



The University of Nebraska freshmen football team travels to Manhattan, Kan. Friday for a game with Kansas State.

Former Husker pole vaulter leads weight training program

By Dave McBride

In the basement of the new athletic office building is \$10,000 worth of new weight training equipment.

It comprises the most advanced collegiate weight training facility in the nation, according to the coordinator. The facility is largely the result of an injury to a Nebraska athlete of four years ago.

Boyd Epley, a transfer pole vaulter from Phoenix, Ariz., Junior College, hurt his back before his senior year in 1969. As part of rehabilitation, he was assigned a weight lifting program. Nebraska's weight lifting facilities at the time consisted of one Olympic bar, one universal gym and four dumbbells.

Epley's back healed. But he continued the weight training program, and soon the athletic trainers were sending other Husker athletes to him for advice on correct weight lifting techniques.

After his graduation in 1970, Epley was persuaded to stay at Nebraska as a graduate assistant. He began scouting for new equipment to improve the "dungeon" weight room in the fieldhouse and secured more athletic department funds to begin a more extensive weight training program.

Epley is now Nebraska's first full-time weight

lifting coach. He develops in-season, pre-season and off-season weight programs for every sport in addition to helping the trainers prescribe special rehabilitation programs for injured athletes.

The weight room called the circuit room, will be only one of three weight rooms when the new fieldhouse is completed. It will be primarily used by football players, Epley said.

Two circuits of exercises, one designed for backs and one for linemen, take between five and seven minutes for each player to complete. More than 130 athletes can use the weight facilities each day.

The emphasis of the current in-season football program, he said, is on "explosive, usable strength, not bulk weight." The equipment is specially adaptable to football drills. The use of adjustable, hydraulic equipment allows an athlete to simulate different amounts of weight resistance without the danger of loose weights and barbells.

"Variable speed is the new concept in weight training," Epley said. "Variable resistance has always been possible, but we're looking for something that will be safe as well as effective."

He said he doesn't buy any weight equipment he has not used personally. He spent almost three months last year testing one weight machine before purchasing it.

Phi Delts again No. 1 in flag football rankings

Defending All-University flag football champion, Phi Delta Theta, retains first place in the weekly **Daily Nebraskan** rating of intramural class A teams.

Sporting a 3-0 record, the Phi Delts said they felt their chances of being repeat champions are excellent.

Returning offensive and defensive starter T.J. Niehaus said the team is "running basically the same plays as last year."

"Winning the title in consecutive years is a tough assignment. However, we have many returning starters and believe we can do the job," he said.

The complete list:

1. Phi Delta Theta
2. Delta Upsilon
3. Pro Students
4. Harper IV
5. Abel II

Honorable mentions are given to Alpha Gamma Sigma, Hawks, Abel X, Gus II and Alpha Tau Omega.

Freshman Husker swimmer breaks world pentathlon record

Freshman Husker swimmer Jack Alexander set a world record for the modern pentathlon in the 300-meter freestyle event.

The 18-year-old recruit from Wayzata, Minn., competed for Canada in the World Modern Pentathlon Championships in London, England. His time of 3:18.1 bettered the old mark of 3:21.7 formerly held by Chuck Richards of Indiana.

"I finished 43rd overall," Alexander said, "but I didn't score in shooting or I would have finished much higher. Although I'll concentrate on swimming, I plan to continue to compete in the modern pentathlon and try to improve my shooting and fencing."

The modern pentathlon consists of equestrian, pistol shooting, fencing, a 4,000-meter cross country run and the 300-meter freestyle.

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