A native of Bay Shore, NY, Captain Sinram graduated from the United States Naval Academy in 1997 with a B.S. in Economics. He completed primary flight training at Training Squadron Six (VT-6) and advanced rotary wing training at Helicopter Training Squadron Eighteen (HT-18) before being designated a Naval Aviator in April 1999.

Following initial CH/HH-46D “Sea Knight” helicopter Fleet Replacement Pilot training in San Diego, CA, CAPT Sinram reported to Sea Duty with the Gunbearers of Helicopter Combat Support Squadron Eleven (HC-11) where he made two deployments aboard the USS RAINIER (AOE-7) and USS CAMDEN (AOE-2) to the Arabian Gulf in support of Operation IRAQI FREEDOM. While at HC-11, CAPT Sinram served as the Schedules Officer, Detachment Operations Officer and Aviation Safety Officer.

Following HC-11, CAPT Sinram transitioned to the MH-60S and reported to Commander Helicopter Tactical Wing Pacific (COMHELTACWINGPAC) as the Schedules Officer, Assistant Operations Officer and was a Fleet Replacement Squadron Instructor at Helicopter Sea Combat Squadron Three (HSC-3). During his tour, COMHELTACWINGPAC and COMHSWINGPAC merged to become Commander Helicopter Sea Combat Wing Pacific (COMHSCWINGPAC) as part of the Navy’s helicopter re-organization.

CAPT Sinram was assigned to USS PELELIU (LHA-5), home ported in San Diego, from 2006-2008. While on board, CAPT Sinram served as the V-3 Division Officer and Aircraft Handling Officer during Operation IRAQI FREEDOM, Operation ENDURING FREEDOM and PELELIU PACIFIC PARTNERSHIP 2007 and qualified as Officer of the Deck (Underway) and Command Duty Officer.

In 2008, CAPT Sinram joined the Blackjacks of Helicopter Sea Combat Squadron Two One (HSC-21) as a Department Head where he flew the MH-60S and deployed aboard the USNS RAINIER (T-AOE-7) as the Detachment Four Officer-in-Charge supporting Operation ENDURING FREEDOM. CAPT Sinram also served as the Squadron Safety Officer and Maintenance Officer.

Following his Department Head tour, CAPT Sinram reported to the US Joint Chiefs of Staff (JCS) as Assistant Deputy Director for Operations, Senior Emergency Actions Officer, and Presidential Strike Advisor on Operations Team Four at the National Military Command Center (NMCC).

In 2013, CAPT Sinram assumed responsibilities as Executive Officer of Helicopter Training Squadron Eight (HT-8) and subsequently as Commanding Officer in 2014 overseeing the training and designation of over 250 Rotary Wing Naval Aviators.

Following his Command tour, he took over as Air Boss, leading 180 personnel in the Air Department, on board the USS Bataan (LHD-5), deploying to the Arabian Gulf and Gulf of Aden supporting Joint Operations in Yemen.

In 2017, CAPT Sinram reported to Headquarters Supreme Allied Command Transformation (HQ SACT) to serve as Staff Officer (Human Capital Requirements).

Captain Sinram has two children, Gavin (14) and Jake (12) who currently reside in Virginia Beach, VA with his wife, Colleen.