

SETON HALL | LAW

Sports Law Symposium: Sports in Time of Change February 15 – 16, 2023



Andrea Hudy

*Director, Sports Performance Program & Collegiate
Strength and Conditioning Coach*

University of Connecticut, Women's Basketball Program

Andrea Hudy is in the midst of her 28th year as a collegiate strength and conditioning coach. She just completed her first year back at the University of Connecticut where she directly oversees the sports performance program for the Women's Basketball program.

Prior to UConn she was at the University of Texas for two years where she was the Head Coach for Men's and Women's Basketball Strength and Conditioning. In her role at Texas, Hudy oversaw the strength and conditioning programs for both the Men's and Women's Basketball programs. She served as the primary sport performance coach for the Men's Basketball team.

From 2004-2019 Hudy was the Assistant Athletic Director for Sport Performance at the University of Kansas. She handled the strength and conditioning responsibilities for the Kansas men's basketball team for 15 years. During her time in Lawrence, the Jayhawks posted a 449-97 (.822) record and advanced to 15-straight NCAA Tournaments. Kansas won one national championship (2008), reached the Final Four three times and qualified for the Sweet 16 nine times during Hudy's 15 seasons. The Jayhawks also claimed 14 regular-season Big 12 Conference titles and eight league tournament championships in this span.

In 2017, the National Strength and Conditioning Association (NSCA) honored Hudy with the Impact Award, given to an individual whose career has greatly contributed to the advancement of the national or international strength and conditioning or fitness industries. In the summer of 2014, her book, *Power Positions*, was published. In January 2013, she was named the National College Strength and Conditioning Coach of the Year by the NSCA for her dedication to improving athletic performance with safe and effective science-based programs.

Hudy helped Kansas student-athletes stay on the cutting edge of performance training. In the summer of 2012, Kansas became a signature school for the EliteForm training system, which integrates technology into workout sessions. Under her guidance, the Jayhawks were the first program to use the SpartaTrac™ system to optimize players' individual strength programs to improve performance and decrease chance of injury.

In 2009, Hudy started the Midwest Sports Performance Conference, an annual symposium which brings in many prominent figures in the strength and conditioning industry to the University of Kansas campus. The conference focuses not only on the importance of interaction between coach and athlete, but also on the complexities of programming and training throughout a season or seasons at all levels.

Prior to her time at Kansas, Hudy spent nine-plus years at the University of Connecticut, where she worked with the Huskies' NCAA Champion men's and women's basketball programs. Hudy was a part of eight national championship teams while at UConn, including two men's basketball, five women's basketball and one men's soccer.

In her 28 seasons of collegiate strength and conditioning coaching, Hudy has worked with 85 former student-athletes who have gone on to play in the NBA and WNBA. A native of Huntingdon, Pa., Hudy was a four-year letterwinner in volleyball at the University of Maryland (1990-93). During her freshman season, she was a member of the 1990 Atlantic Coast Conference championship team.

Hudy graduated from Maryland in 1994 with a Bachelor of Science degree in kinesiology. She earned a Master of Arts degree in sport biomechanics from the University of Connecticut in 1999 and completed her MBA from the University of Kansas in May 2019. She has started her PhD in exercise science at the University of Connecticut. Hudy is a certified strength and conditioning specialist by the NSCA.