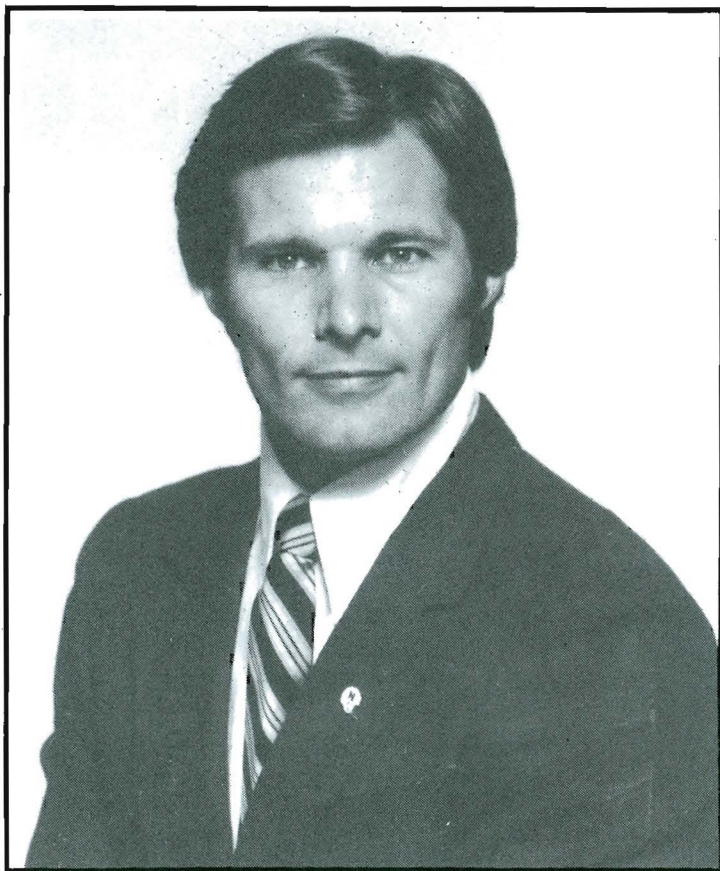
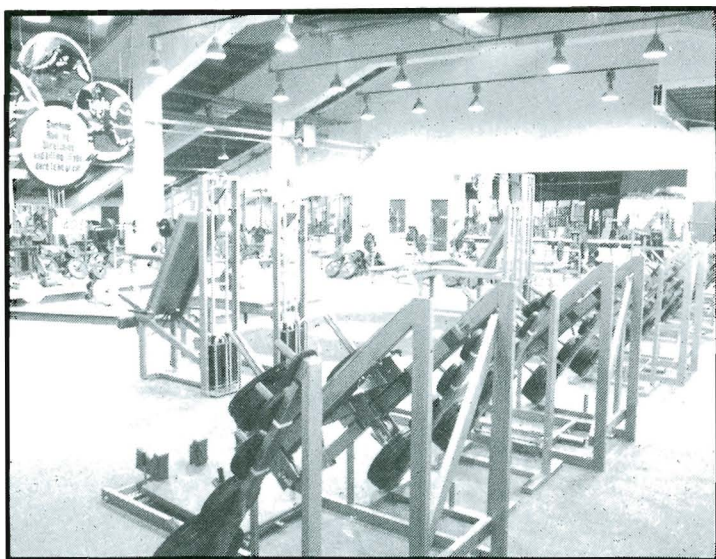


HISTORY OF ATHLETIC STRENGTH TRAINING

by
Dr. Greg Shepard
Part 8 in a Series



Boyd Epley — University of Nebraska



The Nebraska Weight Room.

**"MOTIVATION IS THE BIGGEST
PRIORITY FOR A
STRENGTH COACH"**

Boyd Epley

Any history of athletic strength training would not be complete without Boyd Epley. He has set the standard for strength training at the college level. Boyd Epley is living history.

When Boyd started as strength coach at the University of Nebraska during the 1968-69 school year, things were much different than today. "It was like I was going down a one way street and everyone else was going the wrong way. It was always a battle. Many coaches fought me," reflected Coach Epley. "Now, almost all the coaches are going the same way on that one way street. Coaches now believe weight training is important for all athletes and that is very gratifying."

"If the program had not worked and weight training had not produced positive results, I would have failed," said Boyd seriously. "In those early years, the coaches would have run me out, but good things happened."

"You want to hear something funny," laughed Boyd "I started out making \$2.00 per hour." "That's nothing Boyd, the University of Oregon in 1967 paid me \$25.00 total for the entire winter season and I was thankful to get it," I responded. Epley became salaried in 1970 and in 1972 the official position at Nebraska was created for Boyd. Our weight program started out as optional for the athletes and now a total conditioning program is mandatory.

In the 1970's Nebraska flourished and Boyd Epley's fame spread. Other coaches, especially football coaches, from other schools wanted a first class weight program. It was natural. They came to Boyd. Fourteen of his assistants have gone on to other college or professional teams. "Now every team has a strength coach and we don't really supply strength coaches like we once did. They really don't need me now," Epley stated.

Boyd believes his biggest priority is motivation. Recruiting is also a major part of Epley's job. In fact, Boyd works more closely with the recruiting coordinator than anyone else. He makes a recruiting film, book and poster EVERY YEAR! Boyd believes a recruit's first impression is crucial. Each recruit has a police escort from the airport and then Coach Epley shows off his famed facility. His facility is equipped with special coordinated lights for television. It also has a video room so when an athlete makes a new max, the film can be edited in time for the 6 o'clock news. Every moment must be positive. We must be the best.

"There are 3 main areas in which I want to be best," stated a philosophical Epley. "First, I want to have the best FACILITY. We've got the largest in the world. Second, I want to have the best PROGRAM. I don't mean the weight program but the athletic program in which the best is determined by wins and

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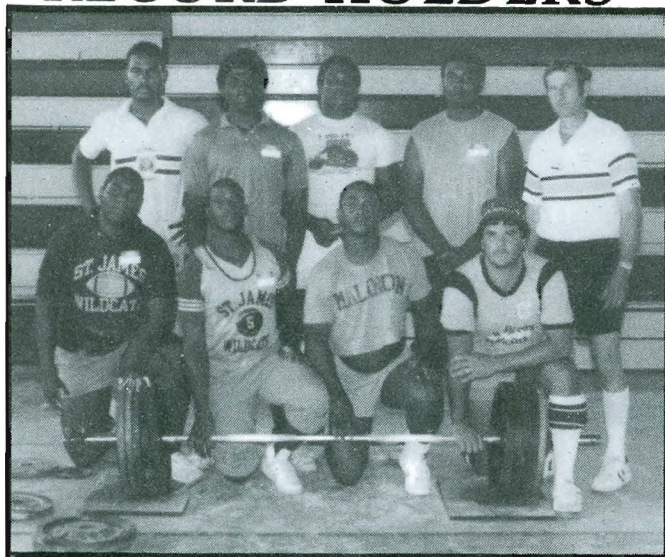
HISTORY OF ATHLETIC WEIGHT TRAINING

losses and championships. Nebraska has been ranked in the top ten 14 years in a row for the All-Sports trophy and of course, Nebraska's football team has been a dominate force with a 9-3 season being the worst out of 14 years. Third, I want to have the best supervision. We have 14 student supervisors which are all available at the same time. I also select supervisors who have expertise where I don't. For example, I have two computer programmers, two photographers, a nutritionist, welders, an artist, painters and typists."

Boyd Epley is a man of great drive, a creative genius and the main force in developing the strength coaching profession. He is the founder of the National Strength Coaches Association and its past president. Its membership now boasts over 5,000. The N.S.C.A. is responsible for many positive contributions to athletes, coaches and programs worldwide.

Boyd Epley is very excited about the future and sees great changes and continued development of athletes. You will soon see women as strength coaches at universities. Athletes in the 21st century will be extraordinary human beings. The difference now between athletes and non-athletes is big but the difference in the next century will be like a different species. The advances in science, nutrition and training methods will have far reaching effects," concluded Epley.

RECORD HOLDERS



New BFS Clinic Record! Eight athletes Dead Lifted 500 or more! St. James High School, Louisiana. Clinic was held last June. Pictured top row left to right: Albert Eason, Kevin Jackson, Noel Allen, Eric Williams, Head FB Coach Allen Hymel. Bottom row: Joseph Julian, Terrance Harrison, Ryan Malancon, Errol Lassere.

Photo by Kirk Crochet
Our Great BFS Rep from Loreauville,
Louisiana

JIM RITCHER



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