



OMAHA'S TEAM

PASSION

EXCELLENCE

TEAMWORK

Josh Lampman was an accomplished Division 1 college hockey player at the University of Nebraska Omaha from 1997-2001. As his college coach, I can attest to his dedication and determination to accomplish great things as an athlete.

During his college career at UNO, he was trained by two of college hockey's foremost strength and conditioning coaches – David Noonan, who has been the head strength training instructor for USA Hockey's Coaching Achievement Program, and Justin May, who eventually left UNO to become the Head Strength Coach at the University of Minnesota-Duluth when they won the 2011 NCAA Hockey Championship. The techniques and programs that Josh learned from these industry leaders have formed the basis of his workouts. His knowledge of hockey, coupled with his knowledge of conditioning, insure that all of his students will be challenged, tested, and experience growth in every facet of the game of ice hockey.

As a professional coach with over 35 years of college coaching experience hockey, I wholeheartedly endorse Josh Lampman. His experience as both a Division 1 hockey player and a coach will provide his students with instruction that will give them an opportunity for growth in a positive, challenging environment.

Mike Kemp

Head Hockey Coach at the University of Nebraska Omaha (1996-2009)

Currently Associate Athletic Director, University of Nebraska Omaha