

## #6. The MOOS Effect

**2017 - September 21** – Shawn Eichorst is fired after Nebraska Chancellor Ronnie Green determines the Nebraska athletic teams are not competing at an acceptable level. A search firm is hired to find a permanent replacement for the Athletics Director position.



Shawn Eichorst is fired as Athletic Director

**2017** - Dave Rimington was appointed Interim Athletic Director to begin a search for Nebraska's new Athletic Director. Dave is regarded as the most outstanding center that ever played college football.

**2017 - October 15** - Bill Moos was announced as the new Nebraska Athletic Director to begin October 23, 2017.



Dave Rimington is Interim AD



Bill Moos is announced as Nebraska Athletic Director

**2017 - November**

In addition to the Lifter of the Year Trophy Husker Power now gives two Lifter of the Year Nominee Awards for each sport.



Lifter of the Year Nominee Award

2017 - December 2 - Scott Frost is hired as Nebraska's head football coach to replace Mike Riley.

Frost says, "It is a great honor and privilege to have the opportunity to return to Nebraska and to lead the Husker football program. I am truly humbled.

Go Big Red!"

2017 - December 12 - Zach Duval is named Head Strength Coach for Nebraska Football. Duval is a veteran in the strength and conditioning profession and a Nebraska graduate.



Athletic Director Bill Moos welcomes Scott Frost as Head Coach

Duval has assisted in one of the biggest turnarounds in college football history when Central Florida went from 0-12 to 12-0 in a two year span. Duval has more than 20 years of experience in the sports performance world, beginning as part of the Nebraska strength and conditioning staff from 1994 to 2002. While at Nebraska he was part of national championship teams in 1994, 1995 and 1997. Zach needs to rebuild the Husker Power reputation for Nebraska Football.

Zach was honored with the prestigious Master Strength and Conditioning Coach jacket in 2015 and asked me (his Mentor) to do the honors.

Mike Arthur, Andrew Strop, Dan Millington, and Jason Carlson have been hired to assist Zach with Football Strength and Conditioning.



Master Strength & Conditioning Coach Jacket



**2017 - December 16** - Nebraska wins fifth National Volleyball Championship 3-1 over Florida and Head Coach John Cook is inducted into the Hall of Fame. The team mantra was "With each other, for each other." One of the slogans that Coach Cook stresses is that Husker Power Builds Champions.



**2018 - February 4** - Josh Hingst the Philadelphia Eagles strength and conditioning coach previously spent three years (2009-11) as the director of nutrition at Nebraska. He is a registered dietitian and a certified strength and conditioning specialist. Hingst also spent five years in strength and conditioning and sports nutrition capacities at Florida State, where he earned his master's degree in clinical nutrition with an emphasis in sports nutrition. A native of Hooper, Nebraska, Hingst received his bachelor's degrees in nutritional sciences and dietetics and exercise science from Nebraska in 2001. He began his career as a volunteer strength coach for the Huskers.



Nebraska beats Florida for National Title

**2018 - February 8** – Dan Cook's Funeral was held in Dallas. Dan and his wife Gail were huge donors to Nebraska Athletics and especially the Husker Power program. He was 83.



Josh Hingst gets Super Bowl Ring







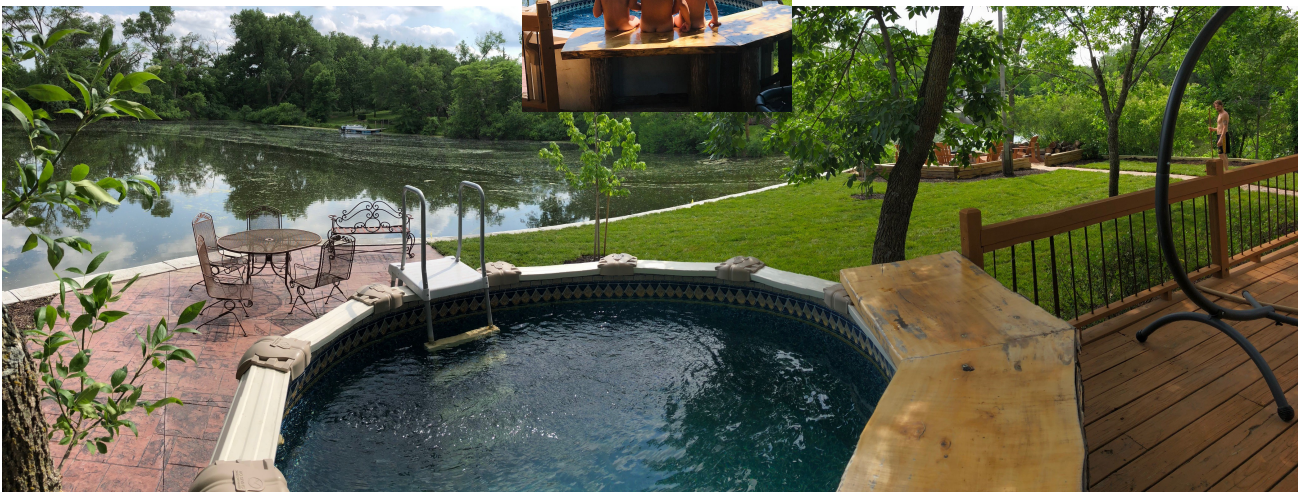
My son J.R. come a long way since his first lifting photo. He now has added a Master's Degree to his CSCS and RSCC credentials as a Certified Strength and Conditioning Coach. He is in business in Omaha.

<https://twitter.com/coachepley>



**2018** –Nebraska Athletic Director Bill Moos likes to Honor the Past. This fall he approved a Husker Power display at the entrance of the Suh Strength Center honoring me and the Husker Power staff. A touch screen T.V. allows fans to see Husker Power history including the Lifter of the Year winners for each sport.

**2018** – My wife and I enjoy a fishing lodge near Ashland, NE shown here in summer and winter although it takes quite a bit to keep it looking nice.



Epley Fishing Lodge





Boyd Epley Family

Shown here at the Lodge is my wife Jane, our son J.R., our daughter Jenna, her husband Chase Beideck and their three boys, Cash, Colt, and Crew and hiding in the bushes is Winston.



**2018 – July** – My brother's two sons, Willie and Bob are standing with me with my son J.R. and my daughter Jenna with her husband Chase and their three sons Cash, Colt, and Crew.

**2018 - October** - Chase Beideck is named Assistant Strength and Conditioning Coach for Track and Men and Women's Tennis. Chase, Jenna and our three grandsons prepare for the move to Lincoln and Christmas with Boyd and Jane.

**2018 - November** – My daughter Jenna is now using her Ph.D in Nursing Practice at Bryan Hospital in Lincoln. I'm especially proud of my wife Jane for becoming Woods Bros. Realtor



Christmas at the Epley House in Lincoln

