



Boyd Epley named Executive Director July, 1978
then President thru May, 1983



Bob Devaney Nebraska Athletic Director was the first NSCA Keynote Speaker

1978, July 29 - The first National Strength Coaches Association Convention hosted in Lincoln, Nebraska on Saturday and Sunday, July 29 and 30, was held at the Nebraska Continuing Education Center at 33rd and Holdrege. Boyd Epley was named Executive Director, and Chairman of the Board of Directors. The title President was not used the first year.

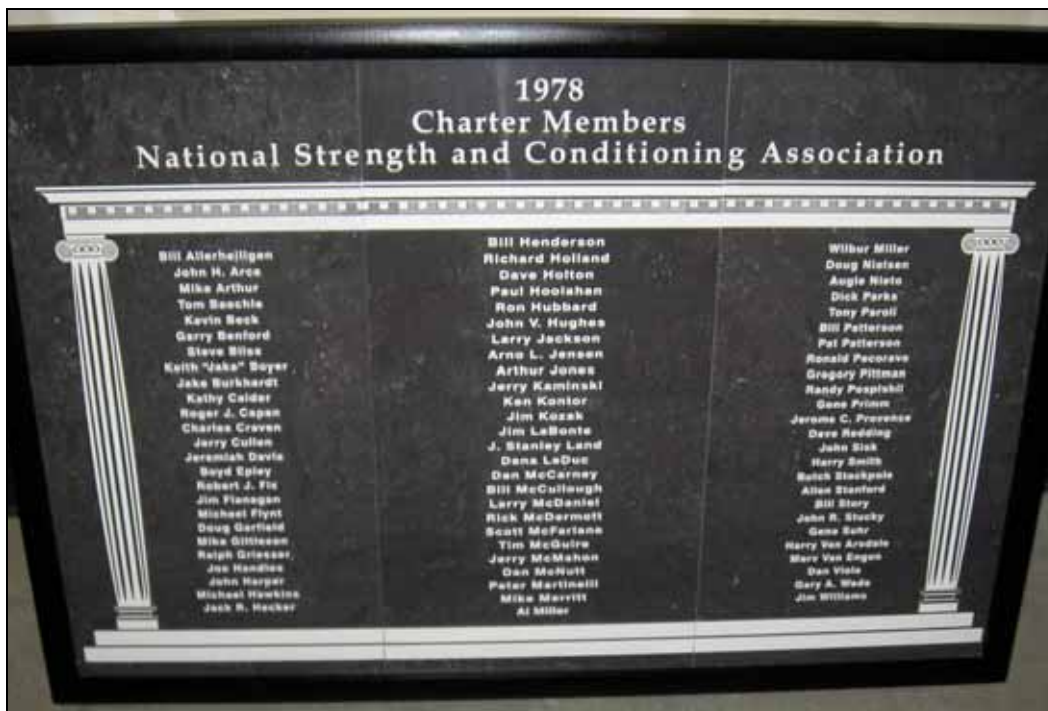
The Keynote speaker was Bob Devaney, Nebraska Athletic Director. The entertainment was provided by Nebraska All-American offensive tackle Kelvin Clark who sang *I've Been Everywhere Boys*.

1978, July 29 - The original mission of the National Strength Coaches Association was to: **Unify its members and facilitate a professional exchange of ideas in the area of strength development as it relates to the improvement of athletic performance and fitness.**

1978, July 30 - Six Regional Directors were elected: Bill Thomas – Western Region; Steve Bliss – Eastern Region; who later became President, Paul Hoolahan – Southeast Region; who later became Executive Director then Vice President, Dr. Tom Baechle – Midwest Region; who later became Executive Director then President, Pete Martinelli – Southwest Region; Mike Flynt – Northwest Region; and Luanne Sundberg – Secretary/Treasurer.



Nebraska strength coaches helping start the NSCA: (L to R) Jim Williams, Gary Wade, Mike Flynt, Dave Redding, Mike Arthur, Boyd Epley, Steve Bliss and Bill Allerheilgen



The 76 Charter Members who attended the first National Conference in Lincoln, Nebraska are displayed at the NSCA World Headquarters in Colorado Springs, Colorado.

Bill Allerheiligen
 John H. Arce
 Mike Arthur
 Tom Baechle
 Kevin Beck
 Garry Benford
 Steve Bliss
 Keith "Jake" Boyer
 Jake Burkhardt
 Kathy Calder
 Roger J. Capan
 Charles Craven
 Jerry Cullen
 Jeremiah Davis
 Boyd Epley
 Robert J. Fix
 Jim Flanagan
 Michael Flynt
 Doug Garfield
 Mike Gittleman
 Ralph Griesser
 Joe Handlos
 John Harper
 Michael Hawkins
 Jack R. Hecker

Bill Henderson
 Richard Holland
 Dave Holton
 Paul Hoolahan
 Ron Hubbard
 John V. Hughes
 Larry Jackson
 Arno L. Jensen
 Arthur Jones
 Jerry Kaminski
 Ken Kontor
 Jim Kozak
 Jim LaBonte
 J. Stanley Land
 Dana LeDuc
 Dan McCarney
 Bill McCullough
 Larry McDaniel
 Rick McDermott
 Scott McFarlane
 Tim McGuire
 Jerry McMahan
 Dan McNutt
 Peter Martinelli
 Mike Merritt
 Al Miller

Wilbur Miller
 Doug Nelson
 Augie Nieto
 Dick Parks
 Tony Paroli
 Bill Patterson
 Pat Patterson
 Ronald Pecoravo
 Gregory Pittman
 Randy Pospishil
 Gene Primm
 Jerome C. Provence
 Dave Redding
 John Sisk
 Harry Smith
 Butch Stackpole
 Allen Stanford
 Bill Story
 John R. Stucky
 Gene Suhr
 Harry Van Arsdale
 Merv Van Engen
 Dan Viola
 Gary A. Wade
 Jim Williams



Ken Kontor – NSCA
Assistant Executive
Director

1978, August - Ken Kontor was hired as Assistant Executive Director to run the NSCA office, and immediately began plans for the first NSCA Newsletter. Ken was named Executive Director in 1983. Ken didn't get a lot of credit but was responsible for much of the success during the early years of the NSCA.

1978, November - an introductory issue of the NSCA newsletter was sent to members that recapped the proceedings of the first national convention. The six Regional Directors were charged with hosting a Regional NSCA clinic annually.

1978, December/January - The National Strength Coaches Association Newsletter – the official voice of the NSCA began publication with the Dec/Jan Volume 1, Number 1. The newsletter was sent to 8,000 high school and college coaches. One of the first areas of concentration was women's strength training. Female athletes had only recently been accepted on an equal financial basis as men. To meet this need a women's section was planned in the NSCA newsletter. It would be announced in the 1979 June/July newsletter that Jane Lilyhorn was named the first National Director for Women's strength coaches.

1978, December/January - Three initial levels of membership were established: \$25 for Professional, \$25 for Affiliate and \$10 for Student.

1978, December/January - The NSCA College Football All-American Strength Team was presented in the very first NSCA newsletter. The selection committee consisted of six NSCA Regional Directors who determined winners from statistics submitted by Division I college strength coaches. Even though the NSCA was only a few months old the Associated Press nationally recognized the NSCA All-American Strength Team for Football on December 18th. This team helped put the NSCA on the map with football coaches around the country. Six members of this team were drafted in the first round of the National Football League (NFL).

1978, December/January - The NSCA Job Finder listed employment openings in the strength coaching field with the University of South Carolina and Louisiana State University being featured.

1978, December/January - The first Newsletter also featured a "Book Review Section," a "New Apparatus Report," a "Letter to the Editor Section," and coverage of strength and conditioning programs for a variety of sports.



First NSCA Newsletter



Jane Lilyhorn - First
National Women's Director

1979, May - The NSCA received support in the May issue of Strength and Health magazine by Bob Hoffman the world famous weightlifting coach and editor of the magazine.

1979, May 4-5 - Nearly 300 attended the second NSCA National Conference held in Chicago in conjunction with the Physicians and Sportsmedicine group.

1979, May 4-5 - Bill Thomas dropped out as a Regional Director. The remaining five Regional Directors would now have a dual role. In order to comply with the federal non-profit regulations the Regional Directors would now serve as the NSCA Board of Directors. Boyd Epley was elected as the President, Executive Director and Chairman of the new Board of Directors. The newly elected Board was a unanimous decision by the membership present at the convention. Epley was provided a \$4000 salary as Executive Director but never took any salary. Ken Kontor continued to serve as Assistant Executive Director.

Seven committees were established and certification was discussed for the first time receiving support from the members.

It determined that Regional Clinics would not be enough for the demand and a State Director format was selected. A "Guidelines to a Strength Clinic" booklet was prepared for the State Directors to ensure a standard of excellence and a section in the newsletter was established to list upcoming clinics.

The featured speaker was Bob Ward of the Dallas Cowboys and his program was featured in the NSCA Newsletter.



Boyd Epley shown speaking was elected President of the NSCA at the second NSCA conference in Chicago also pictured seated (L) to (R) are Robert Eberly, Legal Counsel, newly elected Board of Directors: Steve Bliss, Pete Martinelli, Ken Kontor, Assistant Executive Director and Board of Directors Paul Hoolahan and Tom Baechle



Robert Eberly - Legal Counsel was crucial in the early days of the NSCA

1979, May 4-5 - The NSCA announced a Journal will be published on a bi-monthly basis. On the months the Journal is not distributed a bulletin would be distributed.

1979, June 13 - The NSCA was incorporated in the state of Nebraska. Robert Eberly, Legal Counsel, was responsible for getting the NSCA off the ground legally with bylaws and contracts. Most of his time was donated.

1979, December 1 - Jane Lilyhorn who was serving as the National Women's Director, resigned to marry Boyd Epley.

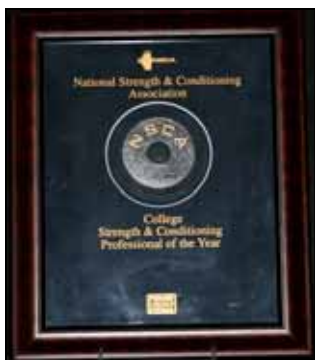
1979, December 15 - Seventeen states had NSCA State Directors.

1980, April - A questionnaire was mailed to NSCA members regarding the criterion necessary for certification. Respondents overwhelmingly favored certification.

1980, May 22 - The third National NSCA convention was held at the North Park Inn in Dallas, Texas. Many important traditions for the NSCA were set in place. The National Strength Coach of the Year Award was presented for the first time. The award was later changed to the College Strength Professional of the Year Award. The actual award has been changed and the original award shown here is on display at the NSCA World Headquarters.



Arthur Jones – applauding the First Strength Coach of the Year Award called the "Paramount Cup".



Current College Strength and Conditioning Professional of the Year Award



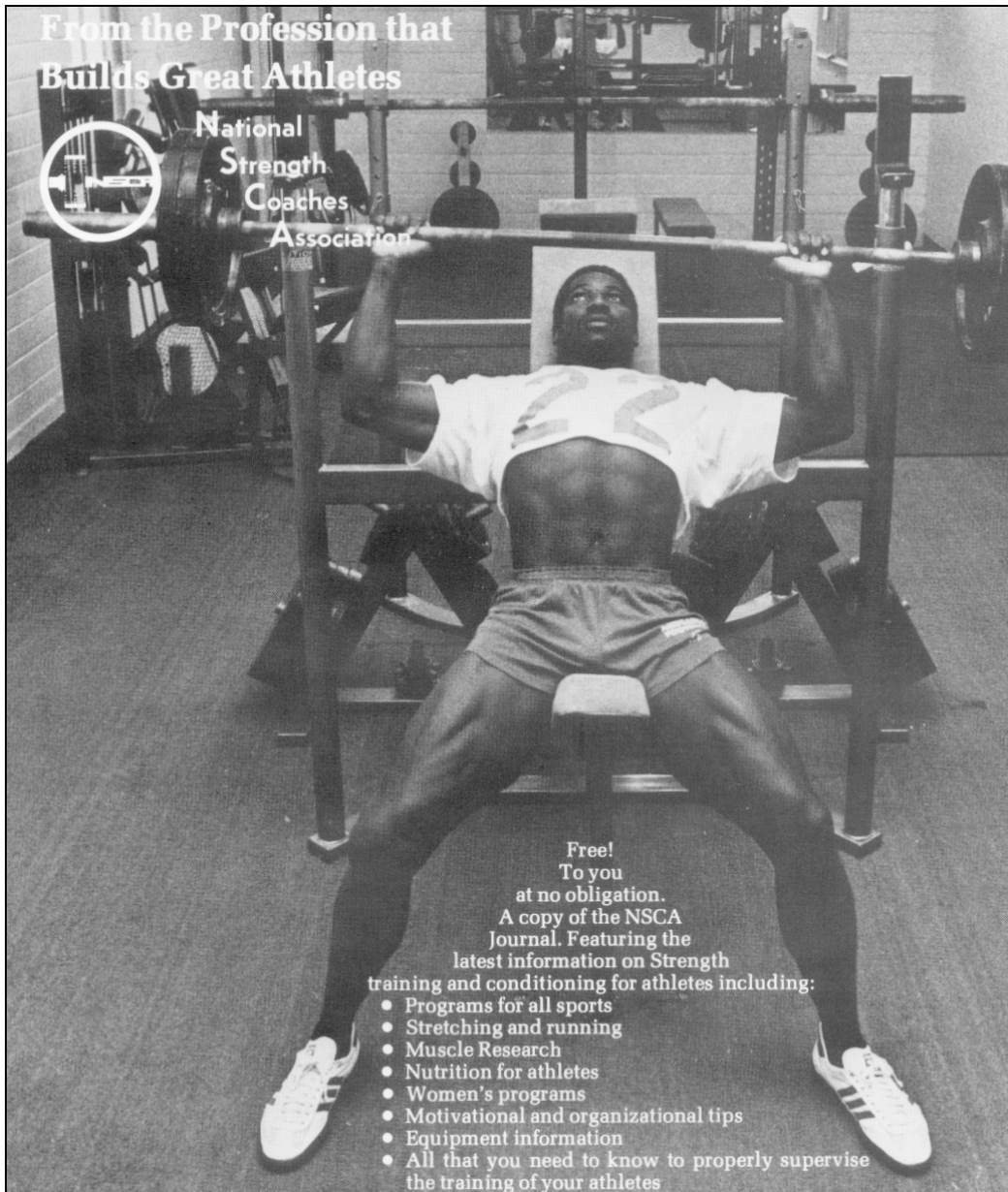
Boyd Epley - America's First Strength Coach of the Year receives the "Paramount Cup" from the Paramount Equipment Company representative Steve Rhodes.

1980, - 17,000 Free Look promotional brochures were sent out giving coaches a chance to see what the NSCA Journal was like which led to 2025 new members for the NSCA. The brochure featured wingback Kenny Brown from Nebraska.

1980, May 22 - Membership stood at 2600 on the second anniversary of the NSCA.

1980, May 22 - NSCA State Clinics were established which have proven to be the backbone of the NSCA grassroots network.

1980, May 22 - NSCA student membership is increased from \$10 to \$12.



From the Profession that Builds Great Athletes

National Strength Coaches Association

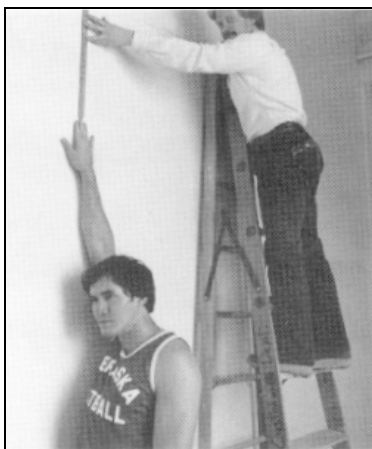
Free!
To you
at no obligation.
A copy of the NSCA Journal. Featuring the latest information on Strength training and conditioning for athletes including:

- Programs for all sports
- Stretching and running
- Muscle Research
- Nutrition for athletes
- Women's programs
- Motivational and organizational tips
- Equipment information
- All that you need to know to properly supervise the training of your athletes

Free Look Brochure generated two thousand new members

1980, May 22 - Certification committee chairman Dr. Tom Baechle pointed out to the members in attendance at the third national conference that the path to certification would be difficult and one that will take time and careful planning.

1980, May 22 - The evaluation committee appointed Mike Arthur of Nebraska as Special Investigator to collect data for the purpose of establishing norms in the testing of athletic components.



Mike Arthur was appointed by NSCA to establish testing norms

1980, May 22 - Paul Hoolahan, the Head Strength Coach for North Carolina, was named Executive Director with Epley continuing to serve as President and Ken Kontor continuing as Assistant Executive Director. Hoolahan later became Athletic Director at Vanderbilt before becoming Executive Director of the Sugar Bowl.

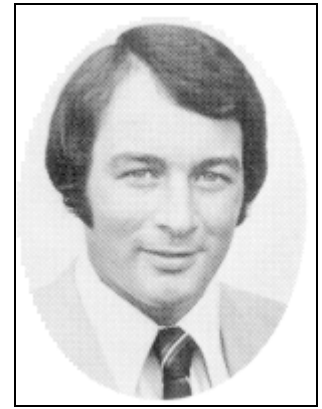
1980, Fall - The NSCA College Football All-American Strength Team is recognized.

1981, May 14th - Boyd Epley made a motion and it was approved by the Board to change the name from The National Strength Coaches Association to the National Strength and Conditioning Association. This was done to make the association available to a broader group of persons interested in strength and conditioning.

1981, May 14th - The NSCA's first scholarship was presented to Larry Crouch an NSCA student member studying pre-med from Ansley, Nebraska who later became Dr. Larry Crouch. The award originally was created to go to a student at the school of the Strength Coach of the Year winner.

1981, May 14 - College Strength and Conditioning Professional of the Year Award was presented to Keith Kephart from the University of Kansas.

1981, May 14 - Association membership increased to 3500 representing all 50 states and 16 foreign countries.



Paul Hoolahan named NSCA Executive Director



First NSCA scholarship is presented to Larry Crouch



Karen Knortz – became the NSCA's First Chairman for Research

National Strength & Conditioning Association

1981 All American Strength Team

1981, May 14 - In a motion by Region II Director Mike Marks and seconded by Dr. Tom Baechle, the American Strength Team would be comprised only from Division I football teams and only NSCA members may submit candidates for the team.

1981, May 14th – Karen Knortz, the Head Athletic Trainer for the University of Nebraska Women's Athletic Teams became the first Chairman for Research.

1981, May 14 - the NSCA national office was moved off campus to 251 Capital Beach Blvd. Suite 12 in Lincoln, NE.

1982, May 5 - Jay Robert Epley was born while Boyd was attending to his Presidential duties at the Atlanta NSCA Conference. At age 25 J.R. became an NSCA Certified Personal Trainer.

1982, May 5 - Association membership rose to 4900 including 22 countries.

1982, May 5 - Dr. Tom Baechle replaced Paul Hoolahan as Executive Director and Paul Hoolahan became Vice President.

1982, May 5 - Vern Allers is named Chairman of the NSCA Ethics Committee.

1982, May 5 - Steve Bliss is Chairman of the first NSCA Scholarship Committee.

1982, May - College Strength and Conditioning Professional of the Year Award is presented to George Dostal from Clemson University.

1982, May - Dr. Tom Baechle presented a Certification feasibility study as his plans for certification were taking shape.

1982, June 3 - The NSCA Articles of Incorporation are approved as a 501 (C) 3 non-profit organization.

1982, December - Dr. Chris Eskridge a Nebraska professor allowed the NSCA to use his athletic Index to select the 1982 All-American Strength Team. Performance data was sent in by the Division I College Strength Coaches. The NSCA Board restricted entries to senior football players from Division I then used the Index points to make the selections. When four members of one team were included on the All-American Football team Keith Kephart of Kansas filed a formal complaint. The controversy was solved in the 1983 Board of Directors meeting.

1983, May 12 - Evelyn G. Hall became the first women named to the Board of Associate Editors for the NSCA Journal.

1983, May 12 - Denise Wood, from the University of Tennessee, was selected as the head of the Women's Advisory Committee.

1983, May 12 - College Strength and Conditioning Professional of the Year Award was presented to Bill Dunn from University of Virginia.

1983, May 12 - At the Los Angeles Convention Boyd Epley resigned as President after heading the Association for five years as the main structure of the NSCA was in place and membership had grown to 6200.



Dr. Chris Eskridge

Created the Athletic Index to Identify Talent



Epley resigns after five years at the helm