

HUSKER POWER



"The University of Nebraska strength development program is the model for others in the country."

Phillip Hage

Editor of Physician and Sports Medicine Magazine

Husker Power, the model strength and conditioning program in the nation, plays a major role in the continuing success of Nebraska athletics. With seven full-time members and four interns, Nebraska's Performance Team is one of the most comprehensive strength and conditioning organizations in the nation.

Nebraska's strength training facilities have always been among the finest in the nation. The strength complex was one of the most efficient and well-designed weight rooms in the country for nearly three decades.

During 2006, Nebraska will take the next step in peak performance with the addition of the new Tom and Nancy Osborne Athletic Complex. Within the Osborne Complex, the 63,500-square foot Charles and Romona Myers Performance Center will feature the nation's top weight room, a nutrition center and a technologically advanced athletic medicine center featuring two hydro-therapy pools.



Each year, the Nebraska football program selects one athlete who has shown the greatest dedication and improvement in strength and conditioning. Brandon Rigoni, a star on special teams, was Nebraska's 2006 Lifter of the Year.

LIFTER OF THE YEAR



NEBRASKA'S WORLD-CLASS STRENGTH AND CONDITIONING FACILITIES

PROFESSIONAL TESTING

NFL scouts regularly visit Nebraska, including the annual Pro Testing Day, where scouts watch workouts of Huskers with professional aspirations.



Three Reasons for Success

Program - The Husker Power Strength and Conditioning Program is geared for maximum improvement of performance on the field. Each athlete receives their own individual computerized program.

Supervision - The Athletic Performance Team has seven full-time strength and conditioning specialists. The Performance Team provides a wide range of services to help athletes prepare for a successful athletic career.

Facilities - The Charles and Romona Myers Performance Center will be the finest all-around athletic facility in the nation, providing athletes with all the tools necessary to achieve at the highest level. Nebraska's strength and conditioning facilities also includes a weight room at the Bob Devaney Sports Center.



DAVE
KENNEDY
Nebraska
Head Strength Coach

Nebraska's strength and training facilities set the standard for weight rooms across America. In addition to the new weight room in the Charles and Romona Myers Performance Center (completed Summer 2006), Husker student-athletes also utilize a weight room in the Bob Devaney Sports Center.