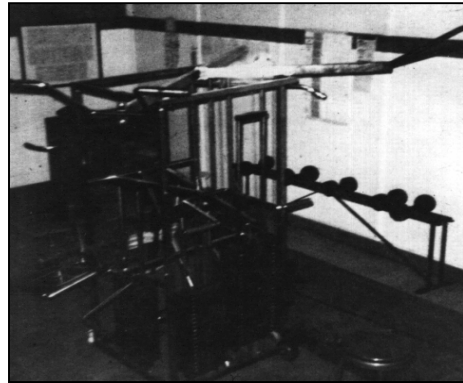


Husker Power Facility Timeline

1969 - It all started in the Schulte Field House in a 416 sq. ft. room adjacent to the athletic training room in Lincoln, Nebraska with one Universal Gym, a few dumbbells, and one Olympic set of weights. At this time lifting weights was not recommended by many coaches across the country. Even though the Nebraska strength program and facilities had a modest beginning they later set the standard for collegiate strength programs which impacted millions of student-athletes worldwide.



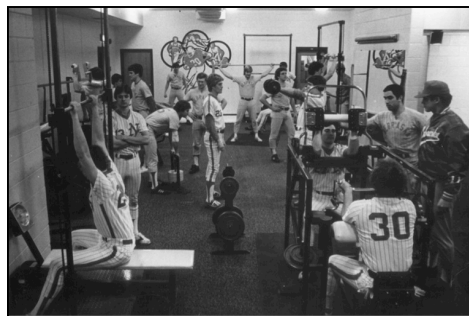
(Fig. 1) "The Beginning"

Bob Devaney approved the expansion of the North Field House weight room by removing the wall shown in (Fig. 1). The North Fieldhouse film room then became part of the North Field House weight room. The outside window in the film room in (Fig. 2) had been painted over for Tom Osborne to show film to his receivers.



(Fig. 2) North Fieldhouse Weight Room after wall was removed to add the Film Room space

1972 - A 1400 sq. ft. Circuit Room was opened in the new South Stadium. The Circuit Room provided a faster, more efficient workout for Husker athletes. Nebraska baseball is shown using the new circuit room in (Fig. 3).



(Fig. 3) 1400 sq. ft. Circuit Room

1974 - The North Fieldhouse weight room was expanded from 1344 to 2700 sq. ft. as the former varsity locker room became part of the North Fieldhouse weight room. When Memorial Stadium got new Astro turf for the football field the old turf was used for the floor covering in the weight room. Power racks were made from metal fence posts made available when the City of Lincoln relocated Avery Avenue.



(Fig. 4) North Fieldhouse Weight Room Expanded from 1344 to 2700 sq. ft.

1976 - The Bob Devaney Sports Center opened, which included a 1700 sq. ft. weight room for Olympic sports. The coaches for women's sports wanted Isokinetic equipment to introduce them to the benefits of strength training, but the equipment had to be changed to free weights to produce better strength gains the following year.



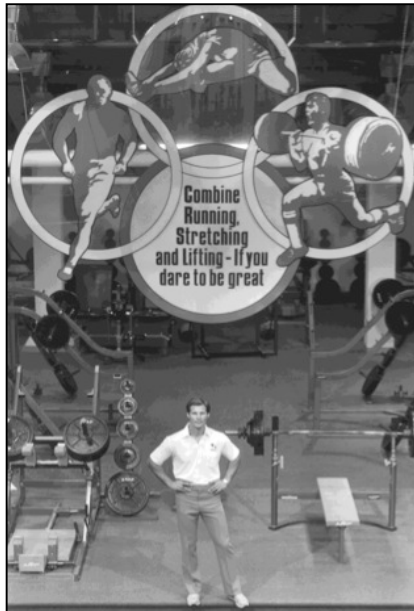
(Fig. 5) Bob Devaney Sports Center Weight Room opens

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



(Fig. 6) The West Stadium Strength Complex opens

Nebraska merged the North weightroom (fig. 4) located in Schulte Field House with the Circuit room (fig. 3) in the South Stadium into the West Stadium Strength Complex (fig. 6). At 13,300 sq. ft., it was the largest weight room in the world 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.



(Fig. 8) Dare to be Great

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

The images are likenesses of I.M. Hipp running, Jane Epley stretching, and Rod Horn lifting.



(Fig. 7) West Stadium Lobby before 1981



(Fig. 9) West Stadium Lobby until 2006

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. 10) West Stadium Strength Complex is Expanded

2002 - The West Stadium Strength Complex gets a \$410,000 facelift with transformers, four circuit lanes, sixteen lifting platforms, and new flooring.



(Fig. 11) West Stadium Strength Complex gets major facelift

The tunnel walk was moved back to the North end zone and a concrete flat arch created for the entrance to the field. (Fig. 13). 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."



(Fig. 12) Original Tunnel Walk from North Stadium

2006 - Chancellor Harvey Pearlman approved \$50 million dollars for the Tom and Nancy Osborne Athletic Complex project in the North end of Memorial Stadium. The legendary West Stadium Strength Complex moved where Schulte Fieldhouse once stood under the North stadium.

Built in 2006 during the Bill Callahan era Boyd Epley oversaw the design and construction of the Osborne Complex and the Hawks Championship Center. At the completion of the project Mike Arthur replaced Boyd Epley as Director of Strength and Conditioning as Boyd left Nebraska for the National Strength and Conditioning Association. Dave Kennedy was the new head strength coach for football and the new facility was widely regarded the premiere collegiate strength and conditioning complex



(Fig. 14.) Osborne Complex



(Fig.13) September 1, 2007– Callahan leads Huskers out the North end against Nevada

2008 - Bo Pelini replaced Bill Callahan and hires James Dobson as Head Strength Coach for Nebraska Football. James was an assistant strength coach from the University of Iowa.

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



(Fig. 15) The Husker Weight Room in the Osborne Complex

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 allowing for high impact strength programming on different dynamic surfaces.



(Fig. 16) The Ndamukong Suh Strength and Conditioning Center

2011 - Mike Arthur oversaw the design of the David and Carol Alloy Strength Complex located in the Hawks Championship Center. This space was originally designed for baseball hitting cages. The Alloy Strength Complex is a one-of-a-kind facility that is home for nine Husker sports. The Alloy Strength Complex is utilized by Husker volleyball, baseball, softball, rifle, soccer, women's gymnastics, track & field, cross country, and bowling student-athletes. This space became available when the hitting cages were moved to the Alex Gordon Training Complex in Haymarket Park. Two Circuit training lanes are used for student-athletes to build muscle. The 15 transformers from the Suh facility were divided between the Alloy and the new Hendricks lifting facility at the Bob Devaney Sports Center (fig. 13). The Alloy also features an Olympic size indoor sand volleyball court where the actual games have been played.



(Fig. 17) The Alloy Strength Complex located inside the Hawks Championship Center

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



(Fig. 18) The Hendricks Training Center located at the Devaney Sports Center.

2014 - Athletic Director Shawn Eichorst asks Boyd Epley to return to Nebraska as Assistant Athletic Director to oversee the Nebraska Strength and Conditioning Department and facilities again. Mike Arthur's title was changed to Director of Program Research and his focus changed to the programs Nebraska student-athletes use to improve their performance.

2014 - Mike Riley is hired as Head Football Coach and recommends Mark Phillipp from USC take over as the Head Strength Coach for Nebraska football.

2015 - Mark Phillipp's request is to double the number of barbell lifting stations in the Suh Strength and Conditioning Center is approved by Shawn Eichorst to give more Husker football players an opportunity to train at the same time. Nebraska turned twenty lifting stations in the Suh Strength Complex into forty lifting stations. Eichorst wants to provide the best opportunity for Nebraska student-athletes to develop themselves physically to win championships. Boyd Epley, Assistant Athletic Director for Strength and Conditioning says, "With increased lab time, course work, and life skills activities required of the student-athletes, we needed to give Mark Phillipp our Head Strength Coach for Football an opportunity to have more players training in the strength complex at the same time."



(Fig. 19) The Suh Strength Center

Mark Phillipp 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.”

Brad Muehling, a former offensive center has represented the university on many athletic department projects. He and John Ingram, Director of Athletic Facilities, along with others have done a great job with athletic department facilities.



(Fig. 20) John Ingram has made a tremendous impact in Nebraska facilities.