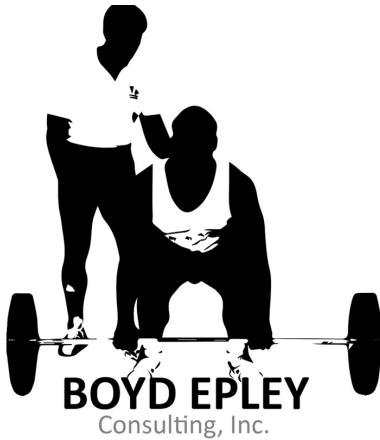


## 8. Boyd Epley Consulting and Family Time



The Boyd Epley Consulting logo was created from a photo of former Basketball player Keith Neubert.

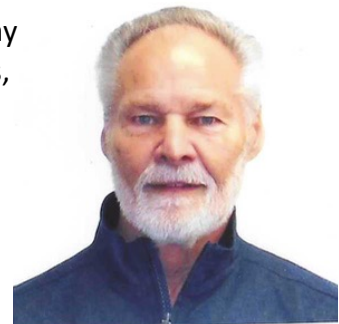


After retiring from the University of Nebraska I was asked to represent the Nebraska Greats Foundation and visit each of the Nebraska Colleges to help raise money for letterwinners who cannot afford their medical bills.

I was already consulting Volt Athletics, and Dashr Timing Systems then added, Avolve, and Matrix Fitness.



This family photo made me realize my son and son-in-law both have beards, so I decided to try and grow one and have had one since.



My good friend Craig Christenson and I enjoyed watching Terrance Crawford win a boxing match in Omaha. The TV caught a glimpse of my beard in he second row.







2020 - Jenna celebrated her 10<sup>th</sup> Wedding Anniversary with Chase Beideck.



2020 - COVID masks.

2020 Birthday present for Jane - a bridge and flagstone walkway in our front yard in Lincoln.







We had this beautiful window refurbished at the fishing lodge in 2021



The grandkids also got in the pool at the fishing lodge with no swimming suits on.

2021 – The new deck turned out great thanks to Jarrod Modlin. My son J.R. is helping him build decks for other folks.





Jane and I are spending more time now with Chase and Jenna and the three grandkids.

## MATRIX

Matrix sent me a Smith Machine, with customized safety handles which is the safest way to squat heavy that I know of.



No one told our grandsons to do this – they did it on their own for the Super Bowl - I was impressed.





# MATRIX

2022 –Matrix sponsored a seminar featuring the Husker Power Principles - with presenters: Diane Banderas, Greg Werner, Kevin Coleman, Katie Klapprodt, Dr. Kyle Ryan, Tom Newman, Mike Nitka, and Jamie Belt



2022 the College Strength and Conditioning Coaches Association recognized me at their national convention for being the First Master Strength & Conditioning Coach.



My nine-year old grandson Cash, is leading and my seven-year-old grandson Colt, is #876 at the Football annual distance race held at Memorial Stadium. This photo was in the Lincoln Journal newspaper.



Celebrating 50 years - I was fortunate to win Mr. Nebraska in 1970, 71 and 72. It's really hard to believe this photo was taken 50 years ago.