

# profile

## Success not just a word for UNL strength coach

He doesn't like his weight training rooms to be messy, so he picked up the piece of paper, wadded it, and whipped it behind his back toward the waste basket some 30 feet away.

The paper wad banged against the back of the basket and dropped in.

These days everything seems to be dropping into place for Boyd Epley, the University of Nebraska-Lincoln's strength and conditioning coach.

Epley is a 6-foot, 220-pound slab of muscle whose torso most resembles an inverted pyramid. He's a former "Mr. Nebraska (three times)," "Mr. Midwestern" and "Mr. Mid-America."

At one time he held 16 Nebraska state weight lifting records, and in 1972 was named Outstanding Lifter of the Year for the Midwestern District of the Amateur Athletic Union (AAU).

In 1972 Epley was hired by the Athletic Department as a body conditioning and weight training instructor.

But after having achieved state and regional success in both body building and weight lifting, he began looking toward national competition. In 1972 he went to both the national weight lifting championships and the Mr. America contest as a spectator.

"At that time," Epley said, "I had lots of decisions to make. I didn't know what I wanted to do."

His experience at the national competitions convinced him that competing at the national level wasn't worth the cost.

"I discovered that a very large percentage of weight lifters and almost all body builders had allowed themselves to become involved with steroids (controversial compounds claimed to cause rapid strength and muscle growth). This, and the sort of extreme devotion necessary to compete successfully at that level, helped me realize my work was here," Epley said.

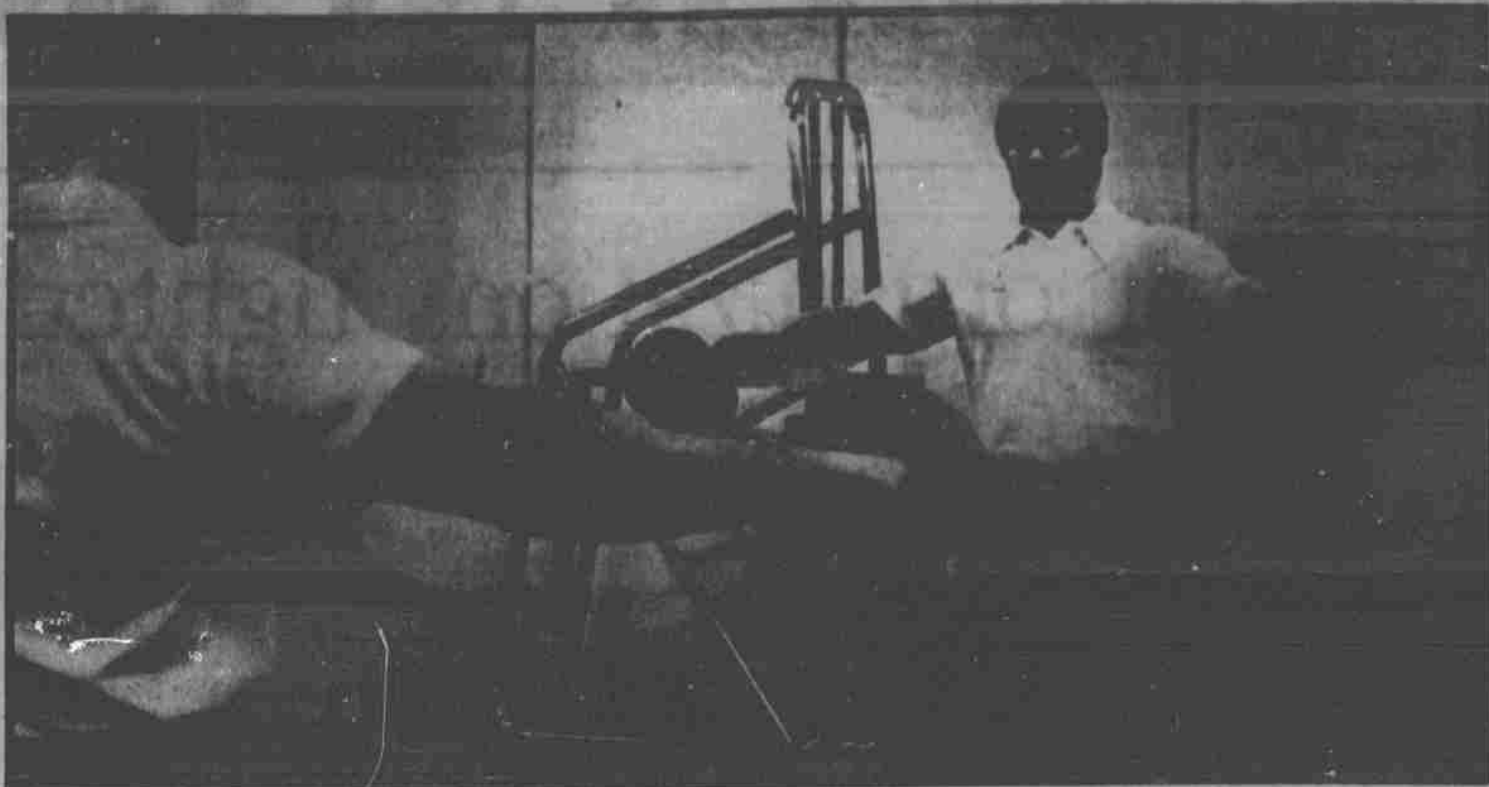


Photo courtesy Sweep Left Health Club

Boyd Epley, UNL strength and conditioning coach.

He retired from all weight lifting and body building competition, got his Master of Education (M.Ed.) degree from UNL, got married, and was named strength and conditioning coach at UNL.

He then devoted himself to building what some believe is the best strength and conditioning program in the country.

A measure of Epley's success is reflected in the fact that last year's national collegiate football champion, the University of Pittsburgh, built a weight room identical to UNL's and copied Epley's weight program a few years ago.

Strength coaches from Penn State, Alabama, Arkansas, Michigan State, Wisconsin, UCLA, Indiana and other schools have contacted him for help with their programs and in making equipment purchases.

He's becoming so well-known and widely respected that equipment companies are beginning to include his name and face next to endorsements by such coaches as John McKay (former USC coach, now coaching the Tampa Bay Buccaneers).

Equipment companies send him expensive equipment for free to replace other equipment he's gotten free, hoping that the new equipment will win his endorsement.

Epley's assistants for the past five years have all gone on to strength coach positions at major universities such as Arkansas, Miami (Fla.) and SMU. And this year's assistant, Mike Arthur, the national collegiate power lifting champion at 132 pounds, will likely go on to a similar position.

In 1968, when Epley arrived at UNL on a track scholarship, the weight lifting facilities consisted of a small part of a room with a few barbells and dumbbells in it.

Today Epley presides over an empire of four large weight rooms at UNL, three for varsity athletes and one for other students. The weight rooms are fully equipped with the most modern and effective weight machines as well as every type of barbell and dumbbell.

Epley has designed much of the equipment now in use, saying that the dimensions of the equipment he could buy were not quite right for producing the best results.

Epley helps repair the equipment, too. And with 200

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### When do you say Budweiser?

- When I think about pizza.     When my wallet says I can't afford pizza.
- When the delivery guy leaves three large pizzas (with everything) at my door by mistake.



Actually, anytime's the right time to say Budweiser. And when you do, you've really said it all!

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