

ANDREA HUDY

Fact Sheet

- Nationally acclaimed Sports Performance Coach for the NCAA Champion Kansas Jayhawks.
- The Wall Street Journal calls her “The Kansas Jayhawks’ Secret Weapon.”
- In her new book, *Power Positions*, Hudy shares her specific training prescriptions designed to maximize sports performance.
- “The Hudy Movement” provides a unique way to look at movement and training that is grounded in science to build a better athlete and a better person.
- Hudy has worked with the best researchers in the field to design a training method that is research-based and integrates leading technology to drive proven results for athletes.
- Assistant Athletics Director for Sport Performance at Kansas University.
- Oversees the Anderson Strength and Conditioning Complex for all KU sports except football.
- 2012 Strength Coach of the Year by the National Strength and Conditioning Association (NSCA).
- Has worked with 19 Jayhawks who went on to play professional basketball.
- Overall, has worked with 37 student-athletes who went on to play in the NBA and 21 who went on to play in the WNBA.
- Hudy came to Kansas after nine and a half years at the University of Connecticut, where she worked closely with the Huskies’ national champion men’s and women’s basketball teams.
- Hudy was part of eight national championship teams while at Connecticut – two men’s basketball; five women’s basketball; and one men’s soccer.
- Holds a bachelor of science degree in kinesiology at Maryland and masters of art and sports biomechanics degree from Connecticut.
- Certified strength and conditioning specialist by the National Strength and Conditioning Association and USAW Level I Coach.
- Twitter: [@a_hudy](https://twitter.com/a_hudy)
- Facebook: facebook.com/CoachAndreaHudy
- Instagram: instagram.com/a_hudy

Media Contact: Kristina Patrick, Kristina@millermeiers.com, 785.856.6622 or 816.678.5050