

9. Life After 75

June 2, 2022 - I turned 75 and my family had a party for me at our fishing lodge



That morning I squatted 405 lbs. for two reps on the Smith Machine. I promised Jane I wouldn't go that heavy anymore.



2022 – Bob and Shari Martin had a Bulls Dick stretched into a golf putter for my 75<sup>th</sup>.







2022 – we have lots of fun attending sporting events with these three future Huskers.

2022 – Coach Osborne presented me with a beautiful award for my contribution to the Nebraska athletic department. I am proud to have been his only Head Strength Coach. I was also happy that my wife, son, daughter and son-in-law were all present as well as hundreds of Nebraska football players.

Tom Osborne says, “Boyd. Was the first fulltime Strength and Conditioning Coach at a major university. His vision, energy and expertise were invaluable to the University of Nebraska..



2022 Urban Meyer on national TV said, “The University of Nebraska was the epicenter of player development since 1969 because of Boyd Epley’s program which helped them win at least 9 games a year for 35 years.”



It was nice to be recognized on national TV.



2022 – I represented the National Strength and Conditioning Association at the Australian Strength Coaches Association National Convention in Gold Coast, Australia.



2022 Jane and I got to hold this little guy at the zoo before heading home.



2022 – this boomerang was a gift from the Australian Strength Coaches Association





My beautiful, and extremely smart daughter Jenna started her healthcare career in 2005 at Bryan Hospital, completed her bachelors in Bio-psychology at UNL in 2007, received her bachelors in nursing at Methodist in 2011, and graduated with her Doctorate of nursing practice from Creighton in 2016.

Her new company **Renew Wellness** in Lincoln, is to empower people to achieve their best self and feel confident in their own skin. She feels taking steps to be proactive helps people be less reactive to the aging process.



2022 – You can't beat having family near for the Holidays.



2022 – I went to the Cornhusker Bank to listen to Larry the Cable Guy do a radio show in front of his fans and ended up on the radio with him talking about our golf games, the huskers, and the fact that he and I both were born in Pawnee City, Nebraska.





November 2022 - Athletic Director – Trev Alberts introduces Matt Rhule as Nebraska’s Football Coach.

Unfortunately, the same day a trio of former Husker Power icons were dismissed. Mike Arthur after 46 years of great service, Zach Duval, and Dave Ellis. All three made great contributions to the Husker Power Strength and Conditioning Program.



Nebraska Performance Index State Championship held at the Nebraska High School Coaches Conference July 25, 2023.

For more information go to:

[epleyadvantage.com](http://epleyadvantage.com)



In a book by Scott Alexander titled **Rhinoceros Success** he talks about the difference between how a Rhino approaches their goals vs a cow. He says the cow just grazes in the pasture day after day doing nothing and getting nothing done.



**Whereas a Rhino believes there is nothing they can't handle.**

From the minute you jump out of bed in the morning until you are back in bed at night you should charge toward your goals. What causes such motivation? It's the **belief** that you will succeed.

So, if you are a Rhino then act like one. Don't be afraid to charge toward new goals. Rhinos thrive on discipline and new habits may be needed and old habits might need to be eliminated. You have a 6,000 lb. body, make sure you are not a few thousand pounds overweight. You have 24 hours a day. Discipline yourself to stay in shape.

You are your own boss. Not every Rhino makes it to the top of the hill without slipping a few times. Take control over your thoughts and actions and get excited about the rest of your Rhino life.



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