

The Early Years

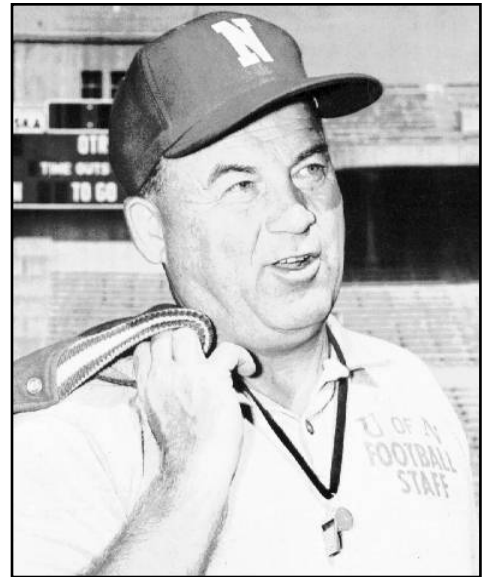
Husker Power Timeline

Why and How Husker Power became the national leader in strength and conditioning

Devaney 60's

Bob Devaney joined Nebraska in 1962 as the Head Football Coach and immediately established the program as a force in the Big Eight Conference.

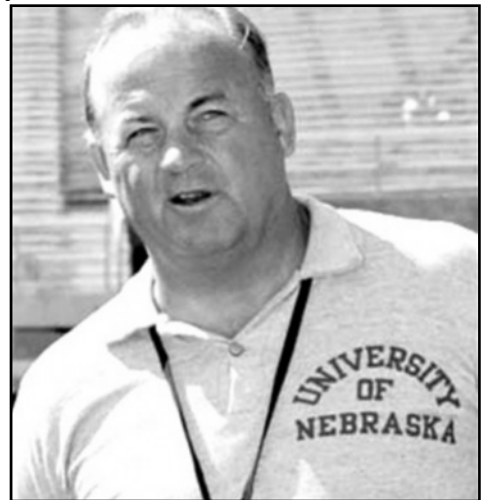
Prior to Devaney's arrival, Nebraska football had seven consecutive losing seasons. Devaney engineered an immediate turnaround with a 9–2 record in 1962 that included an upset victory over Michigan at Michigan and a victory in the Gotham Bowl at Yankee Stadium over the Miami Hurricanes. Devaney followed with an even better 10–1 season including a perfect 7–0 record in the Big Eight to claim the conference title and an Orange Bowl victory over Auburn. His success continued through 1966, with records of 9–2, 10–1, and 9–2. Consecutive 6–4 seasons followed in 1967 and 1968 and Devaney became subject to a whispering campaign about whether he had peaked.



(Fig 60.1) Coach Bob Devaney later served as Nebraska Athletic Director from 1967 to 1992.

1966 - The Weight-Loss Experiment Backfired. “Alabama looked at us as a bunch of big, slow guys from the North, and they were fast, quick guys from the South,” said former NU linebacker Adrian Fiala. “When we got done with that game, the Sugar Bowl, and the 1966 season, the next few weeks before conditioning got under way, Bob Devaney told us we had to lose in terms of weight. Everybody was put on a program to lose weight. When you are playing in the Big Eight and you are undersized, things happen, and they are not good. Fiala said as a result of the weight loss, which might have ranged from 10 to 15 pounds a player, Nebraska couldn’t enforce its will anymore on offense. Its offensive line lacked power and its skilled players’ lacked strength because of the weight loss.”

1967 - For the first time since Devaney’s first season of 1962, Nebraska would not lead the Big Eight in total offense. The Cornhuskers had led the conference with 347.6 offensive yards a game in 1963, 348.5 in 1964, 404.0 in 1965, and 318.8 in 1966. The figure dropped again to 317.1 yards a game in 1967.



(Fig 60.2) Coach Bob Devaney is Nebraska Athletic Director

1967 – Head Football Coach Bob Devaney also served as Nebraska Athletic Director from 1967 to 1992.

In a book by **Steve Richardson**. “*Then Osborne Said to Rozier...*” Chicago: Triumph Books 2008, he said, “Looking back it is clear that Nebraska was headed in the wrong direction physically.” Nebraska rushed for just 162.5 yards a game,

30 yards less than the previous season and 127.5 yards less than in 1965, when it led the country with 290 rushing yards a game.

Nebraska got shoved around quite a bit and the point production really fell off in 1967 to 12.7 points a game, down from 21.6 in 1966 and 32.1 in 1965, when it ranked second in the country in scoring behind Arkansas (32.4). In 1968 Nebraska's scoring barely improved to 15.5 points a game. As a result, Nebraska scored more than 17 points just once in 1967, tumbled to 3-4 in the Big Eight (a fifth-place tie) and 6-4 overall. The 1968 season was nearly a mirror image: 6-4 overall and 3-4 in the conference (a fourth-place tie).

1968 - Head Coach Bob Devaney was concerned about job security at that point, especially after Oklahoma posted a 47-0 victory over Nebraska in the 1968 season finale in Lincoln on national television. It was the worst loss during the Devaney era at Nebraska and obviously, a low point of his regime."

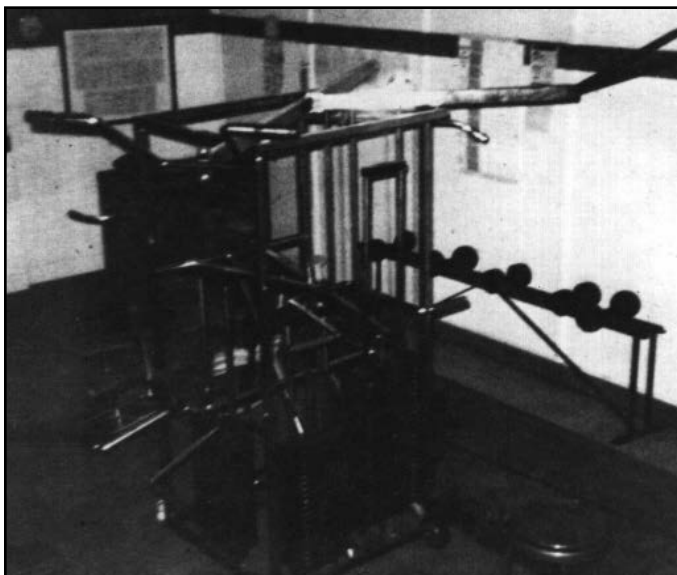


(Fig. 60.3) Bob Devaney

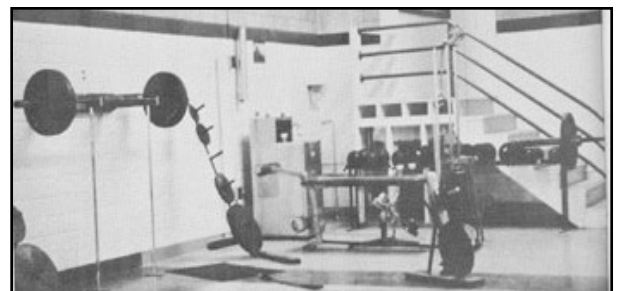
It's hard to believe but a football player at Marquette University was kicked off his football team in 1967 because he refused to stop lifting weights after being told by his coach to stop. Also hard to believe, females were not allowed in the Schulte fieldhouse or the Coliseum student weight room at the time. Most athletic buildings at that time were not designed for female participation.



(Fig. 60.4) Schulte Field House



(Fig. 60.5) Schulte Field house weight room.



(Fig. 60.6) Schulte Field House weight room.

1968 - The Schulte Field House Weight Room had steps leading into it from the athletic training room. This modest facility included a Universal Gym, a few dumbbells, one 400 lb. Olympic set, a leg extension machine and a squat rack. Most of this equipment was purchased when a health club in Lincoln failed. This equipment was used for injured athletes. Lifting weights for healthy athletes was not recommended at this time.

Nebraska had a training table for male athletes in Selleck Quadrangle that was run by University Housing employee, Hanna Hess and overseen by Athletic Trainer George Sullivan. Training Table meals were first approved by the Big Six conference October 5, 1938. Nebraska's training table was first located on the third floor of the Student Union then moved to the first floor and next moved to Selleck Quadrangle.

1968 - Coach Devaney asked Offensive Line Coach Cletus Fischer, Assistant Track Coach Dean Brittenham, and Athletic Trainer George Sullivan to ramp up the winter conditioning program for football players. They created a very demanding eight station circuit of agility drills and running stations. With 40 minutes of continuous work the result was more endurance than more muscle. The only exception was the axe handle drill where the players were able to catch their breath until it was their turn to compete one on one with another player. Football coaches ran most of the stations and pole vaulter Boyd Epley was asked to run a station where the players were asked to lift 47.3 lb. bars with cement cans on each end continuously for 5 minutes.

The winter program was very demanding and the players showed great work ethic but there was too much focus on endurance. One of the stations was continuous running for 5 minutes. It was later learned that what was missing in the program was a focus on building muscle to improve strength and speed.



(Fig. 60.7) Some drills were in the dirt infield of the East Stadium Indoor Track



(Fig. 60.8) Winter Conditioning in Schulte Fieldhouse.



(Fig. 60.9) Winter conditioning was done in Schulte Field House until the Cook Pavilion was built.

1968 - Lifting weights was forbidden for athletes for many years but some started to lift in pockets across the country. Records show that as many as fifty shot putters were now throwing more than 13 feet farther than the World shot put record set in 1950. The reason was they were now lifting weights in their training.



Even Charlie Greene, Nebraska's World Record holder in the 100 yard dash, was sneaking into Nebraska's weight room to lift weights to improve his speed as he prepared for the Olympics in 1968.

(Fig. 60.10) Charlie Greene – One of the fastest ever.

Strength training as it is known today was called weight training in those days and was not recommended by most coaches at Nebraska or across the country. There were a few injured Nebraska male athletes using the Schulte Fieldhouse weight room and some Nebraska athletes were sneaking over to the student weight room located in the basement of the Coliseum.



1969 - According to research done by Dr. Ken Leisner, Nebraska Athletic Director, Bob Devaney, changed history August 15, 1969 when he hired the first paid collegiate Strength & Conditioning Coach.

At the urging of Assistant Football Coach Tom Osborne, Bob Devaney decided to take a chance and give strength training a try but first he looked the former pole vaulter, Boyd Epley in the eye and said, “If anyone gets slower you’re fired.”



(Fig. 60.11) Bob Devaney



(Fig. 60.12) Boyd Epley sets Nebraska’s Pole Vault Record.

Epley (fig. 60.12) was hired to create a strength program and put in charge of the winter conditioning program.

The Nebraska strength and conditioning program and facilities had a modest beginning but they soon set the standard for collegiate strength programs across the nation. The strength and conditioning concepts, along with innovations in lifting equipment, impacted millions worldwide.

Tom Osborne in 2005 said, “I remember a time when everyone believed in distance running and endurance training which was the mind-set toward training football back in the 60’s and 70’s. Boyd did not agree with that philosophy at all and didn’t believe that was what it took to make a great football player.”

Osborne would tell you, “What the strength program did for Nebraska was give us something we didn’t have before and that was the ability to develop the players size and strength.” It was Osborne that first recognized that players that were lifting weights were also improving their speed.

1969 - The HUSKER POWER strength and conditioning program started in the 416 sq. ft. room located in Schulte Fieldhouse. Bob Devaney approved an expansion by removing the wall between the weight room and a film room (Fig. 60.9). Nebraska became known as the birthplace for strength & conditioning.



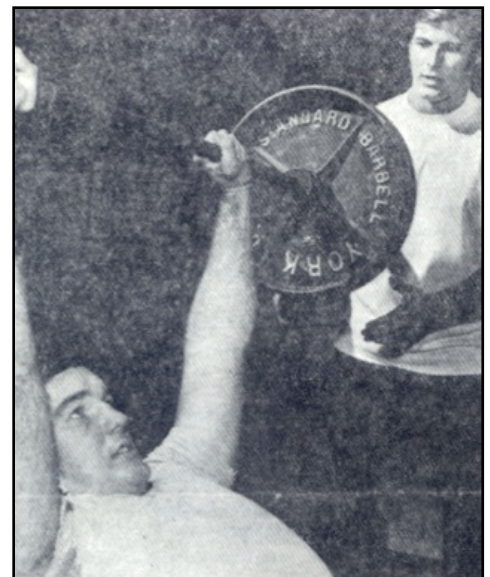
(Fig. 60.13) Schulte fieldhouse expansion.

1969 – Devaney’s football players lifted weights during the season to get stronger. In 1968 his team had lost to Oklahoma in Lincoln on National television 47-0 in the final game of the season. In 1969 they played Oklahoma in Norman at the end of the season and won 44-14. This was an incredible turn around in one year and caught the attention of many coaches and athletes across the nation.

1969 - Mike Beran, #62, an offensive guard, was one of the most dedicated to lifting weights in Huskers history, shown here doing the Incline Press (Fig. 14). As a freshmen Mike was 180 lbs. and ran 5.5 seconds for 40 yards. The Nebraska football coaches encouraged him to go to a smaller school because he was too small, not strong enough or fast enough to play in the offensive line for the Huskers.

With the help of the new strength coach Mike (Red) Beran proved everyone wrong by improving his speed.

He worked so hard lifting weights that he gained everyone’s respect and played guard for Nebraska’s 1971 National Championship team. His senior year, Beran was 230 lbs., ran a 4.9 second forty, and had a 360 lb. bench press. His remarkable progress and work ethic set a standard for all Nebraska athletes. No one could believe athletes could actually gain 50 pounds and yet run faster. It was his improvement in speed that changed the athletic world. Now players could be big and fast.



(Fig. 60.14) Mike Beran the most dedicated linemen.

Nebraska's strength program made national news. Testing the players before and after the season provided Coach Epley with the facts he needed to change attitudes toward strength training for athletes forever.

The Nebraska strength and conditioning program, called Husker Power, produced over 100 assistant Strength & Conditioning Coaches since it was started. They went on to work for storied programs such as Notre Dame, Oklahoma, UCLA, Florida State, Ohio State, New York Yankees, California Angeles, Green Bay Packers, Cleveland Browns and many more.

1969 - As a result of Coach Devaney's statement regarding what would happen if any players got slower, Nebraska players were tested on a variety of performance tests to be able show Coach Devaney their progress. This marked the beginning of the **Four Step Concept** that has been a major component of Husker Power ever since.

Step One: Testing

Step Two: Evaluation

Step Three: Setting Goals

Step Four: The Program



1969 - One of the very first tests used to evaluate Nebraska athletes was the Jump Reach or Sargent Test later to be known as the Vertical Jump.

For many years student-athletes stood against a wall using a yardstick placed at the highest point they could reach.



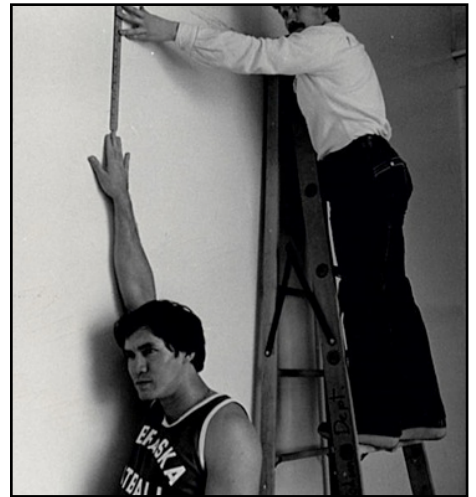
They then jumped vertically as high as possible to determine their vertical jump. (Fig. 60.15) The reach was then subtracted from the jump to determine the actual height jumped.

Years later when I-back Richard Berns jumped over the 36" yardstick a new system or longer yardstick was needed. A device named Vertec replaced the yardstick for many years before the invention of the Jump Station.

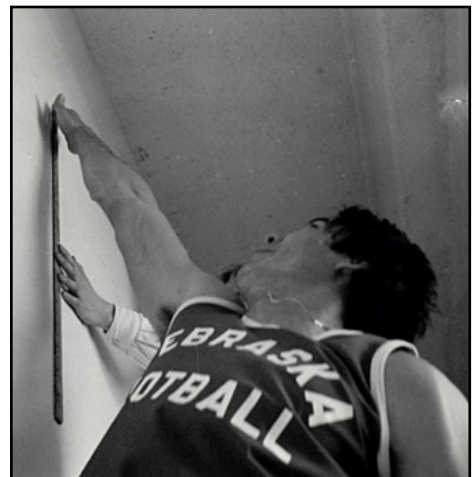
Kevin Lightner, a 290 lb. offensive linemen, had one of the best vertical jumps in Nebraska history with a jump of 39". There have been many smaller athletes that have jumped higher but his jump remains one of the best ever for his size.



(Fig. 60.17) Offensive Tackle Kevin Lightner.



(Fig. 60.15) Richard Berns setting the yardstick at the top of his reach.



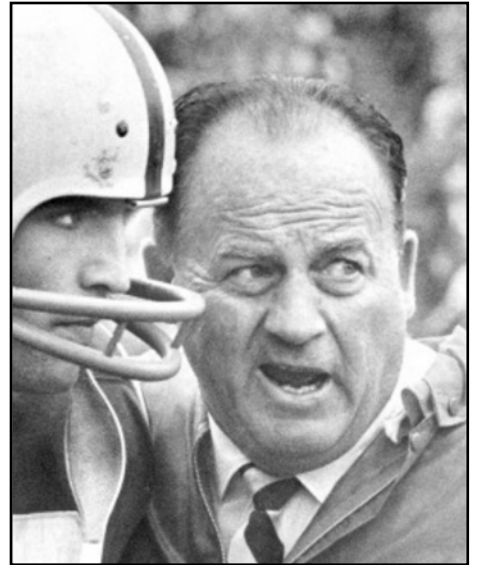
(Fig. 60.16) Richard was first to jump over 36".



Husker Power Timeline

Why and How Husker Power
became the national leader in
strength and conditioning

Devaney - 70's



(Fig. 70.1) Bob Devaney.



1970 - March 1 - Husker Power created their first record board for school strength and performance records in the Schulte Field House weightroom.

The average bench-press for Husker players was 212.2 pounds. The average bodyweight was 212.17 lbs.



Linebacker John Pitts became the first Husker to bench press 300 lbs. Offensive Center, Doug Dumler was the first to power clean 300 lbs.

1970 - October 16 - Carl Johnson from Arizona bench pressed 375 lbs. which set a new record for football. Keith Wortman, Dick Rupert and Bob Newton were from California all were junior college transfers that made a huge impact in the development of Husker Power. They had lifted weights at their junior colleges and quickly helped create a culture for Nebraska that lifting was an important part of preparing to play football.

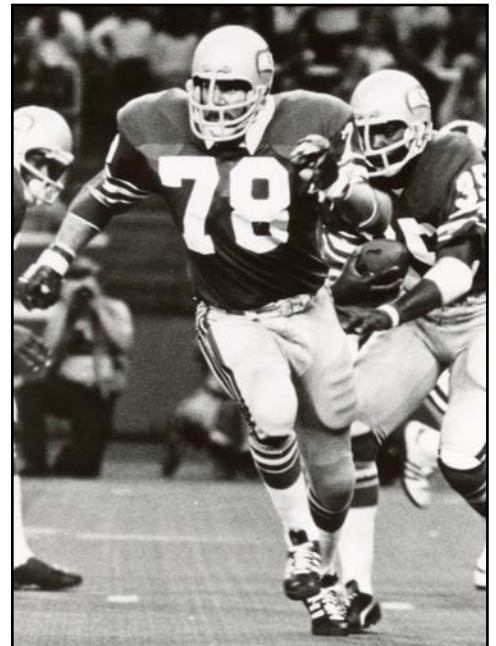


1970 - Offensive Tackle Bob Newton became Husker Power's first All-American lineman and Jerry Murtaugh the Husker Power's first Linebacker All-American.



Newton was the first player to incline press 300 lbs. At 6'5" and 275 he overpowered his opponents. He was one of the toughest players and loved to lift.

Nebraska did not have carpet in the weight room at that time and Bob had a bad habit of spitting on the floor. Coach Epley asked him to stop spitting on the floor but Bob continued. Epley stood up to him and asked him not to come back for two weeks. Carl Johnson later told Epley that he gained a lot of respect for him that day for standing up to one of the toughest players and a leader on the Nebraska team. Newton and the young strength coach then became best of friends.



(Fig. 70.2) Bob Newton.

After college Bob played in the NFL for Chicago then Seattle. "Big Fig" was headed in the wrong direction like a freight train that had come off the tracks. He got involved in drugs and alcohol that ruined his career in the NFL. Bob got help in a recovery clinic, then stayed with Coach Epley for two weeks while he got back on his feet. He then went back and finished his college degree at age 40. He did counseling for high school students in Phoenix, Arizona before joining the staff at the Betty Ford Clinic in Palm Springs. His work with the recovery program helped many get their lives back on track.

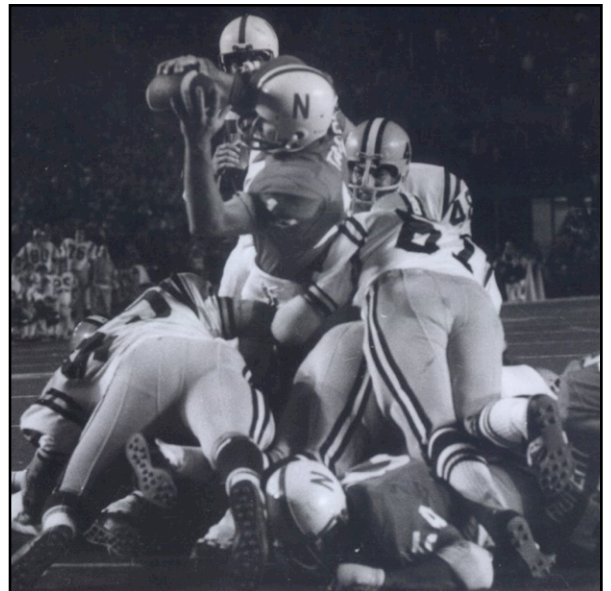


1970 - Jerry Murtaugh Husker Power's first All-American Linebacker asked Coach Epley, "why are you doing this. You get paid \$2 an hour for 2 hours a day but yet you are here at least 8 hours a day?"

Epley said he had a vision that some day this would be a real profession where people like me would help athletes improve performance and become an integral part of athletic development. Murtaugh didn't share the vision. Twenty years later Jerry came through the program with his son Ryan, a football recruit. Jerry was quick to point out that he was impressed with how far Husker Power had come. He then became a driving force in raising money to help three high schools in Omaha hire strength coaches. Jerry raised money for their first year salary and the school then took over the salary. Jerry now raises money and directs the Nebraska Greats Foundation which helps athletes from any college in Nebraska that needs help for medical purposes.



1970 - A 35-31 win in the game of the Century against Oklahoma put Nebraska in position to win its first national title against LSU.



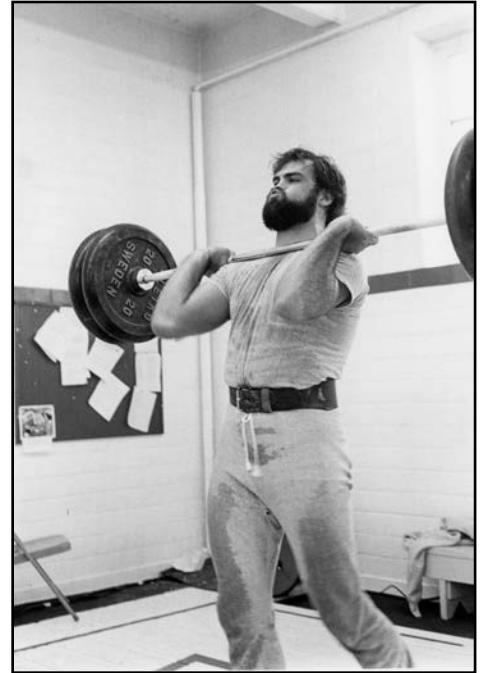
(70.3) Jerry Tagge crosses goal line against LSU. For Nebraska's first National Championship.



1970 - April 23rd - Rubber Bumper plates were added to the weight room for the first time.



1970 - Jim Williams, a Nebraska gymnast, became Epley's first non-paid assistant strength coach, however, he was hired away by Arkansas in 1973 before he could be offered a paid position.



(Fig. 70.4) Bob Lingenfelter with bumper plates.

Jim left Arkansas for Wyoming before going to the New York Giants, New York Jets, and Philadelphia Eagles. He is shown here with Husker Power's first All-American Linemen Bob Newton after a Chicago Bears game.



(Fig. 70.5) Jim Williams and Bob Newton.



1971 - Larry Jacobson was the first Husker to win the Outland Trophy Award recognizing the Outstanding Lineman in the nation.



1971 - Nebraska won the National Championship in football again with a win over Alabama and Legendary Coach Bear Bryant in the Sugar Bowl. After 125 years of college football, Sporting News magazine announced that the 1971 Nebraska Football team was the best football team of all-time. Johnny Rodgers, Nebraska's first Heisman trophy winner was shown on the cover of Sporting News.

1972 - Nebraska football players followed a routine copyrighted in the Strength of Nebraska training manual. Editions of this manual were shared with thousands of high school recruits and established Nebraska as the source for helping coaches develop their athletes. A copy of this manual is now on display at the College Football Hall of Fame in Atlanta, Georgia.



(Fig. 70.6) Johnny Rodgers.



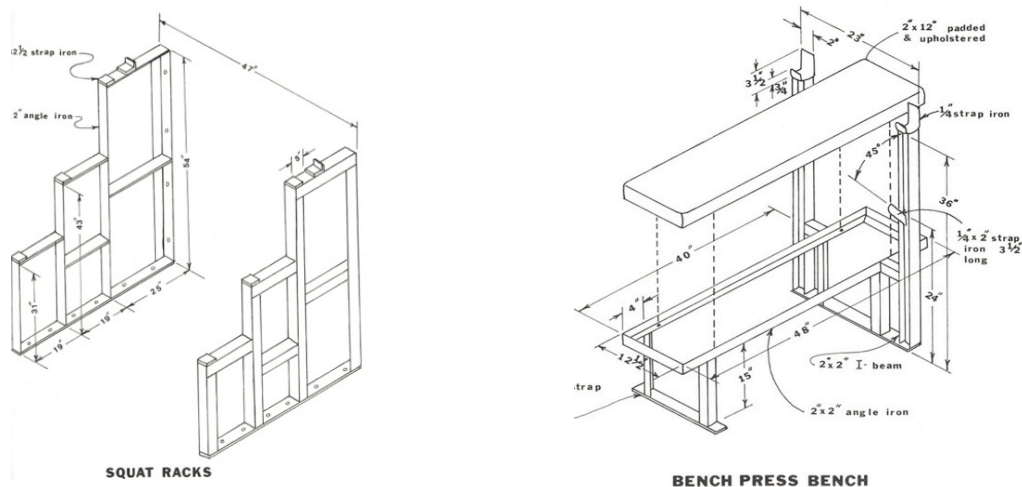
(Fig. 70.7) the Strength of Nebraska Training Manual.



(Fig. 70.8) Manuals were made for coaches and athletes.

1972 - Drawings with dimensions of benches and racks were sent to high schools because of the poor lifting equipment that was available at the time from equipment companies. Companies made equipment for health clubs but athletes needed sturdier racks and heavier weight stacks.

Nebraska strength coaches continue to work with multiple companies to create racks that provide better opportunities for improving performance. Nebraska is credited with the development of the Hip Sled, the Husker Power Rack, the Half Rack, the Jammer, and the Transformer.



(Fig. 70.9) Drawings for high schools.



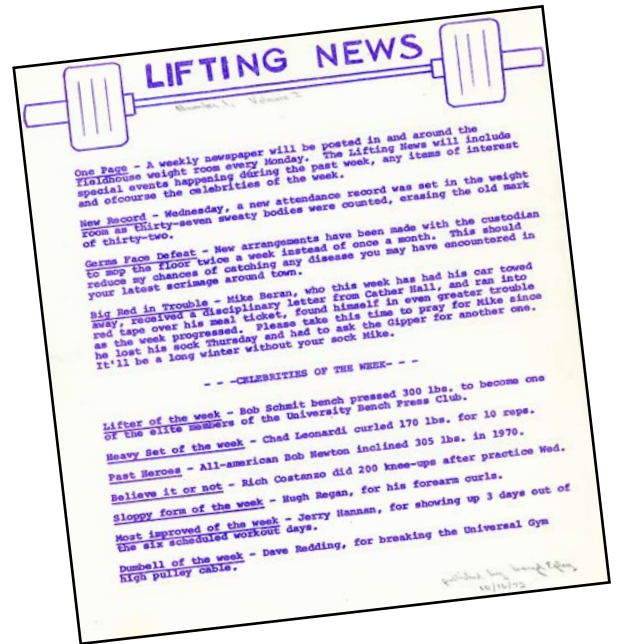
(Fig.70.10) Nebraska's first power rack was made from fence posts when Avery Avenue was relocated.



1972 - October 16 - A weekly newsletter was started titled "The Lifting News." This one page newsletter highlighted the weekly efforts in the weight room much like social media does today. Attitudes were changing toward strength training.



1972 - November 20 - Boyd Epley was the first strength coach to participate in an NCAA research study. Epley assisted Dr. Bob Robertson and Dr. Ken Rose with the NCAA study on seasonal fluctuations of performance.



(Fig. 70.11) The Lifting News.

The NCAA research study was conducted in Nebraska's East Stadium Research Lab.

See 2013 when Nebraska would build the Nebraska Athletic Performance Lab in the East Stadium. This 20,000 sq. ft. five million dollar facility is a part of the Nebraska athletic department and provides many unique services to Nebraska student-athletes.

THE UNIVERSITY OF NEBRASKA
UNIVERSITY HEALTH SERVICE
LINCOLN, NEBRASKA 68508

OFFICE OF THE DIVISION OF MEDICAL RESEARCH

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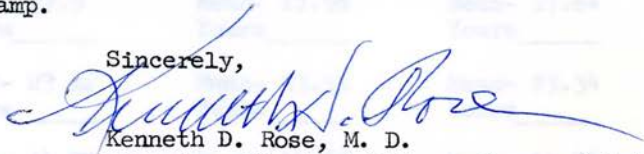
June 30, 1972

Dear


As you know, the University of Nebraska Department of Athletic Medicine received a grant from the National Collegiate Athletic Association to fund an in depth study on Nebraska's athletic training program.

We are very pleased to have you working with us. We hope that the data collected will help us examine Nebraska's training methods and will give you some indication of your overall fitness in comparison with other players at different times during the year. We would hope that you use this progress report as a guide in strengthening your weak areas of physical fitness as you prepare for fall camp.

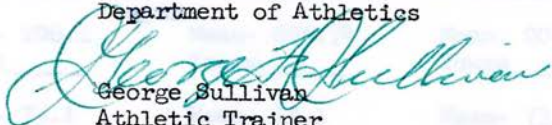
Sincerely,



Kenneth D. Rose, M. D.
Director, Physical Fitness Research Laboratory



Boyd Epley, M. Ed.
Physical Fitness Research Laboratory and
Department of Athletics



George Sullivan
Athletic Trainer
Department of Athletic Medicine

dlh



(Fig. 70.12) Research Announcement.



1972 - Wingback Johnny Rodgers is awarded the Heisman trophy. A first for a Nebraska athlete.



1972 - Middle Guard Rich Glover was the first Husker to win the Lombardi award and the Outland Trophy in the same year.



(Fig. 70.13) Johnny Rodgers - Nebraska's first Heisman winner.

1972 - A 1400 sq. ft. Circuit Room was opened in the new South Stadium. This room provided a different type of training where the athletes would move from one station to the next until the circuit was complete.



(Fig. 70.14) – South Stadium Circuit Room.

June 1972 - Title IX Passes

Title IX prohibits discrimination on the basis of sex for students and employees in all educational institutions that receive federal financial aid.



(Fig. 70.15) – Title Nine.

1973 - The NCAA banned performance enhancing substances for college athletes.

1973 - At age 35, Tom Osborne is named Nebraska's Head football Coach. Tom Osborne proved to be one of the most successful football coaches in history. His 25 year career generated 255 wins and three national championships, a Hall of Fame Induction and more. While Coach Devaney is credited with hiring the first strength coach it was Tom Osborne who recognized the need. He took Boyd Epley into Coach Devaney's office and helped convince Coach Devaney to give strength training a try.



(Fig. 70.16) Tom Osborne.



1973 - The University of Nebraska Coliseum weight room for students was expanded to 4000 sq. ft. and made accessible for female students for the first time.





1973 - In addition to the student weight room in the Coliseum allowing female students, an additional space was created by the Athletic Department for female student-athletes to lift for the first time.



(Fig. 70.17) Coliseum Weight Room for Female Student-Athletes.

1973 - February 19th - Tom Heiser led the NCAA research study with a 33.5” vertical jump. He was a wingback for the Husker football team and a first team Academic All-American.

Tom later joined Dr. Pat Clare’s team as a Nebraska team doctor. A 1990 surfing accident left Dr. Heiser confined to a wheel chair and forced him to overcome many obstacles including being able to breath without a ventilator for a period of time.



(Fig. 70.18) Tom Heiser.

Strength Coach Epley then created the **Tom Heiser Award** to be presented annually to a member of Husker Power staff that has overcome obstacles to achieve success.

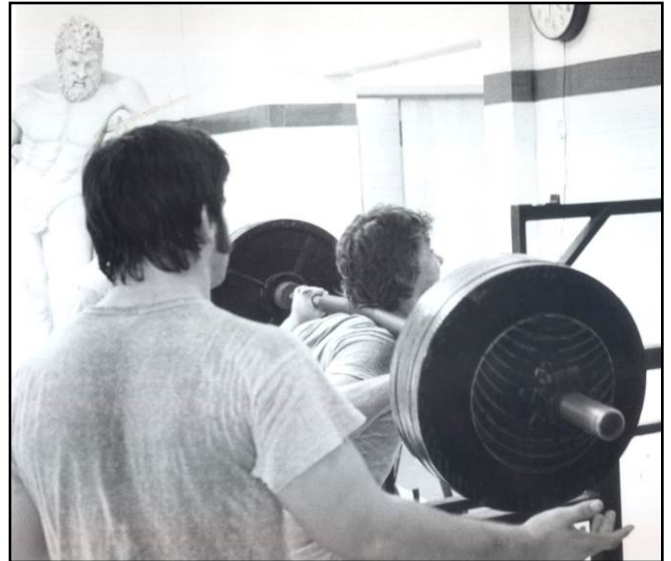
1973 - Donn Swanbom, Epley’s second non-paid assistant, was first hired by SMU then later by UCLA.





1974 - The Lifter of the Year Award was created for Football. Center Rik Bonness won this award the first two years.

Bonness was 188 lbs. as a freshman and 220 lbs. as a senior, with a 4.6 forty yard dash. His dedication showed as he drove 50 miles and back all summer to train at Nebraska. His hard work paid off being named All-American twice.



(Fig. 70.19) Rik Bonness shown squatting.



1974 - April 3rd - Nebraska Men's Basketball begins a lifting program for the first time.

Track & Field and Football athletes were the first to get started lifting. In 1974, Basketball Coach, Joe Cipriano, stopped by and wanted a lifting program for his team. He wasn't sure about lifting but some of the powerhouse basketball teams had started lifting and were seeing the benefits. Nebraska Swimming was next to start lifting followed by Nebraska Baseball.



(Fig. 70.20) Men's basketball shown here lifting a few years later in the new Bob Devaney Sports Center weightroom.



1974 - Nebraska became the first school to lift weights in an organized summer program. A conditioning manual was created for the players that could not attend.

(Fig. 70.21) Summer Conditioning Program for Huskers.



1974 - The Schulte Fieldhouse weight room was expanded from 1344 to 2700 sq. ft. as the former varsity locker room became part of the weight room.



(Fig. 70.22) Weight Room expanded to include Varsity Locker room.



(Fig. 70.23) Schulte Fieldhouse Weight Room.

1974 - September 9 - Shot putter, Joe Kessell lifted a record 1,050 lbs. on the leg sled machine.

1975 - January 20 - Bruce Conger was the first Wrestler to bench press 300 lbs.

1975 - March 10 - Dave Gillespie became the first I-Back to bench press 300 lbs.

1975 - July - Dr. Aleen Swofford was hired as the first Women's Athletic Director at Nebraska and Boyd Epley was asked to introduce strength training to all women's sports. Nebraska's ten women's sports were governed by the Association of Intercollegiate Athletics for Women until 1982 when the NCAA sanctioned women's sports. Up until that time women were not allowed on the main level of Schulte Fieldhouse where the Nebraska athletic department weight room was located. Title IX opened the door for female athletes to lift weights in the facilities that were previously for men only.

1975 - The University of Miami hired Epley to design their first football weight room. Steve Bliss, Epley's third non-paid assistant, was hired by Miami to run their new weight room.

1975 - Merlene Ottey, one of the greatest female athletes in Olympic history. She was a Husker who came from Jamaica to be on the Nebraska track team coached by Carol Frost. Carol is the mother of Scott Frost who would later become a star quarterback and coach for Nebraska. Merlene went on to win nine Olympic medals for Jamaica in Track & Field, more than any other female.



(Fig. 70.24) Merlene Ottey

1975 - Nebraska Baseball was the fourth Husker sport to begin lifting weights under Head Baseball Coach Tony Sharp.



(Fig. 70.25) Nebraska Baseball shown practicing in Schulte Fieldhouse. The nets were raised for other sports. The Suh Strength Complex later occupied this exact footprint as Schulte was torn down and rebuilt.



1976 - March 8th - Peggy Liddick a gymnast was the first female to make the Lifting Newsletter. She would become Nebraska's first conference champion in 1978 winning the vault in gymnastics.



(Fig. 70.26) Peggy Liddick.

1976 - The Bob Devaney Sports Center opened, which included a 1700 sq. ft. weight room for Olympic sports.



(Fig. 70.27) Bob Devaney Sports Center Weight Room opens.

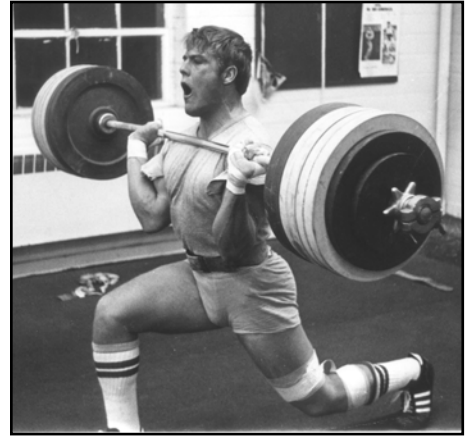
The coaches for women's sports wanted Isokinetic equipment to introduce them to the benefits of strength training. The following year the equipment had to be changed to free weights to produce better strength gains.

1976 - October 2nd -The Miami football team and their first ever Strength Coach Steve Bliss and former Husker came to Lincoln to play the Huskers. After becoming Miami's first strength coach, Bliss later was hired by the legendary Woody Hayes to be Ohio State's first strength coach.



(Fig. 70.28) Steve Bliss of Miami (right) with his Mentor Boyd Epley at the Nebraska vs Miami game in Lincoln.

1976 - Rod Horn wins the Football Lifter of the Year as a 260 lb. freshman. He power cleaned 342 lbs., snatched 237 lbs., squatted 560 lbs, at 6 '4.5". Rod was known for eating a loaf of bread and drinking a gallon of milk each day.

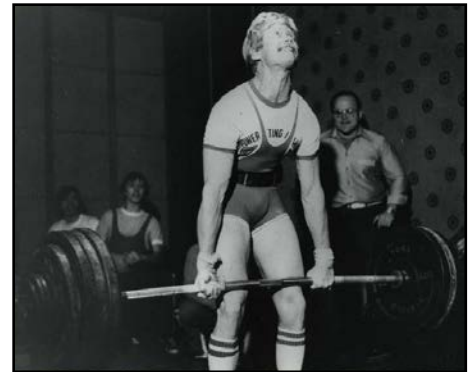


(Fig. 70.29) Rod Horn one of the hardest working football players in Nebraska history.



1976 - Mike Arthur, Epley's first assistant to be paid sets the world record deadlift 540.25 lbs. at 132 lbs.

Arthur would become one of the top strength coaches in the nation, including being inducted into the USA Hall of Fame. Mike has stayed with the Huskers his entire career and has become one of the most respected strength coaches in the country for his expertise in researching the best ways to improve performance for student-athletes



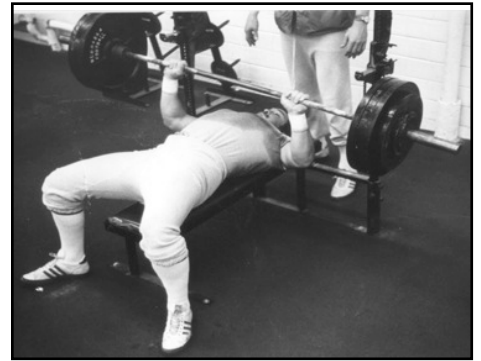
(Fig. 70.30) Mike Arthur set the world record deadlift.

1976 - Head Coach Rick Forzano of the Detroit Lions hired Epley as their first strength and conditioning coach but a few days later Tom Osborne convinced Epley to stay with the Huskers. Tom said to Boyd, "If you stay with me here at Nebraska, I will always be there for you." That was all Boyd needed to hear and he turned down more money and the first ever head strength coaching position for the Detroit Lions.



1977 - February 28th - Offensive Guard Lawrence Cooley became the first Husker football player to bench press 400 lbs.

Larry was using the "Jack Bench". This bench featured an adjustable bar catch to adjust the bar height based on arm length. Two tractor jacks donated by Roy Yanagada were mounted in the frame. The Jack Bench is now at the Lutcher Stark Museum in Austin, Texas. The search for adjustable bar height led Nebraska to develop several other adjustable products leading to the invention of the Transformer in 2002.



(Fig. 70.31) Larry Cooley first to bench 400 lbs. for Nebraska Football.

1977 - February 28th - Sophomore I-Back Richard Berns vertical jumped 33". During his senior season he jumped 36.5" to lead all Huskers.

1977 - March 14th - Quarterback Earl Everett lead all QB's on the vertical jump with a 33.5" jump.

1977 - Mike Arthur won the AAU Collegiate National Powerlifting Championship.



1977 - Husker Power Club purchased an Apple computer as the first computer for the strength program.

1977 - September 29 - Husker Power celebrated 100 wins in football with a victory against Penn State 42-17.

1978 - January 23 - Tom Osborne made it clear to the football team that a 300 lb. bench press was to be considered a minimum for linemen.



1978 - June 7th - Summer conditioning for class credit was started for football. Nebraska is considered to be the first school to introduce summer conditioning for college credit. They called themselves “Studs Only” and trained at 5:30 pm.

1978 - July 10 - Offensive Tackle Kelvin Clark set the All-time record Incline Press for football at 350 lbs. at a bodyweight of 270 lbs.



(Fig. 70.33) Kelvin Clark.



(Fig. 70.32) Summer Conditioning for class credit started at Nebraska.

1978 - July 29 - The National Strength and Conditioning Association was founded in Lincoln, Nebraska. Boyd Epley is recognized as the NSCA Founder. The University of Nebraska had a big influence on the success of the NSCA. Epley's staff, Mike Arthur, Bill Allerheiligen, and Gary Wade hosted the event. Nebraska AD Bob Devaney was the featured speaker and Husker All-American tackle Kelvin Clark provided singing entertainment to the 76 charter members.

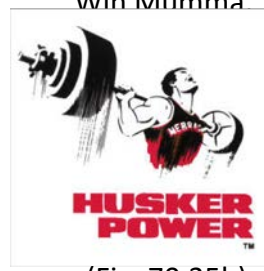
1978 - Husker Power logo - offensive linemen Bruce Lingenfelter's photo, Fig. 70.35a, was used to create the original Husker Power Logo, Fig. 70.35b, by artist Win Mumma. Lingenfelter held the All-time squat record at the time at 565 lbs. Years later it was determined that proper squat technique required the head to look forward not upward to prevent back extension. The logo was changed to reflect proper form, Fig. 70.35c. The Husker Power logo is recognized around the world and represents a commitment to improving performance.



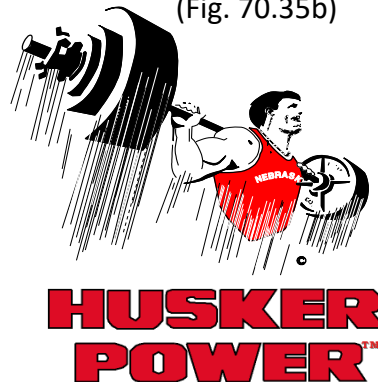
(Fig. 70.34) Nebraska strength coaches help start the NSCA (l to r) Jim Williams, Gary Wade, Mike Flynt, Dave Redding, Mike Arthur, Boyd Epley, Steve Bliss and Bill Allerheiligen.



(Fig. 70.35a) Bruce Lingenfelter's photo was turned into a Husker Power logo by artist Win Mumma



(Fig. 70.35b)



(Fig. 70.35c)

Husker Power Timeline

Why and How Husker Power became the national leader in strength and conditioning

Devaney 80's



(Fig. 80.1) Bob Devaney served as Nebraska Athletic Director from 1967 to 1993.



1980 - Russell Gary, a defensive back, was the first Husker to hold all school performance records for his position, which helped him become the Football Lifter of the Year.



(Fig. 80.2) Russell Gary was the first athlete to set all four position records; Vertical Jump, Pro Agility Run, 10 and 40 Yard dash.

Russell Gary was a leader of the Blackshirts as a junior and senior. Gary, a 5-11, 197-pounder from Minneapolis, Minn., came as an I-back, but switched to safety as a sophomore in 1978. He led the Husker defensive backs with 62 stops in 1980. Gary was chosen in the second round of the 1981 NFL Draft by the New Orleans Saints.

Gary started 53 games in his first four professional seasons from 1981 to 1984. He closed his seven-year NFL career by playing 12 games with the Eagles in 1987.



(Fig. 80.3) Russell Gary receiving the 1980 Lifter of the Year Award.



1980 - Nebraska became the first school in the country to have a National Strength Coach of the Year.

In 1980, Boyd Epley was presented the Paramount Cup by the National Strength and Conditioning Association, at its third national conference in Dallas.



(Fig. 80.4) Boyd Epley (left) is America's first strength coach of the year.



1980 - Nebraska became the first school in the country to have computerized lifting progress charts for each individual athlete.



(Fig. 80.5) Mike Arthur developed the Strength Disk to generate lifting programs for athletes.

Mike Arthur developed the Strength Disk for Nebraska athletes but it also helped thousands of high school athletes.



1980 - Nebraska became the first school to take a portable weightroom to a bowl game. The Orange Bowl in 1979 provided the equipment shown in Fig 80.6.

Since no one had ever requested a weight room at a bowl game, the Orange bowl had no idea what was needed. The Huskers were forced to bus to the Miami Dolphins training facility because the equipment was inadequate for a football team of Huskers.



(Fig. 80.6) Orange Bowl lifting equipment.

The next year Assistant Strength Coaches Mike Arthur and Gary Wade drove a van full of equipment to the Cotton Bowl and the year after, Lanny Fauss of National Transportation started providing a semi to haul lifting equipment to bowl games for the Huskers. In future years transportation was provided by Seward Motor Freight.

Due to the need for portable equipment Boyd Epley started working with equipment companies to design equipment.



(Fig. 80.7) Lannie Fauss provided the first truck for Husker Power.



(Fig. 80.8) Portable AMF equipment was designed for use at bowl games such as this set-up at the Orange Bowl.



1980 - The first portable item, developed with the help of Joe Gitch at AMF, was the Hip Sled for hips and legs.

(Fig. 80.9) Offensive Tackle, Kevin Lightner shows his tremendous strength on the Hip Sled.





1981 - Dave Rimington, the most decorated offensive center in history was the first player to win the Outland Trophy TWICE and added the Lombardi award his senior year at Nebraska.

Rimington dominated opponents with a strong chest punch. The portable chest press machine (see fig. 80.11 and 12) was developed to allow a close grip chest punch without pressure on the wrists.



(Fig. 80.10) Dave Rimington.



(Fig. 80.11) Portable close grip press.

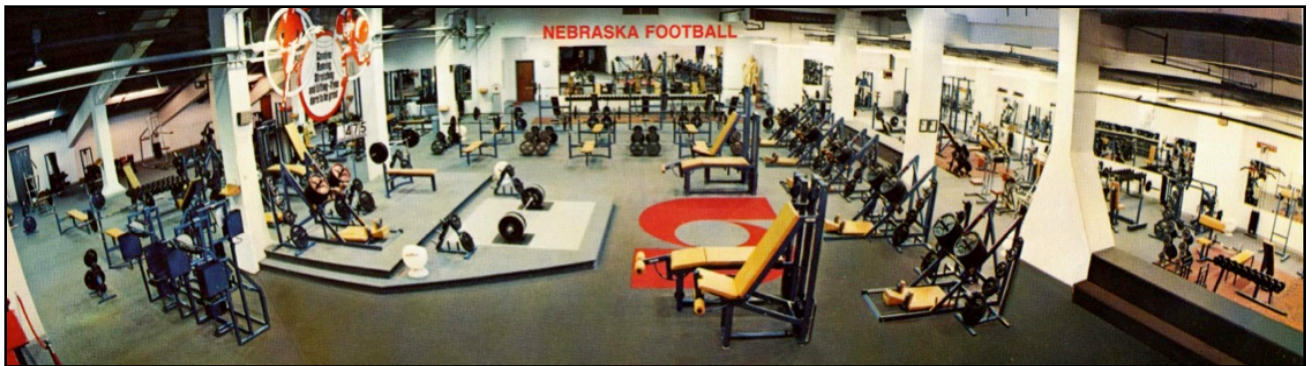


(Fig. 80.12) The E-Z Curl Bar took pressure off the wrists.

1981 - The Huskers moved into the West Stadium Strength Complex located under the West stands.

Nebraska merged the North weight room located in Schulte Field House with the Circuit room in the South Stadium into the West Stadium Strength Complex. At 13,300 sq. ft., it was the largest weight room in the country at the time with the closest being Oklahoma and Indiana with 6500 sq. ft. each.

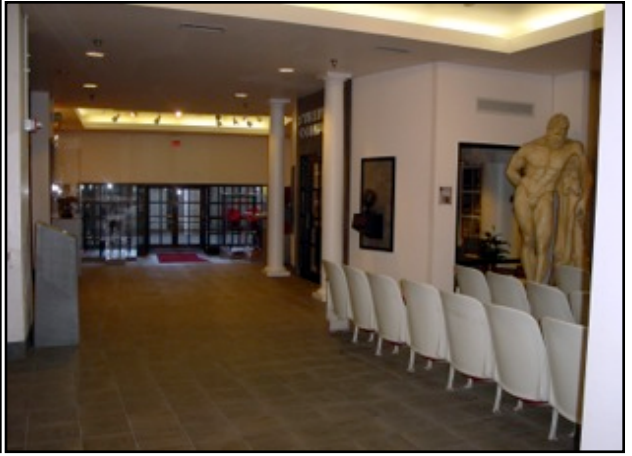
Bob Devaney said, “As long as I’m the Athletic Director we will continue to provide the best opportunity for our student-athletes to develop themselves physically. It has cost us a great deal of money but I feel it has been very worthwhile for our athletic programs.” The space was completed at a cost of \$206,000 not counting new equipment.



(Fig. 80.13) The West Stadium Strength Complex opens.



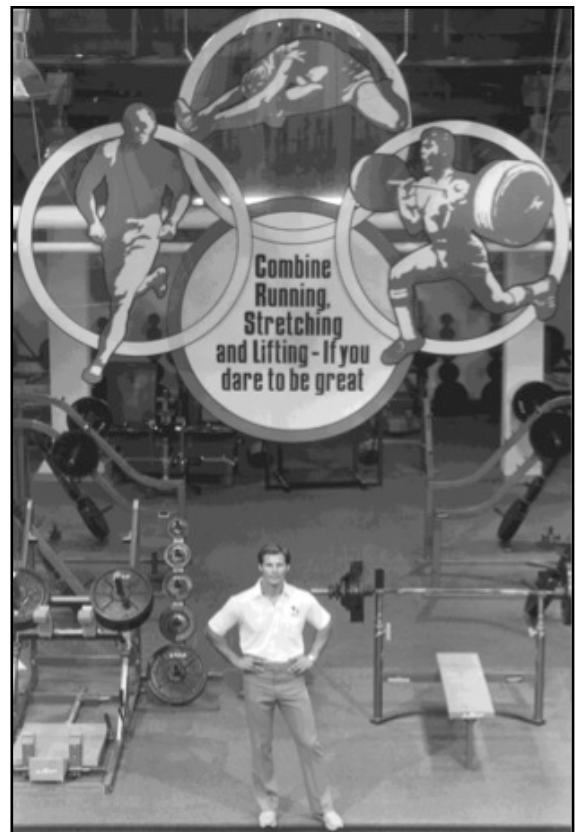
(Fig. 80.14) West Stadium Entrance BEFORE.



(Fig. 80.15) West Stadium Entrance AFTER.

1981 - Nebraska Neon sign Company donated the huge sign above the record platform. Combine running stretching and lifting if you dare to be great.

1981 - April 1 - Randy Gobel was hired and quickly became one of the significant strength and conditioning hires in history for Nebraska. In addition to his strength coaching abilities he had expertise in facility development that gave Nebraska a tremendous edge.



(Fig. 80.16) Dare to be Great. The images are likenesses of I.M. Hipp running, Jane Epley stretching, and Rod Horn lifting.

1982 - The NCAA began to sanction women's sports. Nebraska Women's Track Team won the AIWA title.

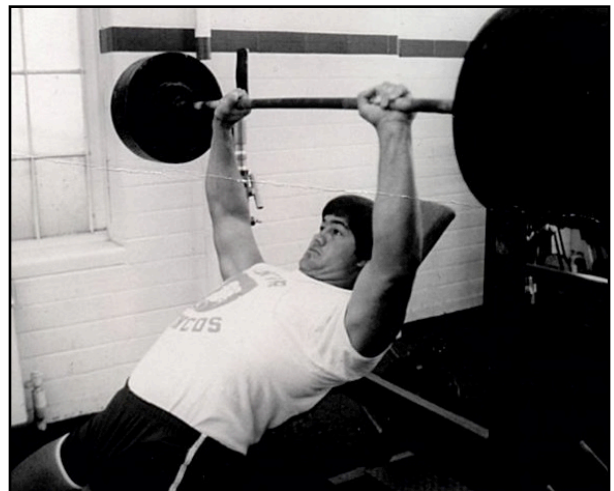
After most all the players had left the field house Mike Rozier ran his 40 yard dash naked to see if he could run any faster but he failed to run any faster with no clothes on.



(Fig. 80.17) Mike Rozier.

1982 - The development of the adjustable stands for the AMF bench press, incline press, and shoulder press allowed athletes with longer arms to train with athletes with shorter arms.

This was an improvement but still not the best solution as these uprights were spring loaded creating a potentially dangerous situation for some.



(Fig. 80.18) All-American Tackle Kelvin Clark did 350 lb. Incline on AMF adjustable Incline Press

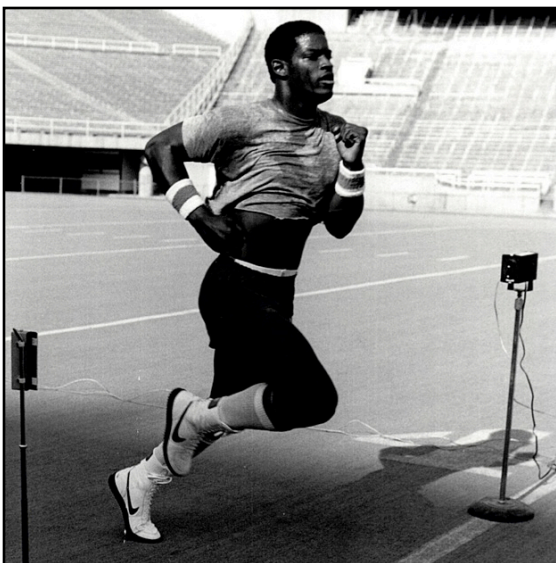
1982 – Coach Epley created the Husker Power Club to support the Nebraska Strength and Conditioning program and staff. With the help of a dedicated board of directors, the Husker Power Club raised over 2 million in support of the Nebraska Strength Program. Many generous Husker fans made this possible.



(Fig. 80.19) Husker Power Club.



1982 - Coaches had to average two hand held 40 yard dash times before the invention of Electric timing. It was not possible to get an accurate time in the shorter 10 yard dash with hand held watches. Quarterback Turner Gill was one of the first to use the electronic timing system developed by the Nebraska engineer, Dr. Mike Reilly.



(Fig. 80.21) Turner Gill try's the new Electronic timer.



(Fig. 80.20) Hand-held Timing.



1983 - Nebraska is the first school in the country to have an Outland Award winner three years in a row with Dave Rimington and Dean Steinkuhler.

1971 -- Larry Jacobson, DT, OUTLAND

1972 -- Rich Glover, MG, OUTLAND and LOMBARDI

1981 -- Dave Rimington, C, OUTLAND

1982 -- Dave Rimington, C, OUTLAND and LOMBARDI

1983 -- Dean Steinkuhler, OG, OUTLAND and LOMBARDI

1992 -- Will Shields, OG, OUTLAND

1994 -- Zach Wiegert, OT, OUTLAND

1997 -- Aaron Taylor, OG, OUTLAND

1997 -- Grant Wistrom, DE LOMBARDI

2009 -- Ndamukong Suh, DT, OUTLAND and LOMBARDI

(Fig. 80.22)

1984 - I-Back Jeff Smith never missed a workout in his entire Nebraska career and was named Lifter of the Year after he gained 20 lbs. and increased his vertical jump 8".



(Fig. 80.23) Jeff Smith receives his Lifter of the Year Award.

1984 - Nebraska Women's Track team won their third consecutive National Title, and their second NCAA title.



(Fig. 80.24) 1983 National Track Champions.

March 11, 1985 - Nebraska created an athletic training table for male athletes in the West Stadium making the space large enough for an academic study hall. Head Trainer George Sullivan oversaw it and Nutritional analysis was provided by a Registered Dietician, Julie Gallagher from the International Center for Sports Nutrition in Omaha, which was headed by Dr. Ann Grandjean. Seating Capacity was 220 and 330 meals/day were served. Female athletes ate at a separate dining hall until 1988.



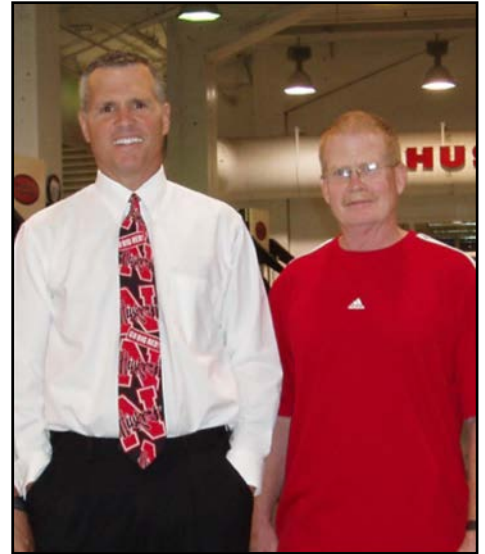
1985 - Linda Ybarra was hired as Husker Power Secretary. She later became Epley's Administrative Assistant.

(Fig. 80.25) Linda Ybarra was hired as the Husker Power Secretary.



1985 - A performance Index and strength Index were developed by numbers guru Dr. Chris Eskridge with help from Mike Arthur for Husker Power, Inc.

The University of Nebraska became the first college to use the Index to evaluate performance and to motivate athletes. Husker Power, Inc. became EPIC Athletic Performance in 2006.



(Fig. 80.24) Dr. Chris Eskridge (left) and Mike Arthur (right)

1985 - It wasn't until 1985 the National Strength and Conditioning Association tried to tackle the steroid issue by supporting a scientifically based NSCA position paper and educational packet.

1988 - The West Stadium Strength Complex was expanded connecting the training table on the South end of the West stadium with the Strength Complex on the North end.

The Husker Power staff moved the lifting equipment into the Schulte Field House during construction and the Husker Power office was in a trailer in the parking lot north of the stadium until construction was completed. The new space, including storage hallways and office space, was 30,000 sq. ft.

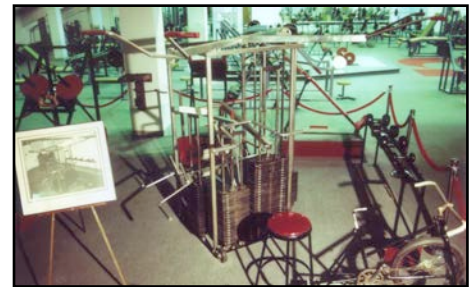


(Fig. 80.27) Temporary Strength Office Trailer.



(Fig. 80.28) West Stadium Strength Complex is Expanded.

1988 – Nebraska Female student-athletes were allowed to eat at the newly expanded training table 50 years after the first training table opened in 1938.



(Fig. 80.29) The original equipment was on display in the West Stadium Strength Complex.



(Fig. 80.30) Title IX allows Females to share facilities.

Husker Power Timeline

Why and How Husker Power became the national leader in strength and conditioning

1990's



Fig. 90.1 Bob Devaney served as Nebraska Athletic Director from 1967 to 1993.



Fig. 90.2 Bill Byrne served as Nebraska Athletic Director from 1993 to 2003.



1990 - Mike Arthur released the 10 Principles of Performance which were updated in 2015 and placed in all three Husker weight rooms for student-athletes.

Fig. 90.3 Original 10 Principles



If a coach is doing drills or lifts that do not meet the criteria in these principles they should ask themselves to justify what they are doing. They may be putting their athletes at risk. Coaches that aren't following these principles could find themselves working hard to climb the ladder of success only to find the ladder is leaning against the wrong wall.



(Fig. 90.5) "The Ring"



(Fig. 90.4) Ten Principles were updated in 2015.

1991 - January 17th - This ring put Nebraska back on track after falling from the top ten. In 1990 the wheels fell off for Nebraska football.

A 9-3 record doesn't sound bad for most programs but finishing out of the top 10 after twenty straight years caused some serious finger pointing. Many players had bad attitudes on the team and punishment didn't seem to help.

Coach Osborne was out of town recruiting when Coach Epley held up “the ring” but at first the strength coach didn’t say anything and just held the ring. The room got very quiet, then he said, “I have a plan to help you earn a Championship ring but I need your help. We need to make some changes and they have to come from you. Starting tomorrow you come to train because you want to, if you choose not to come, don’t come back. If you miss more than once you’re done. There will be no more punishment for missing lifting or running.”

Nebraska was averaging 40 players missing the workout each day. A few players got to the point they were choosing the punishment rather than doing the workout.

Yelling at the players was not working and punishing them didn’t work. The only way for the program to work is for the players to want to do things right.

The Nebraska players went 6500 workouts but lost two players. Nebraska developed great unity and a tremendous attitude.

Testing at the conclusion of the six week winter conditioning program usually produced 15-18 new school records each year. This time the players broke 78 school records. No one had ever seen this kind of improvement before. The freshmen in that meeting 1/17/91 continued to work hard through their careers and won a national championship ring their senior year after four straight Big Eight championships.

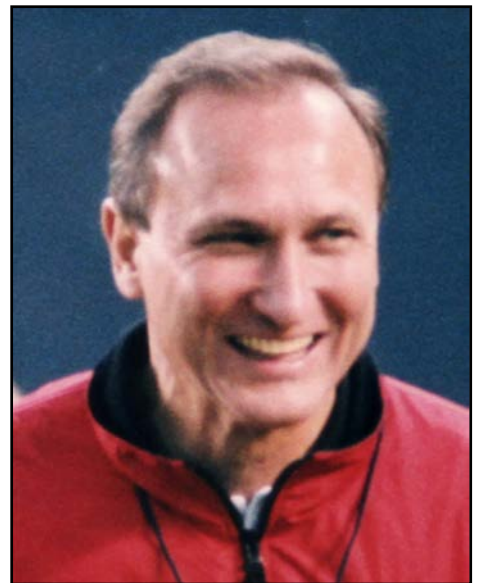
1991 - June - Coach Osborne asked Epley to come up with a way to maintain the discipline the players had demonstrated during the winter program. Epley developed a penalty point system for football players that was patterned after the system used in conjunction with a person's drivers license. One point for missing a workout, three for missing a practice. If a player accumulated 5 points they had to see the Head Coach.



(Fig. 90.6) Dr. Tom Osborne

The problem was that it was such an honor to be in Coach Osborne's office with him that it didn't work like punishment.

This led to the development of the Unity Council by Dr. Jack Stark the next year. The council was made up of players from each position. Players with too many penalty points would go before the Unity Council to explain themselves. The council would decide which players would need to miss a game and what punishment would be used.

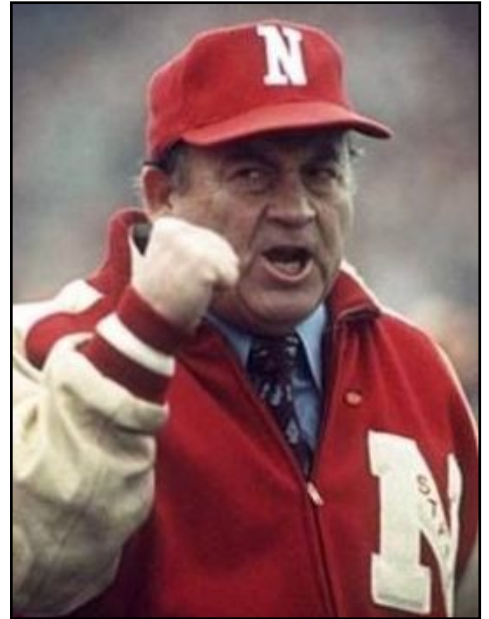


(Fig. 90.7) Dr. Jack Stark

1991 - NCAA legislation permitted voluntary training time due to a lobbying effort by strength coaches around the country. NCAA legislation was amended to permit unlimited, voluntary training time under the supervision of the strength and conditioning staff. This was a big turnaround for strength coaches who just eleven years earlier were not allowed to stretch their teams.

1992 - Bob Devaney retired as Athletic Director but the strength and conditioning industry will always be grateful for him taking a chance hiring the first college strength coach when no other athletic director would.

1992 - Bill Byrne was hired to replace Bob Devaney as Director of Athletics and did a tremendous job with the Nebraska Athletic Department and staff. He served as the athletic director at University of Nebraska for 11 years from 1992–2002. His teams won 8 national championships and 82 Big Eight and Big 12 Conference championships. His athletic program compiled seven straight top 25 finishes in the standings of the NACDA Director's Cup. He resigned from Nebraska on December 2, 2002.



(Fig. 90.8) Bob Devaney retires.



(Fig. 90.9) Bill Byrne is named Nebraska Athletic Director

1992 - Kevin Coleman was the National Shot Put Champion in 1992 and 1993. Kevin was one of the strongest athletes in Nebraska history. He became a member of the Husker Power Strength and Conditioning Staff following his tremendous track career. He later married Courtney Carter who was Nebraska's first female strength coach.

1993 - Boyd Epley was named Assistant Athletic Director by Athletic Director Bill Byrne.

1993 - Boyd Epley was honored by the the Nebraska Hall of Fame with the Lyell Bremser Merit Award.

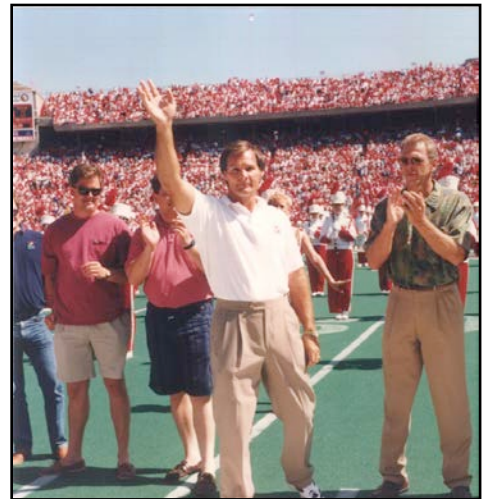


1993 - The Hammer Jammer became the first of many ground based pieces of equipment that Gary Jones of Hammer Strength and the Nebraska strength staff developed together to develop strength and power.

(Fig. 90.12) Danny Noonan demonstrating the Hammer Jammer.



(Fig. 90.10) Kevin Coleman



(Fig. 90.11) Epley honored by Nebraska Hall of Fame.



June 23, 1994

Dear Head Coach:

I'd like to keep you abreast of an exciting change affecting our athletic nutrition program.

I have asked Boyd Epley to serve as Assistant Athletic Director and direct a Performance Team which combines the nutrition program with the strength and conditioning program. We will discontinue nutrition counseling three days a week from the International Center for Sports Nutrition in Omaha as Boyd will hire a full-time Performance Nutritionist. ICSN Director, Ann Grandjean, will continue as an adviser. Boyd will add Dr. Jack Stark's motivation and visualization services to the Performance Team.

I'm excited about the Performance Team. It will be the model for other programs nationally, and I'm sure the Performance Team will have an impact on our recruiting as well as our athletes' performance. Boyd will be having annual meetings with you to discuss how the Performance Team can better serve the needs of your sport.

Sincerely,



BILL BYRNE
Director of Athletics

(Fig. 90.14) Byrne approves the
Husker Power Performance Team



(Fig. 90.13) Bill Byrne
and Boyd Epley
establish the
Husker Power
Performance Team.

1994 - Nebraska football was set to win a national championship over Florida State with 1:16 left on the clock. Somehow Florida State managed to win the game.

During the following summer conditioning program Coach Epley had Randy Gobel put 1:16 seconds on the stadium game clock each workout and added an extra minute and sixteen seconds of work to the summer program each day to motivate the players.

This tactic worked as the Huskers were unbeatable in the fourth quarter and came from behind to win a national championship over Miami 24-17 in the 1995 Orange Bowl. They also won another national rushing title.



1994 - Dave Ellis was hired as the Coordinator of Nutrition, as a member of the Husker Power Performance Team. Dave was the first full-time paid nutritionist in an athletic department.



(Fig. 90.15) Dave Ellis is the first full-time Nutritionist at a college.



(Fig. 90.16) Nebraska's First Performance Team.



The Nebraska Training table would no longer provide housing meals.

The food was now prepared based on the needs of the athlete. Dave Ellis was hired as the first full-time collegiate Performance Nutritionist to be Coordinator of Nutrition for Husker Power. Performance Team trays were provided at the training table and the Training Table was re-named the Performance Buffet.



(Fig. 90.17) The Training Table is named the Performance Buffet.



1994 - Basketball Player Tom Wald became the first Husker other than a football players to make the Record Platform in the Strength Complex.



1995 - The Husker Power Rack was made by the Wynmor equipment company in Topeka, Kansas.

This multi-purpose rack was the beginning of modular racks being made by companies nationwide and led to Nebraska developing the Half Rack in 1996. The Half Rack features two posts instead of the traditional four posts.

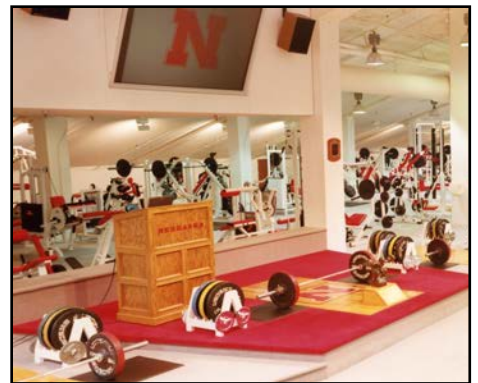
1995 – Nebraska Assistant Strength Coach, Mike Arthur was named the National Strength and Conditioning Coach-of-the-Year by the Professional Football Strength and Conditioning Coaches Association.



1995 - December 16 Nebraska Women's Volleyball team wins their first national title against Texas. The Huskers were 32-1 during the 1995 season.



(Fig. 90.18) Tom Wald.



(Fig. 90.19) Tom Wald a Nebraska Basketball player qualified for the Record Platform.



(Fig. 90.20) Husker Power Rack.

1995 - Mike Arthur and Boyd Epley created the Performance Pyramid which features Belief and Unity as it's cornerstones



(Fig. 90.21) Nebraska Performance Pyramid

1996 - January 2 - Huskers win the National Championship over Florida in the Fiesta Bowl as they physically dominated the Gators 62-24.

Nebraska offensive line coached by Milt Tenopir and Dan Young doesn't give up a single sack all season.



(Fig. 90.22) The offensive line gave up NO sacks in 1995 season.

1996 - Husker Power Locks were developed at Nebraska to have a durable but fast way to secure Olympic plates. They are guaranteed for life.



1996 - Wynmor a small company in Topeka helped Husker Power develop the first Half Rack. The first Half Rack was used with platform training so the bar could be set at different heights. This style rack is now used in almost every school in the country.



(Fig. 90.23) Nebraska was first to have Half Racks – there are nine shown in this photo.

1996 - Power Lift a company in Jefferson, Iowa created the Tri-X Rack for Nebraska to focus on hang cleans and full 8' platforms for power cleans.



(Fig. 90.25) Power Lift Half Rack with platform.

1996 - Hammer Strength/Life Fitness worked with Husker Power staff to create the Romanian Deadlift (RDL) unit and the Ground Based Push/Pull Stations.

Six Hammer Strength Push Pull machines were developed to provide Ground Based training for Nebraska.



(Fig. 90.24) Power Lift Tri-X Half Rack.



(Fig. 90.26) Hammer Strength RDL.



(Fig. 90.27) Hammer Strength Push Pull.



1996 - July 1 - Courtney Carter became the first full-time female strength coach at Nebraska. She later married Assistant Strength Coach and former National Shot Put Champion Kevin Coleman.



(Fig. 90.28) Courtney Carter is the first full-time female strength coach for Nebraska.

1996 - Karen Cook joined Boyd's Secretary/Receptionist (Linda Ybarra) as an additional Husker Power Secretary/Receptionist.



(Fig. 90.29) Karen Cook - Husker Power Secretary/Receptionist.

1996 - Charles Heston world famous actor stops by to see the world famous strength complex.

(Fig. 90.30) Charles Heston.



1996 - Tressa Thompson won the 1997 Indoor National Shot Put Championship, the 1997 Outdoor and 1998 Outdoor National Shot Put Championship for Nebraska.



(Fig. 90.31) Tressa Thompson – three time National Champion.

1998 - January 2 - Huskers win 1997 National Championship over Peyton Manning and Tennessee in the Orange Bowl.

Tom Osborne collects a third championship in four years and a trip to the White House.



(Fig. 90.32) Coach Tom Osborne wins the National Championship three times in four years.



(Fig. 90.33) Nebraska National Championship Rings for Football.

1998 - The Legacy statue by Fred Hoppe in front of the East Stadium was patterned after this photo. Fred asked the Nebraska assistant strength coaches to wear plaster casts to make the mold for the casting in bronze. Randy Gobel donned the K-state uniform as John Archer and Kevin Coleman made the tackle.

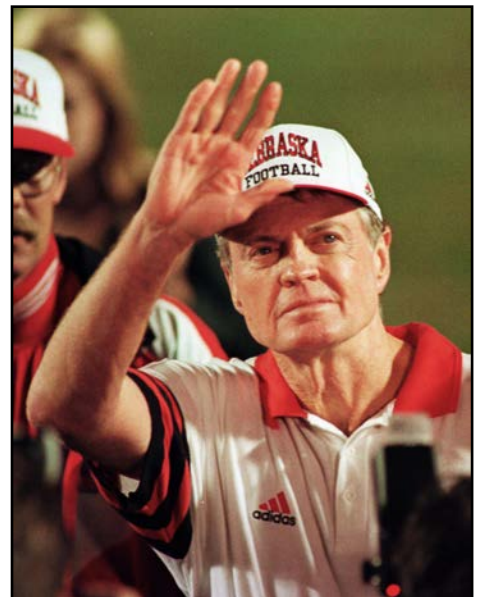


(Fig. 90.34) The Legacy

1998 - January 2 - Tom Osborne retires from coaching after posting 255 wins and three national championships.

During Tom's retirement speech he mentioned the Husker Power program. Osborne said, "There was significant amount of innovation here. As you know Boyd Epley was the first full-time strength coach. And that was something that came after two 6-4 seasons where Bob Devaney was pretty receptive to new ideas.

So I took Boyd in there and said to Bob, this guy says he can make us better and Bob was willing to listen, then Boyd did his part. We started an off-season program and a strength and conditioning program that really led to some very good things. I think we did a better job of developing people than most anybody around the country. And it was very meaningful."



(Fig. 90.35) Tom Osborne retires as Coach.



1998 - March 16 - Ken Harvey at 253 lbs. set Baseball records in the Vertical Jump 35.5” for 656 points, Pro Agility 4.24 seconds for 605 points, 10-yard dash 1.65 sec. for 694 points, and 40-yard dash at 4.89 for 588 points. This effort earned him the first ever Baseball Lifter of the Year Trophy.



(Fig. 90.36) Ken Harvey.

1998 - April 14 - Ryan Tobin set the Wrestling record for vertical jump at 32 inches for 524 points

1998 - September 12 - Husker Power celebrated 300 wins in football with a victory over California 24-3 (Head Coach Frank Solich presents ball to Boyd Epley).



(Fig. 90.37) Frank helps celebrate 300 wins since Husker Power was started.

A commemorative coin was given to all current and former Nebraska Strength Coaches thanking them for their contribution to the most successful strength program in history.



1999 - Nebraska became the first school to have two full-time Dietitians when Lisa Kopecky joined Dave Ellis on the Husker Power Staff.

The Food Channel featured the Performance Nutrition program and the fact the nutritionist go with the athletes to the grocery store to help them make food choices.

The Performance Buffet staff, headed by Art McWilliams, provided great food using the stop light colors to identify percentage of fat in the food. Items marked green contained less than 10% fat, yellow were 10-20% fat, and red were 20-30% fat or higher.

1999 - Human Kinetics published "Complete Conditioning for Football" by Nebraska Assistant Strength Coaches, Mike Arthur and Bryan Bailey.

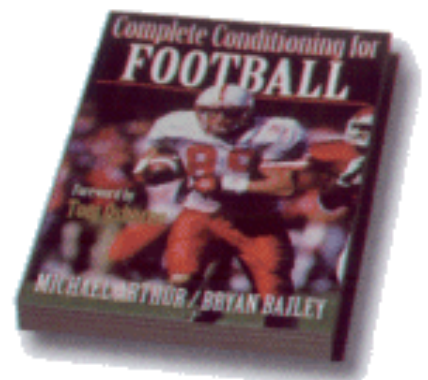
1999 - Cookie Belcher set the Basketball Index record at 2386 points for four tests and Nicole Kubik scored the best for women at 1913 points.



(Fig. 90.38) Nutrition goes shopping.



(Fig. 90.39) James Harris with Bod Pod.



(Fig. 90.40) Mike Arthur and Bryan Bailey put the Nebraska program in writing.

Husker Power Timeline

Why and How Husker Power became the national leader in strength and conditioning

2000's



Fig. 00.1 Bill Byrne served as Nebraska Athletic Director from 1993 to 2002.



Fig. 00.2 Steve Pederson served as Nebraska Athletic Director from 2002 to 2007.



Fig. 00.3 Tom Osborne served as Nebraska Athletic Director from 2007 to 2012.

2000 - Football players in Winter Conditioning gained 1120 lbs. of Lean Body Mass.

2000 - Boyd Epley and Mike Arthur were named as Executive Board Members for the Collegiate Strength and Conditioning Coaches Association. (CSCCa)



Fig. 00.4 CSCCA's First Board of Directors

2000 - With the help of the Cormax company Husker Power developed a 12 foot tall machine for our national shot put champion Carl Myerscough, Fig. 00.5. Carl at 6'10" and 340 lbs. could squat 810 lbs. but wanted to be more explosive. This unit allowed the bar to be thrown overhead and float down safely controlled by a hydraulic valve.

(Fig.00.5) Custom 12' high machine made for Big Carl Myerscough who was 6' 10", weighted 340 lbs. and was a National Shot Put Champion.



2000 - Mike Arthur with the help of Hammer Strength, created a reciprocal leg curl machine.



2000 - Jeff Mangold, Strength Coach for the New York Yankees and former Nebraska Assistant Strength and Conditioning Coach helped the Yankees win three straight World Series Championships.

(Fig. 00.6) Reciprocal Leg Curl.

(Fig. 00.7) Jeff Mangold helped Yankees win three straight World Series Championships 1998, 1999 and 2000.



2000 - December 16 - Nebraska Women's Volleyball adds their second national title under new head coach John Cook. The Huskers went undefeated in the 2000 season with a record of 34-0, and beat Wisconsin in the Championship.



(Fig. 00.8)

2001 - January 25 - Nebraska Hammer Thrower, Melissa Price set an All Sport record for women on the Squat with 345 lbs. for 563 points.



Jon Clanton became the first Husker to score over 1000 points on 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.

Brendan Stai who was one of the strongest Nebraska offensive linemen in history did 42 reps with 225 lbs. to lead the prospects at the NFL combine.

2001 - The Strength Center at Phoenix College in Phoenix, Arizona is named the Boyd Epley Strength Center. Boyd was All-American in 1966 and 1967 and Captain of the National Champion Track Team in 1967.



(Fig. 00.9) Phoenix College names weight room.

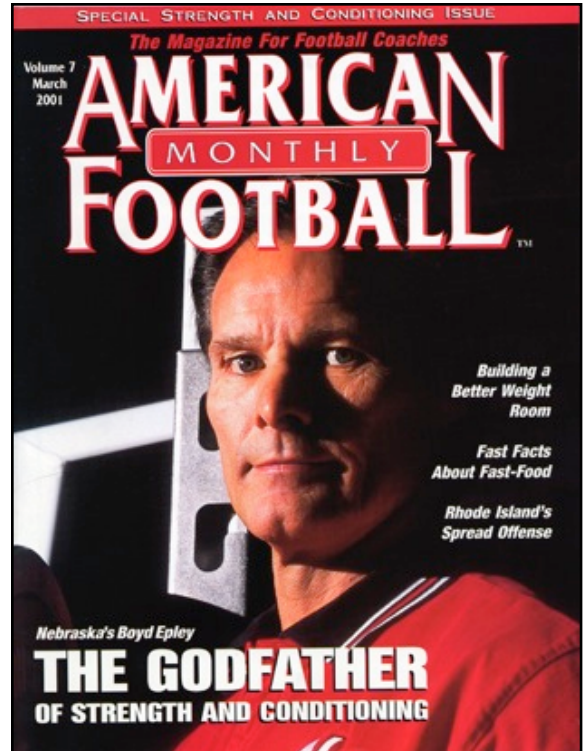


2001 - March - Boyd Epley is the first strength coach on the cover of American Football Monthly magazine.

They named him “The Godfather”.

2002 - A recruiting letter to Chase Beideck from Frank Solich. Chase was a recruit from Kearney that chose to accept a track scholarship at Nebraska. Chase later married Jenna Epley, became a certified Strength and Conditioning Coach and was hired as Track and Tennis Strength Coach in 2018.

2002 - Laura Pilakowski was generally considered the best athlete on the Nebraska Volleyball team. She owned all of the volleyball strength and conditioning records at one time. She was named the Husker Power Lifter of the Year in 2000 and went on to be a two-time All-American and National Champion.



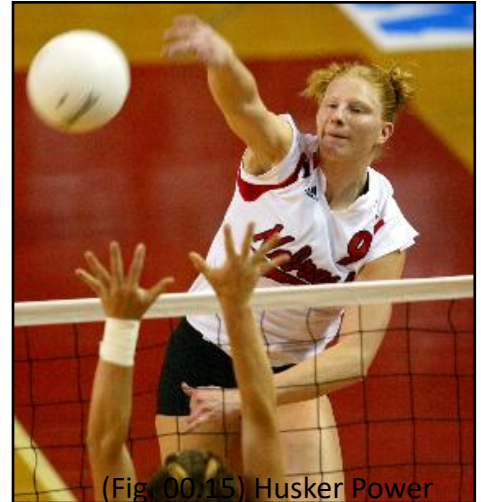
(Fig. 00.10) Epley on the cover.



(Fig. 00.11) Frank Solich recruiting letter.

After Laura's playing career ended, she was named the Nebraska Volleyball Strength and Conditioning Coach.

2002 - Steve Pederson was hired as Nebraska's Athletic Director on December 20, 2002.



(Fig. 00.15) Husker Power

Transformer.
(Fig. 00.12) Laura Pilakowski.



(Fig. 00.13) Steve Pederson is Nebraska Athletic Director.

2002 - Roger Lindersmith of Rivers Metal in Lincoln, NE and Randy Gobel of the Husker Power staff made the development of the Transformer possible.



(Fig. 00.14) Rivers Metal produced the Transformer for Husker Power

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 on the Transformer 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 - Boyd Epley and Mike Arthur were inducted into the first group of Strength Coaches elected to the USA Collegiate Strength Coaches Hall of Fame.



(Fig. 00.15) USA Strength Coaches Hall of Fame ring.

2003 - June 6th - Boyd Epley 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 he accepted this challenge. With Boyd’s help we will layout plans for the future of this program in short order.”

Steve Pederson asked Epley and Tommie Frazier to travel to 17 cities in three days with in a plane donated by former player Jim Pillen.



(Fig. 00.16) Epley and Frazier hit 17 cities in three days.

Tommy Frazier was the fund raiser and Epley was along to explain the details of the project and how it would improve recruiting for all sports.

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. This structure proved successful as the Huskers had three football players squat over 600 lbs. and won 10 games.

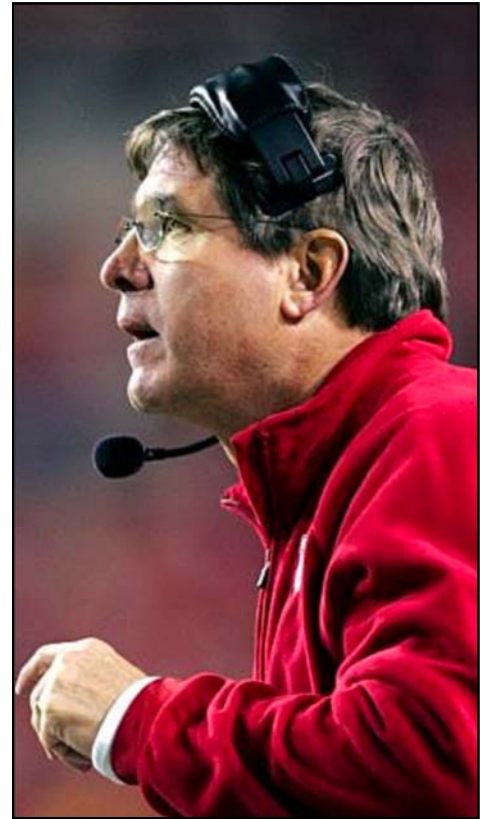
2003 - Steve Pederson fired head football coach Frank Solich on December 1, 2003

Pederson justified the move by stating he would not "let Nebraska gravitate into mediocrity" and would not "surrender the Big 12 to Oklahoma and Texas."

Pederson hired former Oakland Raiders coach Bill Callahan as Solich's successor. Callahan led the Huskers to a 27-22 record in 4 seasons as Nebraska's Head Football Coach.

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 - One of Epley's first facility projects was a plan to improve recruiting by updating facilities. He created a Heisman Room in the West Stadium which was made open to the public.



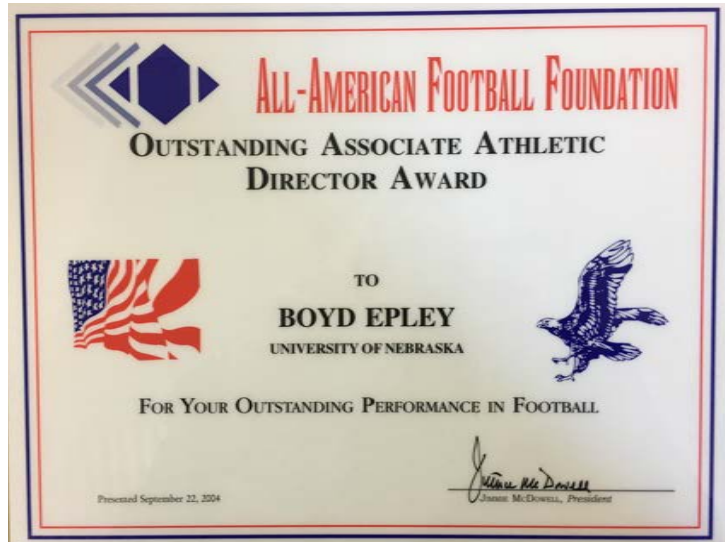
(Fig. 00.17) Bill Callan is Head Football Coach



(Fig. 00.18) The Heisman Room

2004 - In his first year as Associate Athletic Director, Epley was recognized by the All -American Football Foundation at a banquet in Chicago, Illinois.

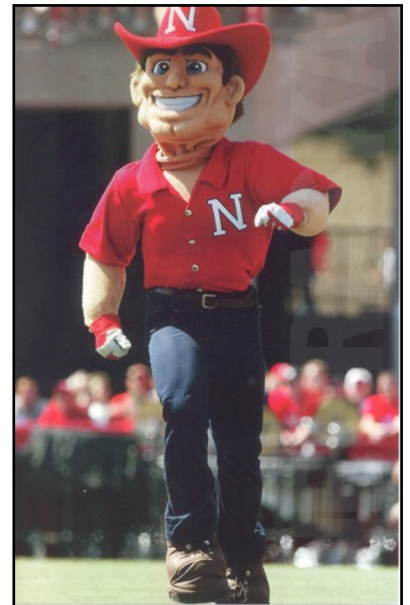
2004 - Epley asked his son J.R. to draw a new Herbie. The old Herbie was patterned after a caricature of Don Bryant. During the time when the mascot was being made, Epley released announcements that Herbie was in training. This was the brain child of Chris Anderson, (Sports Information Director). Press releases showed Herbie on the Stairmaster, running stadium steps and lifting weights with the football players. He was even shown getting his fake hair cut at the Clipper barber shop.



(Fig. 00.19) Associate Athletic Director.

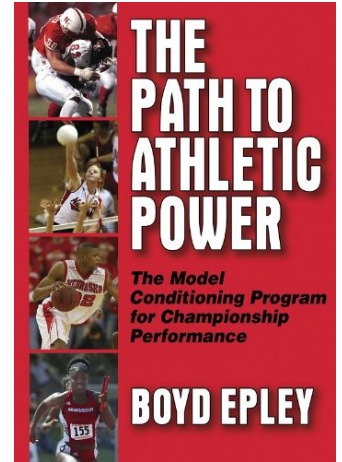


(Fig. 00.20) Drawing by J.R. Epley.



(Fig. 00.21) New Herbie.

2004 - Epley's 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.



(Fig. 00.22) *The Path to Athletic Power*.



(Fig. 00.23) Ground Breaking Ceremony for the Tom and Nancy Osborne Athletic Complex.

2004 - August 10th - Ground Breaking ceremonies were held on the exact site where Schulte Field House once stood.

2006 - Athletic teams had to scramble during the winter months as indoor training facilities were not available during construction. The Hawks Championship Center was planned to be completed first to provide a 120 yard indoor field with lighting up to 100 foot candles.



(Fig. 00.24) Epley in red hat points out Schulte Fieldhouse will come down to make room for the Osborne Complex. Also shown is Athletic Director Steve Pederson in blue and Head Football Coach Bill Callahan in white.



(Fig. 00.25) Schulte Fieldhouse to come down.



(Fig. 00.26) Hawks Fieldhouse soon to be completed.

2006 - The Hawks Championship Center was completed.

2006 - July 28 - Boyd Epley leaves 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.



(Fig. 00.27) The 10 million dollar Hawks Center upper level viewing with 100 theater seats.

We got an edge early on 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.

2007 - The legendary West Stadium Strength Complex moved where Schulte Fieldhouse once stood under the North stadium. Included in the Tom and Nancy Osborne complex was the first of its kind, a fueling station named "The Landing". The Landing was the home for nutrition supplements and snacks for all athletes.



(Fig. 00.28) Volleyball National Championship.



(Fig. 00.29) Osborne Complex.

2007 - September 1 - The tunnel walk was moved back to the North end zone as Bill Callahan leads Huskers out the North end against Nevada. 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 made the arch with red letters and Field Turf provided the red turf. The back side of the arch says, "I Play for Nebraska", and is the last thing the players see before taking the field to play.



(Fig. 00.30) New Tunnel Walk from North Stadium.

2007 - October 13 - the football team lost its homecoming game 45-14 to Oklahoma State. Two days later, Nebraska Athletic Director, Steve Pederson was fired by chancellor Harvey Perlman. According to many sources Pederson is credited in ruining the Nebraska football program and left a mess for the next athletic director to clean up.

2007 - October 16 - Tom Osborne was announced as the Nebraska Athletic Director.

2007 - November 24 - Tom Osborne fired Football Coach Bill Callahan following a 5–7 season. Osborne appointed himself interim head coach so that he could perform recruiting duties while remaining in compliance with NCAA rules until a new coach was hired.

2007 - December 2 - Osborne served as interim head coach for almost a week until naming Bo Pelini as Head Football Coach.

2007 - Osborne approved Brian Lehmann to create a separate Nutrition department in 2007. It had been part of Athletic Medicine or Husker Power since 1938.



(Fig. 00.31) Tom Osborne is Nebraska's Athletic Director.



(Fig. 00.32) Bo Pelini is Head Football Coach.

2008 - Bo Pelini hires James Dobson as Head Strength Coach for Nebraska Football. James was an assistant strength coach from the University of Iowa. Husker Power had Mike Arthur as Director of Strength and Conditioning to oversee the strength training facilities and sports other than football.

2008 - Nebraska's Training Table became Independent of housing which provided more flexibility with vendors, food items, and them menu. Seating capacity was 230 and served two meals a day. Lunch meal counts in the fall were 520-580 and spring were 450-550. Dinner meal counts in the fall were 250-340 and spring were 220-260.



(Fig. 00.33) Nebraska's Training Table in the West Stadium.

2008 - As Director of Strength and Conditioning, Mike Arthur oversaw a \$180,000 facelift to get the weight room prepared to handle James Dobson's training program.



(Fig. 00.34) Suh Weight Room in the Osborne Complex.

Unfortunately Coach Dobson took out many of the innovative machines that had been developed specifically for Nebraska.

2009 - Husker Power staff assisted with the development of Elite Form units that track bar speed and much more. All Husker power racks and Transformers have these electronic Elite Form units in three athletic department weight rooms.



(Fig. 00.35) Elite Form units are on all power racks for the Huskers.

Husker Power Timeline

Why and How Husker Power became the national leader in strength and conditioning

2010's



Fig. 10.1 Tom Osborne served as Nebraska Athletic Director from 2007 to 2012.



Fig. 10.2 Shawn Eichorst served as Nebraska Athletic Director from 2012 to 2017.



Fig. 10.3 Bill Moos serves as Nebraska Athletic Director since 2017.

2010 - Osborne ended Nebraska's long-standing relationship with the Big 12 Conference and accepted an invitation for Nebraska to become the twelfth member of the Big Ten Conference.



(Fig. 10.4) Nebraska joins the Big Ten Conference.

2010 - Thanks to a donation of \$2.6 million from former football star Ndamukong Suh, the Strength and Conditioning Center is named after him. The renovation provided a field turf agility area adjacent to the strength training equipment.



(Fig. 10.5) The Ndamukong Suh Strength and Conditioning Center.

2010 - Nebraska's Performance Buffet is re-named the Lewis Training Table and has a redesigned Dining Room, expanded service area, expanded kitchen, three prep/cooking areas, and a larger dish-room.



(Fig. 10.6) Lewis Training Table.

2011 - Mike Arthur oversaw the design of the David and Carol Alloy Strength Complex located in the Hawks Championship Center.



(Fig. 10.7) The Alloy Strength Complex located inside the Hawks Championship Center.

The Alloy also features an Olympic size indoor sand volleyball court where the actual games have been played.



(Fig. 10.8) Olympic sized Sand Volleyball Court

The Alloy Strength Complex is utilized by Husker volleyball, baseball, softball, rifle, soccer, women's gymnastics, track & field, cross country, bowling, golf, tennis, cheer and dance. This space became available when the hitting cages were moved to the Alex Gordon Training Complex in Haymarket Park. Two Ground Based Circuit training lanes are used for student-athletes to build muscle.

2011 - Mike Arthur oversaw the expansion and relocation of the Bob Devaney Sports Center weight room which is now known as the Hendricks Training Center. This facility is used by Nebraska basketball, gymnastics and wrestling student-athletes.



(Fig. 10.9) Hendricks Strength Complex.

The 5,000-square foot Hendricks Training Center features five transformers for platform explosive training and circuit training equipment to put on muscle.

2011 - February 6 - Dave Redding had a 25 year career as strength coach in the NFL including a Super Bowl win with the Green Bay Packers. In the late sixties Coach Tom Osborne asked Epley to speak at the Nebraska Football Camp. Seated In the front row was a 9th grader from North Platte named Dave Redding. Dave became a defensive end for Nebraska on his way to becoming the first strength coach for Washington State, Missouri, and the Cleveland Browns.



(Fig. 10.10) Dave Redding Green Bay Packers.

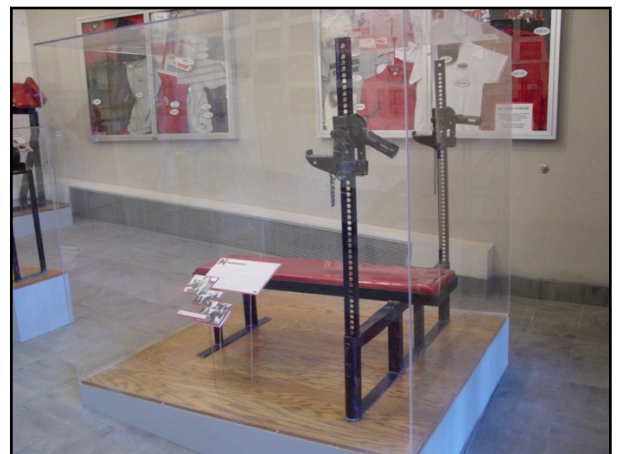
2011 - The Lutcher Stark Museum opened in Austin, Texas. The museum contains the largest collection of strength and conditioning history in the world.



(Fig. 10.11) Lutcher Stark Museum.

The University of Nebraska sent the “Jack Bench” to the Lutcher Stark Museum to be displayed.

The bench has two tractor jacks that allowed the athletes to adjust the bar depending on the height needed.



(Fig. 10.12) The Nebraska “Jack Bench” now resides in the Lutcher Stark Museum.

2011 - The 1971 Nebraska Football team was honored in Memorial Stadium to celebrate the 40 year anniversary. According to Sporting News, after 125 years of college football, the '71 Huskers were the Greatest Team that ever played.



(Fig. 10.13) The 1971 Huskers honored.

2012 - June - An Inter-Association Task Force on Preventing Sudden Death in Collegiate Conditioning Sessions, was published in the NATA Journal. NSCA Founder Boyd Epley was a co-author along with many other representatives of national organizations concerned with athlete safety. This document recommends that sport coaches should not be allowed to change the strength or conditioning programs that are recommended by certified strength and conditioning coaches. This recommendation came about as a result of twenty-one conditioning deaths over a ten year period.

The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions: Best Practices Recommendations

Douglas J. Casa, PhD, ATC, FNATA, FACSM (Chair)*; Scott A. Anderson, ATC*; Lindsay Baker, PhD†; Scott Bennett, MS, MSCC, SCCC, CSCS*D‡; Michael F. Bergeron, PhD, FACSM§; Declan Connolly, PhD, FACSM, CSCS*D‡; Ron Courson, PT, ATC, NREMT-I, CSCS*; Jonathan A. Drezner, MD||; E. Randy Eichner, MD¶; Boyd Epley, MEd, RSCC*E, FNSCA#; Steve Fleck, PhD, CSCS, FNSCA, FACSM#; Rob Franks, DO, FAOASM**; Kevin M. Guskiewicz, PhD, ATC, FNATA, FACSM*; Kimberly G. Harmon, MD||; Jay Hoffman, PhD, RSCC*D, FNSCA, FACSM#; Jolie C. Holschen, MD, FACEP††; Jon Jost, MS, RSCC*E#; Alan Kinniburgh, PhD#; David Klossner, PhD, ATC‡‡; Rebecca M. Lopez, PhD, ATC, CSCS*; Gerard Martin, MS, RSCC*D#; Brendon P. McDermott, PhD, ATC*; Jason P. Mihalik, PhD, CAT(C), ATC§§; Tom Myslinski, MS, RSCC#; Kelly Pagnotta, MA, ATC, PES|||; Sourav Poddar, MD‡‡; George Rodgers, MD, PhD‡; Alan Russell, MS, ATC, PES, CES¶¶; Latrice Sales‡‡; David Sandler, RSCC*D#; Rebecca L. Stearns, PhD, ATC|||; Chuck Stiggins, EdD‡; Charlie Thompson, MS, ATC*

*National Athletic Trainers' Association; †Gatorade Sports Science Institute; ‡Collegiate Strength and Conditioning Coaches association; §American College of Sports Medicine; ||American Medical Society for Sports Medicine; ¶University of Oklahoma, Retired; #National Strength and Conditioning Association; **American Osteopathic Academy of Sports Medicine; ††American College of Emergency Physicians; ‡‡National Collegiate Athletic Association; §§Canadian Athletic Therapists' Association; |||Korey Stringer Institute; ¶¶National Academy of Sports Medicine

In January 2012, the National Athletic Trainers' Association, along with the National Strength and Conditioning Association, convened a meeting in Colorado Springs, Colorado. Its purpose was to hold an interdisciplinary forum and gather input to address sudden death in collegiate conditioning sessions. Based on these discussions, a writing group drafted the following recommendations. To date, these best practices have been endorsed by the American College of Emergency Physicians, American College of Sports Medicine, American Medical Society for Sports Medicine, American Osteopathic Academy of Sports Medicine, Canadian Athletic Therapists' Association, Collegiate Strength and Conditioning Coaches association, Gatorade Sports Science Institute, Korey Stringer Institute, National Academy of Sports Medicine, National Athletic Trainers' Association, and National Strength and Conditioning Association. Other reviewers and meeting participants are listed with the professional organizations they represent at the end of this article.

Maximizing strength and conditioning sessions has become fundamental to sport. The right combination of strength, speed, cardiorespiratory fitness, and other components of athletic capacity can complement skill and enhance performance for all athletes. A sound and effective training program that relies on scientific principles of exercise physiology and biomechanics intended to produce outcomes that are sensitive and specific to the sport should be the goals. Unfortunately, the athlete's development, health, and safety are sometimes overshadowed by a culture that values making athletes tough, instilling discipline, and focusing on success at all costs.

This ill-conceived philosophy has been a contributor to the alarming increase in collegiate athlete deaths and serious injuries during conditioning sessions. A total of 21 National Collegiate Athletic Association (NCAA) football players have died during conditioning workouts since 2000.¹ The 3 most common causes of the fatalities were (in order) exercise-related sudden death associated with sickle cell trait (SCT), exertional heat stroke, and cardiac

2013 - January 2 - Tom Osborne officially resigned after returning to Lincoln with the Husker football team following their participation in the Capital One Bowl.

Tom Osborne consistently led by example which allowed athletes and staff to trust that he would always do the right thing. If he said something, you could count on it being the truth. He looked you in the eye and truly cared about each person.



(Fig. 10.15) Tom Osborne retires as Athletics Director.

Regarding the Husker Power contribution to his career, Osborne said, “Boyd Epley created Husker and was sort of the gold standard of strength coaches. We got some players who came to Nebraska partly because of the fact that Boyd was there.”

2012 - October 4 - Shawn Eichorst was hired by the University of Nebraska in 2012. Eichorst relied on a strong value system and a student-centered approach to lead the department. The health, safety and welfare of student-athletes were priority one.

2014 - Mike Arthur hires Jon Pfeifer as Assistant Strength & Conditioning Coach to work with multiple sports at the new Hendricks Training Facility inside the Bob Devaney Sports Center.

2014 - September 16 - Boyd Epley is presented the President's Council on Fitness, Sports & Nutrition Lifetime Achievement Award.

The award is presented by the Department of Health in Washington, D.C. to recognize individuals whose careers have greatly contributed to the advancement or promotion of physical activity, fitness, sports and nutrition-related programs nationwide.

Recipients are selected by members of the President's Council based on the span and scope of an individual's career, the estimated number of lives they have touched, and the impact of their legacy.



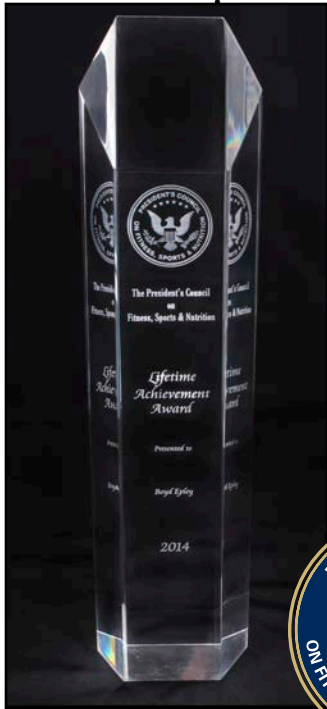
(Fig. 10.16 Shawn Eichorst is Nebraska Athletic Director.



(Fig. 10.17) Jon Pfeifer.



Boyd is the first strength and conditioning coach to ever be honored with a President's Council on Fitness, Sports & Nutrition Lifetime Achievement Award.



(Fig. 10.18 PCFSN Executive Director – Shelli Pfohl (L) and Council Chairman Dominique Dawes (R) present Boyd the 2014 Lifetime Achievement Award.

2014 - September 22 - The Nebraska Athletic Department announced that Boyd Epley will return as the Assistant Athletic Director for Strength and Conditioning.

Boyd was hired by Legendary Coach and Athletic Director Bob Devaney and was Tom Osborne's only Head Strength Coach.



(Fig. 10.19) Epley returns to Nebraska after eight years at the NSCA in Colorado Springs.



2014 - Mike Arthur is the first Nebraska Strength Coach to be named Director of Strength and Conditioning Performance Research. He is instrumental in the evaluation of the testing results and the EPIC Index that he and Dr. Chris Eskridge developed in 1985.



(Fig. 10.20) Mike Arthur.



(Fig 10.21) Mike Arthur provides a wealth of information.

2014 - November 30 - Shawn Eichorst fires Bo Pelini as Nebraska's Head Football Coach.

2014 - December 4 - After a swift, silent search Mike Riley was picked to be Nebraska's new head football coach



(Fig. 10.22) Mike Riley is Nebraska's new Football Coach.

2015 - Mike Riley recommends Mark Philipp from USC to take over as the Head Strength Coach for Nebraska football. Mark Philipp requested to double the number of barbell lifting stations in the Suh Strength and Conditioning Center. Shawn Eichorst approved and Nebraska turned twenty lifting stations in the Suh Strength Complex into forty lifting stations.

Mark Philipp says, "These new racks double the number of lifting stations within the same footprint. Our players love training on the new racks and we can work with much larger groups at one time."



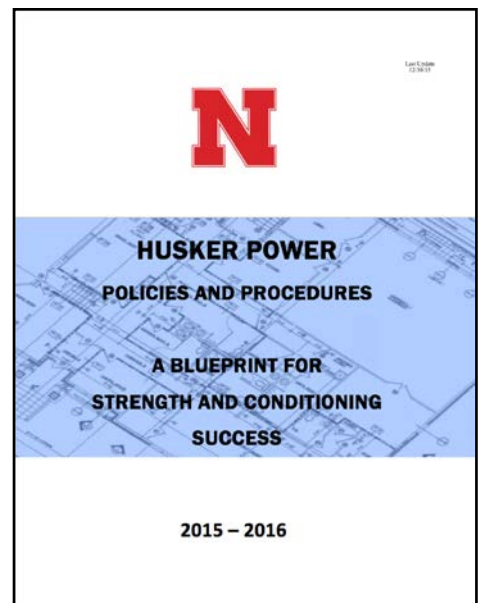
(Fig. 10.23) The Suh Strength Center.

2015 - January 6 - Several changes were made to the Nebraska Strength and Conditioning Staff in 2015. One of the biggest changes was hiring Mark Philipp as Head Strength Coach for Football. Mark hired four assistant strength coaches. His Associate Head Strength coach and longtime friend is Tim Rabas. Willie Jones was the one strength coach that was retained from the previous staff. Jamie Belt and Andrew Erwin were added as Assistant Strength Coaches for Football.



(Fig. 10.24) Mark Philipp Head Men's Football Strength Coach.

2015 - February 1 - Husker Power policies and procedures were updated into a document called THE BLUEPRINT. All phases of the Husker Power Program were reviewed, analyzed and shared with Human Resources to bring the policies into alignment with University policies and Athletic Department policies. THE BLUEPRINT included the new and improved Ten Principles which are now on Display in each of the three weight rooms for student-athletes.



(Fig. 10.25) The Blueprint for Success.

2015 - July - Lauren Harris was promoted to Assistant Director in addition to her duties as Strength and Conditioning Coach for Softball and Rifle. Lucas Novotny was promoted from Intern to Baseball Strength and Conditioning Coach.

2015 - August 1 - NCAA legislation requires Division I Strength and Conditioning Coaches to have accredited Certification. **CSCS** Certification from the National Strength and Conditioning Association or **SCCC** Certification from the CSCCa.



(Fig. 10.26) Lauren Harris
Assistant Director for Strength &
Conditioning.



2015 - September 4 - Nebraska creates the Nebraska Athletics Hall of Fame and the first class is inducted before the home opening BYU football game.



(Fig. 10.27) Nebraska Athletics Hall of Fame.

2015 - November - Only the most talented student-athletes are invited to the Husker Power Athlete of the Year competition. To qualify they must finish in the top 10% of their team on the EPIC Performance Index which includes the Vertical Jump, 10 Yard Dash, and the Pro Agility Run.



(Fig. 10.28) T-shirt for Participating in the Husker Power Athlete of the Year Competition.

2015 - December 5 - The Tom Heiser Award created April 11, 1992 was presented for the fourteenth time to a Husker Power staff member who has overcome all obstacles to succeed. The 2015 winner is Karen Cook. Previous winners of the Heiser Award are: Nate Thomas, Curt Thompson, Ken Williams, Rob Kobza, John Archer, Tony Swenson, Danny Noonan, Rodger DeGarmo, Zach Duval, Chris Wieseman, David Hofmaier, Shaun Huls, and Josh Hingst.



(Fig. 10.29) Karen Cook wins the Tom Heiser Award.

2015 - December 19 - Nebraska Volleyball Wins a fourth NCAA Championship.

The championship was held in Omaha, Nebraska in front of the largest crowd to ever view a volleyball game live at 17,561 in attendance.

John Cook added his third National Championship to the one Terry Pettit won for the Nebraska Room. Volleyball Strength Coach Brian Kmitta has much to celebrate.

2016 - Husker Power benefited again by having the Nebraska Engineering Department upgrade the electronic timing system.



(Fig. 10.30) Nebraska wins 4th National Championship with 3-0 win over Texas.

The Dashr timing system now sends a signal to a coaches telephone.

2016 - Lucas Novotny was presented the Tom Heiser Award.



(Fig. 10.32) Lucas Novotny.



(Fig. 10.31) Dashr Timing system.

2016 - The Landing underwent a complete renovation, expanding to three times its original size. Deregulation expanded what could be offered as fueling and recover options for athletes.



(Fig. 10.32) The Landing.

Nutrition: David Ellis was the first full-time Collegiate Nutritionist in 1994 as Coordinator of Nutrition for Nebraska. He was an integral part of the original Husker Power Performance Team until 2001 when he left for private business. He was followed by James Harris 2002-2006 then Brian Lehmann 2007-2008. Tom Osborne approved Brian to create a Nutrition department in 2007. Josh Hingst ran the department in 2009 and 2010. Lindsey Remmers took over as Director from 2011- 2018. The department name was changed to Performance Nutrition in 2017. David Ellis returned to Nebraska in 2018 as Director of the Performance Nutrition Department.

2017 - Brian Kmitta is named Assistant Director of Strength and Conditioning to bolster the strength and conditioning staff operating at the Bob Devaney Sports Center.



(Fig. 10.33) Brian Kmitta promoted to Assistant Director

2017 - Stuart Hart is hired as the first strength coach dedicated to Women's Basketball with no other sport assignments. He comes to Nebraska from South Florida.

2017 - September 15 –Dr. Todd Stull will oversee Strength and Conditioning, Nutrition and the Nebraska Athletic Performance Lab Research Lab Psychology and Sports Analytics.

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.

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.



(Fig. 10.34) Stuart Hart Women's Basketball Strength Coach



(Fig. 10.35) Dr. Todd Stull



(Fig. 10.36) Dave Rimington is Interim AD



(Fig. 10.37) Bill Moos is announced as Nebraska Athletic Director

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



(Fig. 10.38) Lifter of the Year Nominee Award

2017 - November

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

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



(Fig. 10.39) Athletic Director Bill Moos welcomes Scott Frost as Head Coach

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. 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 is just what Nebraska 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 his mentor Boyd Epley to do the honors.

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



(Fig. 10.40) Zach Duval returns to Nebraska as Head Strength and Conditioning Coach for Football



(Fig. 10.41) Zach Duval is presented the 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.

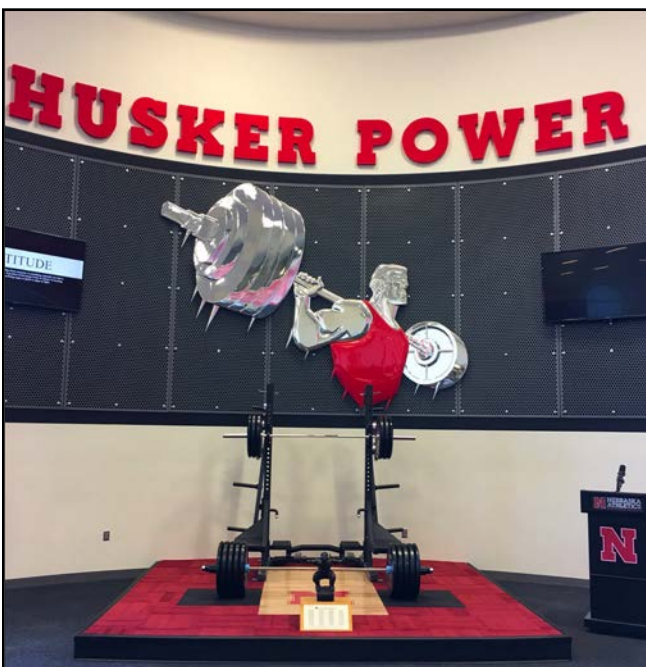
2018 - January 18 – The Zach Duval era begins with winter conditioning workouts scheduled for football.



(Fig. 10.42) Nebraska beats Florida for National Title



(Fig. 10.43) Nebraska wins fifth National Volleyball title



(Fig. 10.44) Duval era for football strength and conditioning begins

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.

2019 - 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.

2018 - July - Rusty Ruffcorn adds Women's Gymnastics to his strength and conditioning duties at Husker Power.

2018 - September - Eric Johnson is named Assistant Strength and Conditioning Coach for Track and Men and Women's Golf.

2018 - October - Chase Beideck is named Assistant Strength and Conditioning Coach for Track and Men and Women's Tennis.



(Fig. 10.45) Josh Hingst gets Super Bowl Ring



(Fig. 10.46) Eric Johnson joins Husker Power



(Fig. 10.47) Chase Beideck joins Husker Power

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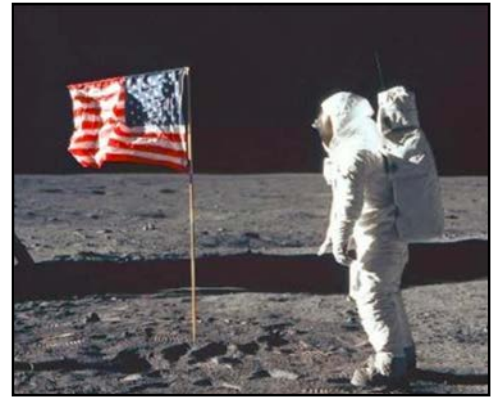
HUSKER POWER™

1969 to 2019

Look back to 1969 to see how far we have come in 50 years. Richard Nixon was President, Postage stamps were 6 cents, gas was 35 cents, Apollo 11 made a trip to the moon and Woodstock was held in New York Aug 15-18. Also on August 15th Nebraska's Athletic Director and Head Football Coach hired the first college strength coach. Minimum wage was \$1.60 an hour and the first paid strength coach made \$2 an hour.

Popular cars were Dodge Charger and Plymouth Road Runner.

Best Picture was Midnight Cowboy, Best Actor John Wayne in True Grit, Best Actress was Maggie Smith in The Prime of Miss Jean Brodie.



(Fig. 10.48) First man on the moon



(Fig. 10.49) Woodstock



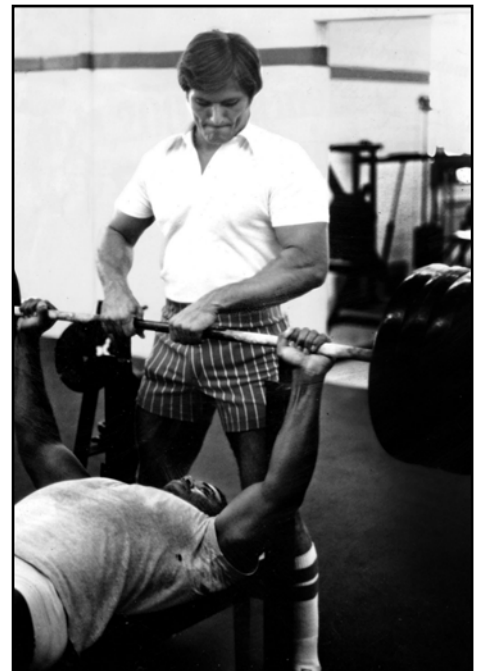
(Fig. 10.50) Best Picture in 1969

The top song in 1969 was Sugar Sugar by the Archies. The New York Mets were World Series Champs, the Kansas Chiefs were Pro Football Champions and the Boston Celtics the NBA champions. Top TV shows were Gunsmoke and I Love Lucy. Popular toys were G.I. Joe and Barbie.



(Fig. 10.52) World Champs 1969

2019 - To celebrate the first 50 years of Husker Power strength and conditioning, Nebraska Athletic Director Bill Moos approved a patch to be worn on the training gear for student-athletes in each sport.



(Fig. 10.53) The 50 Year Celebration for Husker Power in 2019 also brings the retirement of Husker Power Director Boyd Epley and Husker Power begins a new era.