

Andy Rush – NFC Coaching Bio

Andy works full time as the IT Director of North Florida Women's Care. He has been in the healthcare field at the CIO / IT Director level for over 10 years. Before moving to Tallahassee with his wife, Becky, he was the CIO of Pee Dee Orthopaedic Assoc. in Florence, SC and the head Cross Country and Track Coach at Florence Christian School. Andy and Becky have 5 girls, three of whom attend NFC.

Andy was a nationally ranked high school runner and, post high school, he was nationally ranked full-contact fighter. He trained under a Shaolin monk, 8 hours a day 6 days a week for almost seven years, winning multiple US Open and USAWKF National titles in Sanshou (full-contact fighting) and Shuai Chaio (wrestling). He has been a coach since the mid-nineties, starting first as a martial arts coach, he trained with and trained armature, and professional fighters and military/para-military specialists.

Immediately prior to coming to NFC in January of 2017, he had been the Head Cross Country and Track Coach at Florence Christian School. He started their running program from scratch 9 years ago, eventually developing several All-Region and All-State award winners in both cross country and track, including one of his daughters, who set the independent school state record in the mile in 2012. Many of his runners have continued on to compete in national level competitions in both high school, AAU and USATF cross country and track, including the Junior Olympics, as well as at national level meets for both the NCAA and NAIA.

Andy continuously strives to grow his body of knowledge so he can continue giving back to the best of his ability. He is a Senior Staff Coach at the Nike: Smoky Mountain Running Camp in Asheville, NC, where he has been learning, teaching, mentoring and coaching elite high school runners, and working with high school, college and professional coaches from all across the country for the past 9 years.