

#3. EPLEY the Builder

1999

Cookie Belcher sets the Basketball Index record at 2386 points and Nicole Kubik scores the best for women at 1913.

2000

Football players in Winter Conditioning gain 1120 lbs. of Lean Body Mass.

Mike Arthur and I were named as Executive Board Members for the Collegiate Strength and Conditioning Coaches Association.

Tom Osborne asks me to participate in the Legends of the Game Video project.

The freshmen football players came to my house during fall camp for a bonding session with the Husker football coaches.



Freshmen football players party at my house during fall camp

2001

January 25th - Nebraska Hammer Thrower, Melissa Price set an All Sport record for women on the Squat with 345 lbs. for 563 points.



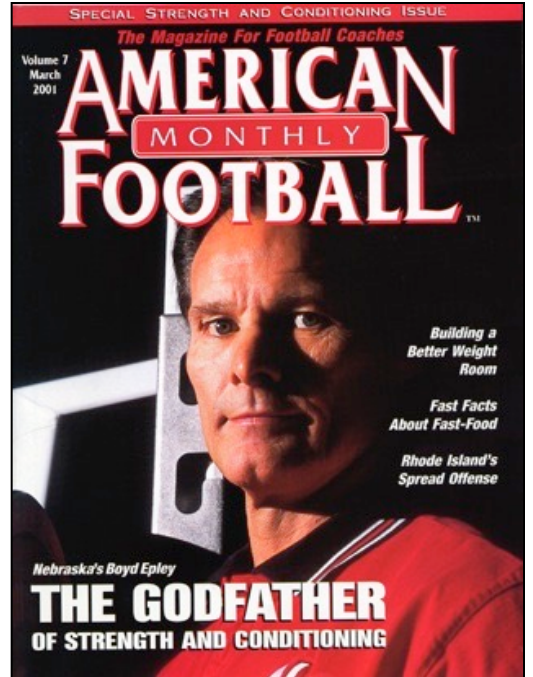
Phoenix College weight room

2001

The Strength Center at Phoenix College in Phoenix, Arizona is named the Boyd Epley Strength Center. I attended there in 1966-67 and was part of two National Championships in Track.

2001

American Football Monthly magazine gave me the title of "The Godfather of Strength and Conditioning"



The Godfather on the cover

2001

Jon Clanton became the first Husker to score over 1000 points and any of the six performance tests. His 1018 for his 3.97 Pro Agility Run remains the best ever on any test for a Husker.

2002

Epley commissioned Rivers Metal of Lincoln, NE. to develop eighteen Transformers exclusively for Nebraska. Randy Gobel worked closely with their engineers and added wood platforms to give Nebraska a tremendous advantage in safety and efficiency. No other school in the nation has anything that compares to the Transformer.



Randy Gobel helped create the Transformer

The Transformer sets the standard for safety as demonstrated by Jake Anderson





The 2002 West Stadium Strength Complex has 18 Transformers

No other school in the nation has anything that compares to the Transformer. These machines allow athletes that train with free weights to have unprecedented safety while doing it. The safety levels move electrically which provide the most efficient way to train. The Nebraska athletes have named the machine the "Transformer" since it transforms from a squat machine into a hang clean machine with the touch of a button. These electric machines also allow for the best environment for teaching proper lifting technique for both the explosive Olympic movements and the slower strength lifts.

2002

I worked with Hammer Strength to create the Push Pull Circuit for core strength.

Brendan Stai did 42 repetitions on the bench press with 225 lbs. to lead the all NFL prospects his senior year.

Nebraska Athletic Director Bill Byrne moves to Texas A&M and Steve Pederson is hired as Nebraska's Athletic Director.



Push Pull Circuit

2002

Mike Arthur and I were inducted into the first group of Strength Coaches elected to the USA Collegiate Strength Coaches Hall of Fame.



USA Strength Coaches Hall of Fame ring.

2003 - June 6th

I was promoted to Associate Athletic Director for Performance and Facilities Development to oversee the design and construction of the 10 million dollar Howard and Rhonda Hawks Championship Center and the 46 million dollar Tom and Nancy Osborne Athletic Complex. Athletic Director Steve Pederson said, "I am very pleased that Boyd accepted this challenge. With Boyd's help we will layout plans for the future of this program in short order."

2003 - June 6th

Mike Arthur was promoted to Director of Performance to oversee the lifting programs for sports other than football and Bryan Bailey was promoted to Head Strength Coach for Football.

Pederson then asked Tommie Frazier and I to travel to 17 cities in three days with in a plane donated by former player Jim Pillen. Frazier was the fundraiser and I was along to explain the project features.



Frazier and I hit 17 cities in three days.



Peaches James – over 30”

2003

The winner of the Lifter of the Year for each sport receives a trophy.

2003

Peaches James became the first Nebraska female to jump over 30 inches.



Male Lifter of the Year Award



Warren Buffet gives me some tips



Female Lifter of the Year Award

2003 - December

Dave Kennedy was hired by Steve Pederson as Head Strength Coach. Dave had been a student strength coach for the Huskers from 1982-1988 before going to Ohio State and Pittsburgh. After his stint at Nebraska ended he went on to work at Texas A&M then the Tampa Bay Buccaneers.



2004

I was asked to present a plan to the department coaches to improve recruiting facilities and to create a Heisman Room which was made open to the public.



The Heisman Room is open to the public for tours.

2004

In my first year as Associate AD, Epley I was presented the Associate Athletic Director Award by the All -American Football Foundation at a banquet in Chicago, Illinois.



Associate Athletic Director Award

2004

The Athletic Director asked me to come up with a more muscular mascot for Nebraska Athletics so I asked my son J.R. to draw a new Herbie. The old Herbie was patterned after a caricature of Don Bryant. The plump mascot was not conducive to recruiting muscular athletes. During the time when the mascot was being made I released announcements that Herbie was in training. This was the brain child of Chris Anderson, the Sports Information Director. Press releases showed Herbie on the Stairmaster, running stadium steps and lifting weights with the football players.



Drawing by J.R. Epley



New Herbie

Herbie was also shown getting a haircut at the Clipper barber shop in downtown Lincoln. Randy Gobel and John Ingram even created a Herbiemobile for him for him to drive into Memorial Stadium.



Rimington honored by Academic Hall of Fame

2004

Dave Rimington is the first Husker named to the Academic Hall of Fame. Nebraska leads the nation in Academic All-Americans but Rimington is the first Nebraska athlete in the Academic Hall of Fame. The award was presented at Bill Walton's home in San Diego.

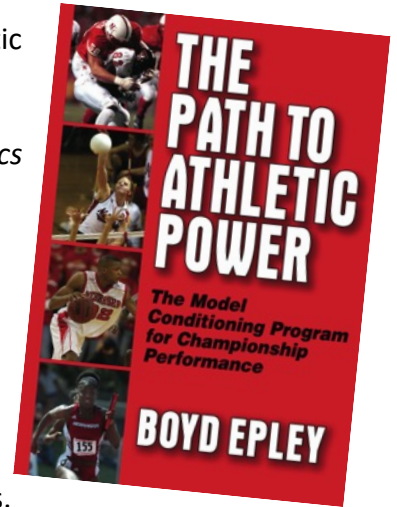
2004

From what I can tell every Nebraska football player that stayed for four years during my 35 year career as the Head Strength Coach for Football 1969-2004: attended at least one bowl game and won at least one championship ring.



35 teams posted 356 wins and five National Championships

My book *The Path to Athletic Power*, published by *Human Kinetics* explains the principles behind the Nebraska strength program and tells some behind the scenes stories.



Championship Rings

2004 - August 10th

Ground Breaking ceremonies were held on the exact site where Schulte Field House once stood.

Athletic teams had to scramble during the winter months as indoor training facilities were not available during construction. The Hawks Center was planned to be completed first to provide a 120 yard indoor field with lighting up to 100 foot candles.

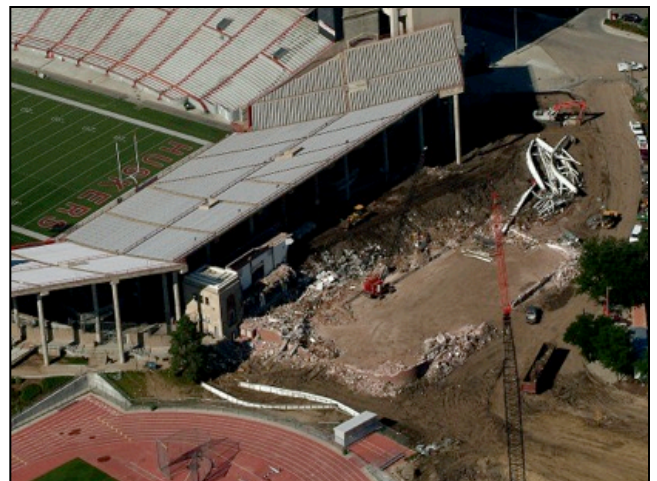
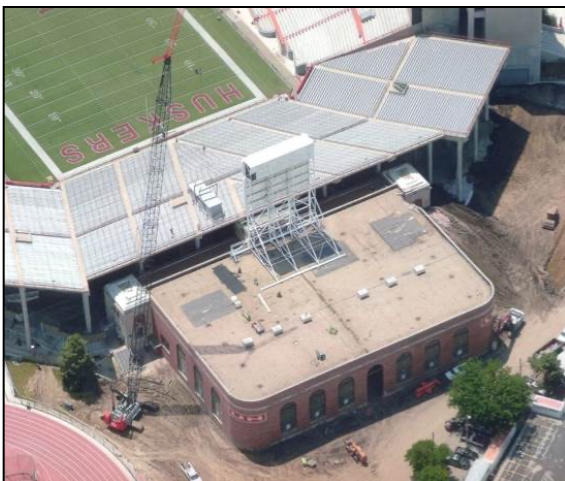


Ground Breaking Ceremony for the Tom and Nancy Osborne Athletic Complex.



Athletic Director Steve Pederson and Head Football Coach Bill Callahan hearing the Plan

Steve Pederson asked me to create plans for the new project to show at the Board of Regents meeting. I also gave presentations to The Nebraska Foundation staff, the Nebraska Alumni Staff, the Directors Club, and the Husker Power Club. Also included was a presentation to the entire athletic department staff.



Schulte Field House and Baumann came down to make way for the Osborne Athletic Complex and Hawks Center



Jenna Epley helped dad by giving tours



The 1995 National Championship team and staff are honored in 2005.



L to R Osborne, McBride, Tenopir, Young, and Epley

The Strength Complex was built in the same location as the original Schulte Field House



The Video Board is 133' x 33'

When the project was first announced skyboxes were not part of the 50-million-dollar plan. For an additional one million the architects felt Nebraska couldn't pass up the opportunity to include rooms with a view to the field.

John Sampson Construction and John Sampson himself made the project spectacular. Brad Muehling a former offensive center was the project manager for the university and kept a close eye on the budget and the building regulations.

When I presented a plan to Pederson for over 200 displays to be in place by August 2006 when the complex was set to open. Pederson chose not to approve the plan because money was tight and moved forward with only a couple of displays. Fans and former players later complained to the media that the building lacked photos of past players, All-Americans, and Championship teams.

2006 - July 28

I left Nebraska after 37 years to become Director of Coaching Performance for the National Strength and Conditioning Association headquartered in Colorado Springs. Athletic Director Steve Pederson says, "When you think about the world of athletics, there are not many people who can say they are true pioneers in their field. Boyd took something and really made it into a heck of a profession. We got an edge in the 70's that others didn't have in that our players lifted weights in a consistent organized manner."

2006 - December 16 - The Husker Women's Volleyball Team records their third National Title. The Huskers beat Stanford in the National Championship game hosted in Omaha, NE. The team was 33-1 during the 2006 season. This was coach John Cook's second national title.

The tunnel walk was moved back to the North end zone and a concrete flat arch created for the entrance to the field. Bronze doors were added featuring great players from the past. Red Field Turf leads from the locker room to the field entrance. Omaha businessmen Tom Egan and Joe Putjenter stepped up and made the arch and red letters happen and Field Turf provided the red turf. The back side of the arch says, "I Play for Nebraska."

2006 July 28th - I retired from Nebraska and started at the NSCA August 1, 2006. After speaking at the Nebraska State NSCA clinic it got me thinking seriously about helping strength coaches again, so I moved to the NSCA headquarters in Colorado Springs and developed a Coaching Performance program geared to help high school athletes.

