

# #4. EPLEY NSCA Years

2006

Jerry Schmidt is named to the USA Hall of Fame. Jerry was a student strength coach at the University of Nebraska. He was from Harvard, Nebraska and was the Head Strength Coach at Oklahoma State, Notre Dame, Florida before having a very successful career at Oklahoma. In 2018 Jerry joined the Texas A&M staff.



First Legends

2007 –May 10th

I was honored as a Legend in the Field by the Collegiate Strength and Conditioning Coaches Association. The award is given for efforts on behalf of the strength and conditioning profession. These four “Legends” were the first in the nation to receive this award (L to R) Al Vermeil, Meg Stone, Al Miller, Boyd Epley.

2007

I was one of the first to receive the prestigious FELLOW awards.(FNCSA)

2007 July 29,30

The NSCA celebrates a 30 year anniversary and presented the President and all the former President’s a gold ring.

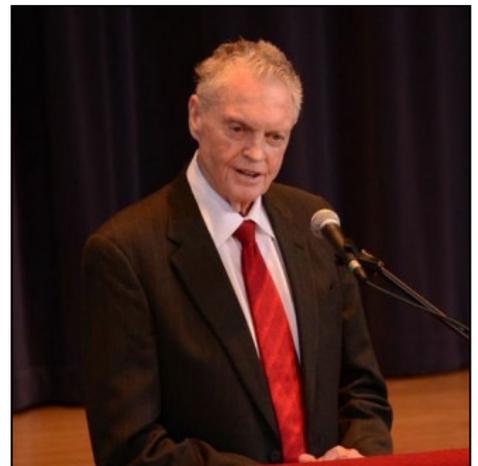


2007 - October 13 - the football team lost its homecoming game 45-14 to Oklahoma State. Two days later, Nebraska Athletic Director, Steve Pederson was fired by chancellor Harvey Perlman.

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.



Tom Osborne is Nebraska’s Athletic Director.

2007

I was presented the President's Award from the Professional Strength Coaches Association in honor of Clyde Emrich, Louis Riecke, and Stan Jones.



Meanwhile in Colorado Springs my son Jay Robert (J.R.) is a certified personal trainer (NSCA-CPT) and works in the NSCA certification department

J. R. Epley is hired full-time at the NSCA



President's Award from the Professional Strength Coaches Association

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.

Unfortunately Coach Dobson took out many of the innovative machines that I had developed specifically for Nebraska. When Zach Duval was hired in 2017 he asked for all of them to be added back to the facility where the football team trains.

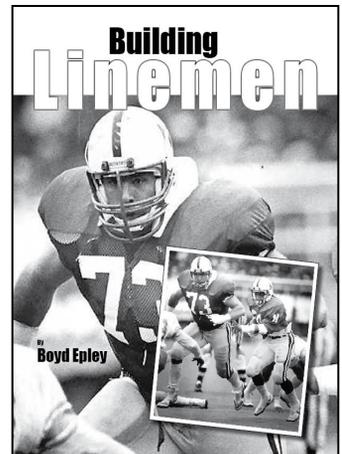
2008

I wrote a manual "Building Linemen" featuring 48 All-American linemen from the Husker Power Era.



Chase Beideck is training to be a strength coach

Jane are getting back to Nebraska for a few games. A bonus is seeing daughter Jenna and her finance' Chase Beideck a former Nebraska scholarship shot putter and discus thrower from Kearney. Chase came to the NSCA headquarters in Colorado Springs to do a 12 week internship and stayed with the Jane and I.



Jenna Epley with mom and dad at Husker game

**2008 December**

Jenna Epley pursues a Registered Nursing Degree in Omaha to add to her bachelor's degree.



**2009 July**

NSCA President Lee Brown asks the Board of Directors to re-name the NSCA Lifetime Achievement Award the Boyd Epley Award for Lifetime Achievement. I had been the first to receive the award in 1993.



**2009**

Before the 299<sup>th</sup> straight sell out game in Memorial stadium got underway I was honored as the University of Nebraska celebrated the 40<sup>th</sup> anniversary of hiring the first full-time paid strength coach in college history.



**2009 July**

The NSCA hosted the National High School Index Championship to qualify for the NSCA International Index Championship. The highest index total determined the champions.



The first International Index Champions and their coaches  
L to R Bob Tim Majana's Coach, Jake Wurth Head Judge, Men's  
Champion Arty Sacco, Majana's mother, Female Champion,  
Majana McCollum, Boyd Epley Meet Director and Arty's coach  
Dr. Doug Briggs





2009 September 12<sup>th</sup>

Athletic Director Tom Osborne took time to have a photo taken with me in the actual office where he and Bob Devaney made collegiate history by hiring the first paid strength coach. I was Tom Osborne's only Head Strength Coach during his twenty-five year career as Nebraska Head Football Coach.



Barry Switzer and I get a chance to catch up at the NU vs OU festivities. Barry has been a good friend to Nebraska and me over the years. He hired both Jim Williams and Jerry Schmidt to be Oklahoma Strength Coaches.

2009 November 6

Many major award winners from both Nebraska and Oklahoma were on hand for the festivities this gameday. Larry the Cable Guy provided some great laughs.

2010

Tom 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**.



2010 June 23rd

President Virgil Polak of the National High School Coaches Association (NHSACA) presented me with the Carey E. McDonald National Citation Award for my work nationally with high schools.

2010 April

The Ndamukong Suh's donation of 2.6 million dollars led to the Strength and Conditioning Center being named after him.

2010 June

Historian John D. Lukacs who writes for ESPN.com wrote: "**Boyd Epley is arguably the single most important individual in the history of strength and conditioning in college athletics.**"



# Strength of America Award

## 2010 July

The NSCA in conjunction with the Presidents Council on Fitness, Sports & Nutrition creates the Strength of America Award for High Schools that reach the gold standard in Program, Supervision and Facilities.

## 2010 July

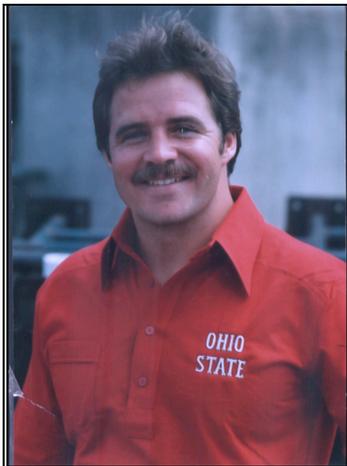
Former Nebraska assistant strength coach from Omaha Burke HS was presented the Boyd Epley Award for Lifetime Achievement. Steve was the first strength coach at the University of Miami and the first strength coach at the Ohio State University.



First Winners of the Strength of America Award (l to r) Steve Szymkowiak, Mike Nitka, Bob Tim and Patrick McHenry

## 2010 July

The Colorado State Games used the EPIC Performance Index to determine the best athlete. The winners from each sport were invited to participate.



Steve Bliss



The winners were High Jumper Kelli Kuhn and Long Jumper Joshua Trahan



## 2010 September

Players and coaches from the 1970 National Championship Team gathered the night before a game and were introduced at the game in Memorial Stadium to celebrate the 40<sup>th</sup> anniversary of Nebraska's first national championship.

## 2010 October

The NSCA board of directors approved the RSCC\*E distinction which honors certified strength coaches with 20 years or more of experience. I was the first to receive this distinction and the RSCC ring.



## 2010

I was asked to participate in the Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions. There were several recommendations made but the one most needed is #8 which asks that no sport coaches oversee strength coaches. This structure has helped contribute to multiple deaths in the last few years in conditioning sessions. Not football practice or games but conditioning sessions.



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consensus statement

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

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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 reviews 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 goal. 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 athletic deaths and serious injuries during conditioning sessions. A total of 21 National Collegiate Athletic Association (NCAA) football players have died during conditioning workouts since 2001.<sup>1</sup> 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

The Inter-Association Task Force



**2010 December**

My daughter Jenna Epley is married to Chase Beideck at the Champions Club in Lincoln, Nebraska and purchase a home in Omaha.

**2011 January**

Jon Jost a former Nebraska assistant strength coach from Seward is presented the NSCA College Strength and Conditioning Coach of the Year Award. Jon was the Head Strength Coach at Holy Cross then SMU before having a great career at Florida State.



**2011 February**

Dave Redding a former Nebraska defensive end from North Platte and strength coach for Washington State, Missouri, Cleveland Browns, Kansas City Chiefs, Washington Redskins, San Diego Chargers, helped win the Super Bowl with the Green Bay Packers. Dave was inducted into the USA Strength Coaches Hall of Fame in 2006.



Dave Redding  
Super Bowl Champion



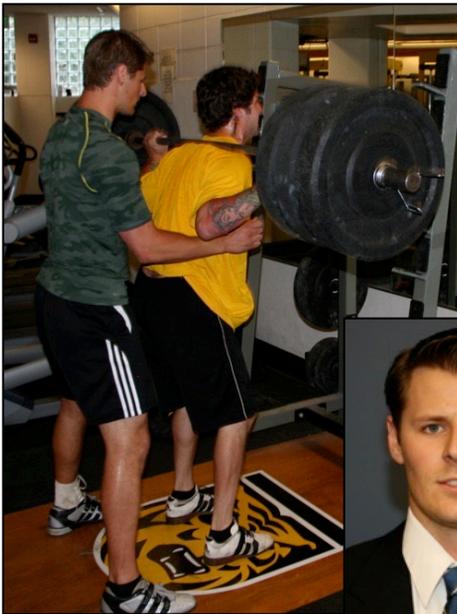
May 5<sup>th</sup> – My wife and I with family and friends  
When I was presented the 2011 Nebraska Alumni Award

**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.

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



Hendricks Strength Complex.

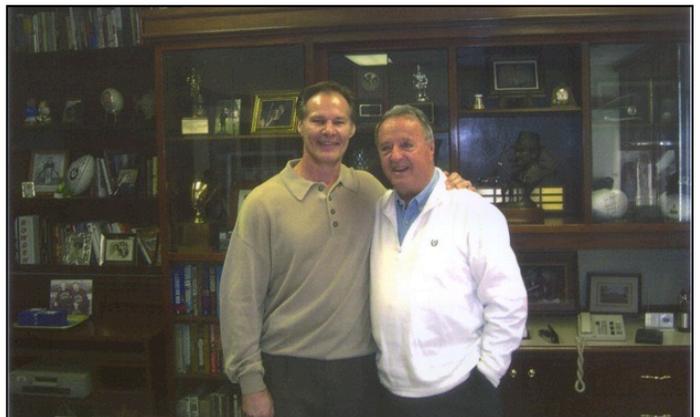


**2011**

J.R. Epley trained the Colorado College Lacrosse Team to a 15-1 Championship Season. He then decided he needed to leave Colorado and the NSCA Certification Department to finish his college degree at the University of Nebraska Omaha.

**2011 July**

Bobby Bowden was the keynote speaker at the NSCA National Conference. Bobby at one time had three strength coaches from Nebraska on his football staff. He was quoted in Sports Illustrated saying, "Nebraska fundamentally changed the way a football game is played because of its strength program."



In Bobby Bowden's office.

2011

The University of Nebraska sent the “Jack Bench” to the Lutch Stark Museum to be displayed. The bench has two tractor jacks that allowed the athletes to adjust the bar depending on the height needed. Nebraska is known as the birthplace of strength and conditioning for collegiate athletes and also is the birthplace of the National Strength and Conditioning Association.



2011

The Lutch Stark Museum contains the largest collection of strength and conditioning history in the world.

The Nebraska “Jack Bench” now resides in the Lutch Stark Museum in Austin, Texas



2011

The 1971 Nebraska Football team and coaches were honored in Memorial Stadium to celebrate the 40 year anniversary of their National Championship. According to Sporting News after 125 years of college football the 71 Huskers were the selected as the Greatest Team that ever played. I was very proud to be their Strength and Conditioning Coach.



I am honored to be included as one of thirteen icons in the Lutch Stark Museum. I’m shown between Eugene Sandow and Bob Hoffman



Back in 2004 I included a sand volleyball court inside the Hawks Championship Center along with Baseball hitting cages. The Olympic size indoor sand volleyball court came in handy when the NCAA made Sand Volleyball an official sport. NCAA games have been played here each year since.



Olympic sized Sand Volleyball Court

**2011** - Mike Arthur took out the batting cages and created the David and Carol Alloy Strength Complex located in the Hawks Championship Center.

The Alloy Strength Complex is utilized by Husker volleyball, baseball, softball, rifle, soccer, 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 and ten Transformers are used for student-athletes to build muscle.



The Alloy Strength Center

**2012 January**

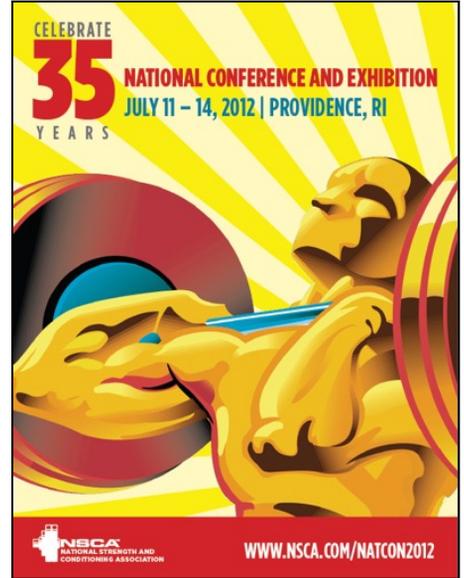
I was asked to oversee the National Strength and Conditioning Association history and awards and asked Awards Unlimited in Lincoln for help to display the major awards in the NSCA lobby located in Colorado Springs, Colorado. The award stands shown to the right are patterned after Nebraska's National Championship Volleyball award stands.





**2012 June 17**

My mom Muriel Epley turned 90.



**2012 July**

The NSCA celebrated 35 years at the National Convention in Providence, RI. Jim Williams and Pete Martinelli joined me on stage to tell stories about how the NSCA was created. Former NFL coach Dick Vermeil was on hand to present the Boyd Epley Award for Lifetime Achievement to his brother Al Vermeil. Al is a Legend in the strength and conditioning field with six championship rings from the Chicago Bulls.



**2012 July 18**

My wife's grandmother Dorothy Carlson turned 100.

**2012 August**

Jenna Epley Beideck shown with husband Chase, is accepted to the Creighton University Doctorate of Nursing Practitioner Program in Acute Cardiac Care.



**2012 September 21**

Former Nebraska Defensive End Steve Manstedt is inducted into the Nebraska Hall of Fame along with Ahman Green and others.

**2012 November 3**

Jenna's husband Chase Beideck accepts a Strength Coaching Position at Fort Carson in Colorado Springs.

**2012 November 16**

I was asked to participate on a task force for USA Weightlifting to improve their chances to win medals in the Olympic games.

**2012 November**

Jane and I purchased a fishing lodge between Lincoln and Omaha in Beacon View and make a vow to one day return "Home" to Nebraska full-time.

**2012 December 20**

Jenna and Chase Beideck brought a very special young man into the world. Cash Beideck. Jane and my first grandchild. Check out the thigh muscles in this 9 month old.



Cash Beideck at nine months

**2013 January 2**

Tom Osborne retires as Nebraska Athletic Director. 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. In 1976 when I was hired by the Detroit Lions he said, "IF you stay with me here at Nebraska, I will always be there for you." That was all I needed to hear.



Tom Osborne retires as Athletics Director.

Regarding the Husker Power contribution to his coaching career, Osborne said, "Boyd Epley created Husker Power 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."

2013 - Shawn Eichorst is hired by Nebraska. Eichorst relied on a strong value system and a student-centered approach to lead the department.



Mike Arthur

2013 January 5

Mike Arthur, CSCS and RSCC\*E, Hall of Fame Strength Coach from Nebraska and my first paid assistant speaks at the NSCA Coaches Conference in Nashville with my son J.R. Epley demonstrating.

2014 August

Mike Arthur moves a percentage of his time to the Nebraska Athletic Performance Lab to do Performance Research .



Shawn Eichorst is Nebraska Athletic Director.

This creates an opening for Nebraska to create an Assistant Athletic Director position to oversee the Strength and Conditioning Department and a search begins...

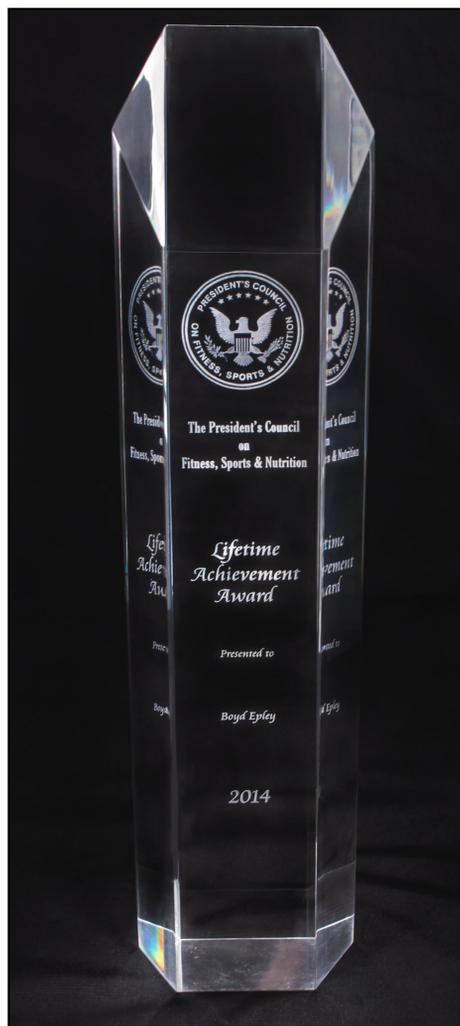
2014 - September 16 – I was presented the President’s Council on Fitness, Sports & Nutrition Lifetime Achievement Award.

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. I was the first strength and conditioning coach to ever be honored with this prestigious award.



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



**2014 September 20**

The 1994 National Championship Football team is honored prior to the start of the Miami game at Memorial Stadium. Coaches and players took the field to create a tunnel walk for the current football team. (Photo by the Omaha World Herald)



**2014 September 20**

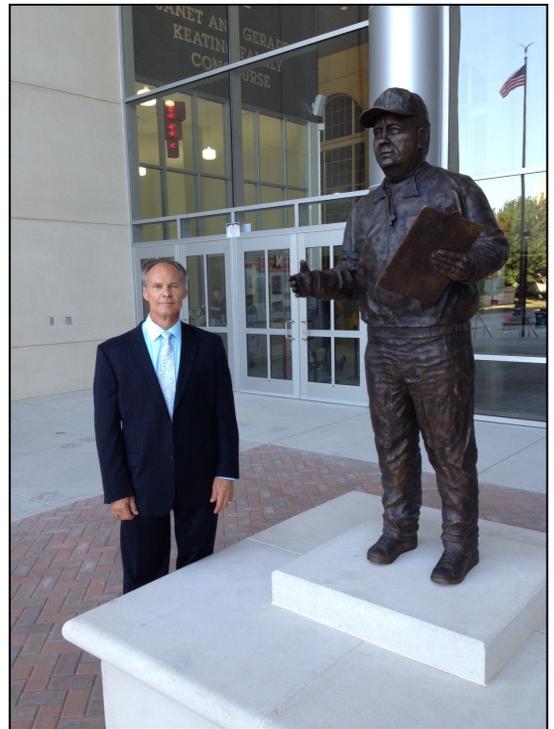
Also that evening Bill Byrne (former Nebraska Athletic Director) and I are honored at half-time. Bill was honored with the NCAA Lifetime Achievement Award while I was honored with the Lifetime Achievement award from the President's Council.

**2014 September 22**

The University of Nebraska Athletic Department announced that I will return to Nebraska as the Assistant Athletic Director for Strength and Conditioning.



My new Headquarters



My report date to Nebraska Officially was October, 6 2014

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