

HUSKER POWER

The model strength and conditioning program in the nation, Husker Power plays a major role in the continuing success of Nebraska athletics. Nebraska's strength program was the first in the nation. With 13 staff members, including Women's Basketball Strength Coach Rusty Ruffcorn, it is one of the most comprehensive strength and conditioning organizations in the nation.

Nebraska's strength training facilities have set the standard in collegiate strength training since the early 1970s. Not only does it feature the Charles and Romona Myers Performance Center in the Osborne Athletic Complex, it also features a weight room utilized by the basketball teams in the Hendricks Training Complex.





THREE REASONS FOR SUCCESS

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

Supervision - The Husker Power staff has nine full-time strength and conditioning specialists and four interns. Women's Basketball Strength Coach Rusty Ruffcorn works directly with the women's basketball program to help Husker athletes prepare for a successful athletic career.

Facilities - The Charles and Romona Myers Performance Center in the Osborne Athletic Complex and the Hendricks Training Complex are the finest all-around athletic facilities in the nation, giving athletes the resources to achieve at the highest level.

“The University of Nebraska strength and development program is the model for others in the country.”

Phillip Hage, Editor,
Physician and Sports
Medicine Magazine