

# Nebraska's Nation-Leading Strength Program

By Brandon Gries, Nebraska Media Relations

Championship athletes train in championship facilities.

Seventeen years ago, the University of Nebraska was at the forefront of collegiate athletics with the largest weight training complex in the nation that gave Husker athletes a definitive edge in strength and conditioning. The results that came from beneath the West Stadium stands were three football national titles and six conference championships over the next eight years.

It forever placed Nebraska among the nation's elite.

In 2006, Nebraska finds itself in a similar position with the brand new Tom and Nancy Osborne Athletic Complex, the finest athletic facility in the nation, which includes a new strength center more than 40 percent larger than the previous weight room.

"The biggest thing is we have top-notch facilities that you're not going to see anywhere else in the country," senior quarterback Zac Taylor said. "It's really exciting to be a part of all this new stuff."

"When it comes to making plays on the field, it's hard to quantify how much that helps. But it's just great to be able to relax in that sort of environment. It's a really comfortable setting for all the guys."

Taylor understands what Coach Bill Callahan is referring to when talking about championships being built every time a Husker student-athlete steps into the Osborne Athletic Complex. It is that impressive.

The weight room is replicated from the historic Schulte Field House that stood near the same location for 57 years, complete with identical high, arching windows. Outsiders looking in can not only see Husker student-athletes at work, but also large "Nebraska" lettering on the south side of the weight room.

Out the south doors of the strength complex just 25 feet away is the football locker room, a facility so close Husker players appreciate the geography.

"It's so convenient because everything is close," senior linebacker Stewart Bradley said. "It used to be like you had to march all the way to the weight room. Just to get yourself mentally ready for the walk was a challenge. Now that it's so close you can just hop down and get everything done."

The plans for this state-of-the-art facility were announced in November of 2003, and over the last 33 months, the work in North Stadium has paralleled the success the Huskers have achieved on the field through the past three decades as the winningest program in the country.

One of the most notable features of the new weight room is the Transformer machines, which are designed to specifically for Husker student-athletes. The Transformers adjust to each person's height, and set Nebraska even further ahead of the rest of the country, as no other athletic facility in the world has this type of technologically advanced equipment.

The public had its first opportunity to view the weight room and the Osborne Athletic Complex last Friday night before to Nebraska's season-opening win against Louisiana Tech. After more than 11,000 Husker fans took the tour in a span of six hours, word is now spreading quicker than ever that the Huskers are back on top of the strength world.

