



Yoshitaka Ando, longtime Athletic Trainer at Lincoln-Sudbury RHS and father of Lucas, Kyle, Marcus, and Olivia and husband to Cheri, passed away on December 3, 2019, just a few weeks after being diagnosed with Stage IV Esophageal Cancer.

In 1978, a 15-year-old Yoshitaka arrived in the United States with a single suitcase and a limited grasp of the English language, leaving his father, mother, brother and sister behind in Japan to move in with an aunt and uncle who lived in Franklin, Massachusetts. After graduating from Franklin High, he then graduated from Bridgewater State College, where he was a defensive back for the BSC Bears football team. In 1987 he was hired as the Athletic Trainer at Lincoln-Sudbury, where he served students for 33 years.

Over the past 3 decades, Ando became one of the most committed and most beloved educators at Lincoln-Sudbury High School and an iconic figure in Massachusetts High School athletics. Ando was a paragon of the values of high school athletics of hard work, dedication and respect; he embodied them, he taught them, and he inspired them. His deep devotion to LS athletes manifested in myriad ways- in trips to the hospital with injured players, in early mornings before school opening the gym for training sessions, in visits to college games to watch alumni play. Occasionally, he might have shown up at a player's house in search of unreturned equipment; indeed, his love for the school knew no boundaries. More than just an athletic trainer, Ando was a trusted coach, a strength and conditioning expert, a guidance counselor, a sports psychologist and, to the many students he healed, a powerful mentor and loyal friend. He won the hearts of thousands of students, coaches, officials and families with his inimitable joyous candor and his unmatched devotion to young athletes. Making sure that every kid was cared for and got back in the game, Ando changed deeply the lives of the thousands who were fortunate to know him.

