	1/0	0	0	0.0	-	0
12/04	at San Francisco	1/1	0	0	0.0	-	0
12/11	at L.A. Chargers	1/1	0	0	0.0	-	0
12/17	at Buffalo	1/1	1	2	2.0	2	0
12/25	GREEN BAY	1/1	0	0	0.0	-	0
01/01	at New England	1/0	0	0	0.0	-	0
01/08	N.Y. JETS	1/1	0	0	0.0	-	0
2022 TOTALS		17/14	6	8	1.3	2	1

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/15	at Buffalo*	1/0	0	0	0.0	-	0

* AFC Wild Card game

2023 GAME-BY-GAME STATS (MIAMI)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/10	at L.A. Chargers	1/1	0	0	0.0	-	0
09/17	at New England	1/1	0	0	0.0	-	0
09/24	DENVER	1/1	2	0	0.0	-	0
10/01	at Buffalo	1/1	0	0	0.0	-	0
10/08	N.Y. GIANTS	1/1	0	0	0.0	-	0
10/15	CAROLINA	1/1	0	0	0.0	-	0
10/22	at Philadelphia	1/0	0	0	0.0	-	0
10/29	NEW ENGLAND	1/1	0	0	0.0	-	0
11/05	at Kansas City	1/1	0	0	0.0	-	0
11/19	LAS VEGAS	1/0	0	0	0.0	-	0
11/24	at N.Y. Jets	1/0	0	0	0.0	-	0
12/03	at Washington	1/1	0	0	0.0	-	0
12/11	TENNESSEE	1/1	0	0	0.0	-	0
12/17	N.Y. JETS	1/1	0	0	0.0	-	0
12/24	DALLAS	1/1	0	0	0.0	-	0
12/31	at Baltimore	1/1	0	0	0.0	-	0
01/07	BUFFALO	1/0	0	0	0.0	-	0
2023 TOTALS		17/13	2	0	0.0	-	0

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/13	at Kansas City*	1/1	0	0	0.0	-	0

* AFC Wild Card game

2024 GAME-BY-GAME STATS (MIAMI)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/08	JACKSONVILLE	1/0	2	8	4.0	6	0
09/12	BUFFALO	1/1	2	2	1.0	3	0
09/22	at Seattle	1/0	1	-2	-2.0	-2	0
09/30	TENNESSEE	1/0	0	0	0.0	-	0
10/06	at New England	1/1	1	3	3.0	3	1
10/20	at Indianapolis	1/1	2	-1	-0.5	0	0
10/27	ARIZONA	1/1	1	3	3.0	3	0
11/03	at Buffalo	1/1	0	0	0.0	-	0
11/11	at L.A. Rams						INACTIVE
11/17	LAS VEGAS						INACTIVE
11/24	NEW ENGLAND	1/0	0	0	0.0	-	0
11/28	at Green Bay	1/0	0	0	0.0	-	0
12/08	N.Y. JETS						
12/15	at Houston						
12/22	SAN FRANCISCO						
12/29	at Cleveland						
TBD	at N.Y. Jets						
2024 TOTALS		10/5	9	13	1.4	6	1