

#5. Returning to Nebraska

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...

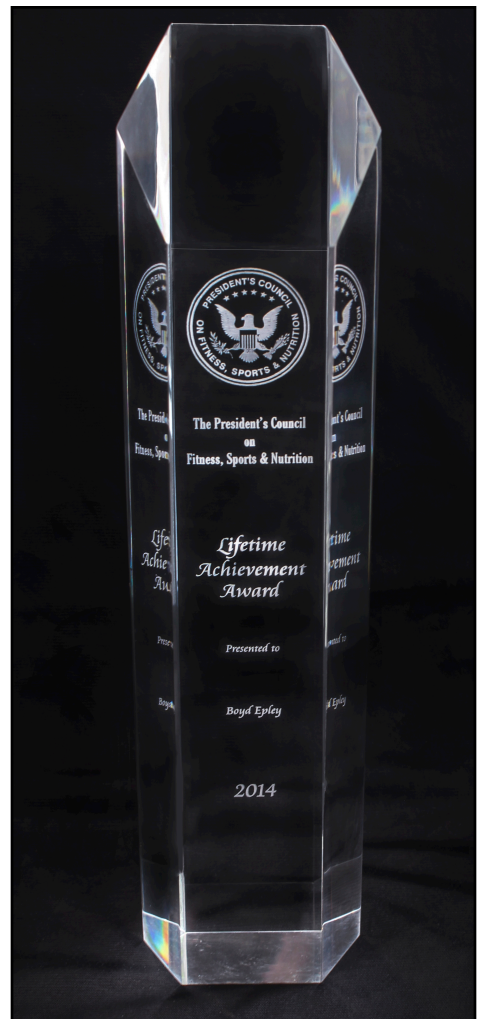
2014 - September 16 – I was presented the President's Council on Fitness, Sports & Nutrition Lifetime Achievement Award.

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.

2014 - December 4 - After a swift, silent search Mike Riley was picked to be Nebraska's new head football coach



Mike Riley is Nebraska's new Football Coach

I didn't waste any time taking advantage of the five million dollar Nebraska Athletic Performance Research Lab (NAPL) I moved testing for all sports to the NAPL and began creating all new school performance testing records.

Soon the Nebraska football team and eleven other sports were setting records in the Lab.

Coach Mike Riley says "We have Boyd Epley, he's like a scientist with research lab expertise to give our players a picture of who they are, but also a vision of where they can go."



Vertical Jump on Force Plates



Mike Arthur timing the 10 Yard Dash



Pro Agility Run on new Red Turf

2015 January 6

My daughter Jenna Epley Beideck and husband Chase have a second son named Colt on January 6, 2015. The photo to the right shows Cash seeing his new brother Colt for the first time as Jenna looks on.

2015 January

Mark Philipp is hired as Head Strength Coach for Football. Mark who was an Assistant Strength Coach at USC hired four assistant strength coaches including Jamie Belt from UNO.



Cash meets Colt

2015 February 1

Jane and I were surprised to be guests of Gatorade at their 50th anniversary celebration hosted at the Super Bowl in Phoenix. We were very humbled to be included along with some incredible athletes such as Michael Jordan, Peyton Manning, Derek Jeter, Usain Bolt, J.J. Watt, Mia Hamm and many others.



Peyton, Derek, Mia and Michael



Boyd and Jane at Super Bowl



What a tremendous experience a Super Bowl is – many thanks to Gatorade for including us



J.R. Epley is in Michigan working on his Master's Degree. His mentors are Mike Favre and Bo Sandoval. His Men and Women's Cross Country Teams each won the Big 10 title in 2015. The first since 1998. His Women's Track athletes won in 2016.



J. R. Epley is a G.A Strength Coach at the University of Michigan

2015 June

The SUH weight room went through a major facelift as Mark Philipp requested Power Lift to switch out the twenty half racks for twenty double half racks making forty lifting stations in basically the same footprint.

2015 August

The NCAA legislation went into effect requiring all Division I Strength and Conditioning Coaches to have accredited Certification. The NCAA recommended CSCS Certification from the National Strength and Conditioning Association or SCCC Certification from the CSCCa for all strength and conditioning coaches.



2015 Suh Strength Complex



2015 - September 4 -

Nebraska creates the Nebraska Athletics Hall of Fame and the first class is inducted before the home opening BYU football game.



Nebraska Athletics Hall of Fame.

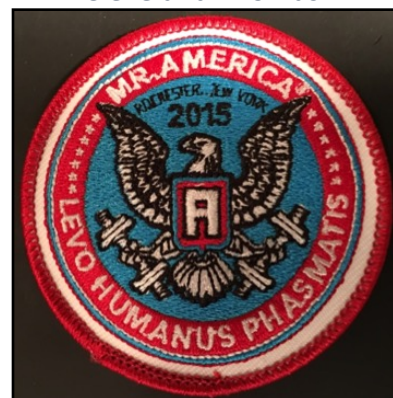
2015 October

I was asked to judge the 2015 Mr. America contest in Rodchester, New York. Bruce Ebel purchased the rights to the Mr. America event and cleaned up the drug issues. I had judged the Mr. America contest in Santa Monica, California in 1977 and afterward was asked to replace R. Countryman as the National Physique Judge. I declined the offer in 1977 and voiced my displeasure for the rampant drug use that was involved at that time and never judged a physique competition again until Ebel called.

The 2015 winner, Cleveland Thomas was the first Mr. America winner to be drug tested. Ebel then came to Nebraska to interview me for a documentary film he was making and had his cameras rolling for parts of the upset win over Michigan State.



2015 Mr. America
Cleveland Thomas



2015 December

The Tom Heiser Award was presented for the fourteenth time to a Husker Power staff member who has overcome all obstacles to succeed. The winner this year is Karen Cook. Previous winners of the Heiser Award are: Nate Thomas, Curt Thompson, Ken Williams, Rob Kobza, John Archer, Tony Swenson, Danny Noonan, Rodger DeGarmo, Zach Duval, Chris Wieseman, David Hofmaier, Shaun Huls, and Josh Hingst.



Karen Cook wins Heiser Award

2015 December 19

Nebraska Volleyball Wins a fourth NCAA Championship. The championship was held in Omaha, Nebraska in front of the largest crowd to ever view a volleyball game live at 17,561 in attendance.



Nebraska defeats UCLA in Foster Farms Bowl

The Dashr timing system now sends a signal to a coaches telephone.

2017 - Brian Kmitta is named Assistant Director of Strength and Conditioning to bolster the strength and conditioning staff operating at the Bob Devaney Sports Center.

2017 - Stuart Hart is hired as the first strength coach dedicated to Women's Basketball with no other sports assignments. He comes to Nebraska from South Florida.

2017 – July 31 –Crew Beideck is born making three grandsons for the. Epley's.

2017 - September 15 –Dr. Todd Stull will oversee Strength and Conditioning, Nutrition and the Nebraska Athletic Performance Lab Research Lab Psychology and Sports Analytics.



Nebraska wins 4th National Championship with 3-0 win over Texas



Dashr Timing system.



Cash then Colt and now Crew