



RAMAPO COLLEGE OF NEW JERSEY

Office of Marketing and Communications

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Sports Performance Coordinator Heads to International Stage

MAHWAH, N.J. -- For anyone who works out or trains at Ramapo College, Hendro Yauw is a familiar face. He's the guy running through conditioning drills with the athletics teams in the fitness room of the Bradley Center. He's also in the weight room at the College Park Lounge, spotting athletes on the bench press or making sure their bicep curls are proper form. You might even see him jogging around campus with a few students. Wherever student-athletes are working out, Yauw usually is there too, pushing them to get stronger, stay more agile and lead a healthier lifestyle.

So when the Games of the XXXII Olympiad kick off in Tokyo next summer, look closely when the teams from the People's Republic of China compete. Yauw might be on the sidelines. He recently signed a one-year contract with China's Olympic squad to be a strength and conditioning coach with that country's athletes who will be competing in the 2020 Olympic Games. He will be leaving for Beijing in early July.

"This is really an incredible opportunity," said Yauw, who saw the position advertised on a strength and conditioning website. "I sent in my resume and did a series of online and phone [via Skype] interviews. I also had to design a conditioning program."

Yauw came to Ramapo College three years ago as Sport Performance Coordinator, hired under a NCAA Ethnic Minority Diversity Grant. Director of Athletics Harold Crocker applauded Yauw for his contribution to Roadrunner Athletics.

"Over the last three years, Hendro helped to dramatically change the athletic culture around sports performance and training, which made a significant positive impact on our teams and student-athletes," said Crocker. "He also took a rarely used space on campus, rebranding the Lodge and turning that into a first-class athletic training facility. Hendro will leave his mark on Ramapo College, our athletic programs and our student-athletes. Our Ramapo Athletics is better because of his effort. We wish him the best with his fantastic new opportunity. He will always be a Roadrunner."

Yauw, who grew up in Los Angeles and received a degree in kinesiology from California State University, Northridge, said he is anxious to go but is nervous about the language difference. "I've been listening to an app to learn Mandarin but it is really hard." He'll be living in the Olympic Village in Beijing along with the athletes and other coaches, and he isn't sure yet which of the China teams he'll be working with, adding, "I'd love to work with the judo or wrestling teams, but table tennis would be very cool."

No matter where his expertise will be needed, Yauw is leaving Ramapo with fond memories.

“I loved being here and working with the student-athletes,” he said. “This was home.”

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Ramapo College of New Jersey is the state’s premier public liberal arts college and is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding. The College is ranked #1 among New Jersey public institutions by College Choice, and is recognized as a top college by *U.S. News & World Report*, *Kiplinger’s*, Princeton Review and *Money* magazine, among others. Ramapo College is also distinguished as a Career Development College of Distinction by CollegesofDistinction.com, boasts the best campus housing in New Jersey on Niche.com, and is designated a “Military Friendly College” in Victoria Media’s *Guide to Military Friendly Schools*.

Established in 1969, Ramapo College offers bachelor’s degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include business, education, nursing and social work. In addition, the College offers courses leading to teacher certification at the elementary and secondary levels, and offers graduate programs leading to master’s degrees in Accounting, Business Administration, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.