

Call Agenda:

- ❑ What do you **envision** this project consisting of? What are your **goals** for this project?
 - ❑ If they mention nordbord and glute-ham, we can ask more, if they don't, we ask
 - ❑ Tell me how you use the nordbord.
 - ❑ Are they used differently for a healthy play vs player in recovery?
 - ❑ Uni/Bi?
 - ❑ How often do you use them?
 - ❑ Who uses the machines (Ben/Dustin)?
 - ❑ Specific testing, specific training?
 - ❑ Tell me how you use the glute-ham machine.
 - ❑ Are they used differently for a healthy play vs player in recovery?
 - ❑ Uni/Bi?
 - ❑ How often do you use them?
 - ❑ Who uses the machines (Ben/Dustin)?
 - ❑ Specific testing, specific training?
 - ❑ How often do you change the settings on the machine?
 - ❑ louie simmons inverse leg curl
- ❑ Recovery metrics
 - ❑ Walk us through how you're currently determining whether a player is ready to play.
 - ❑ What are the metrics you use to determine health?
 - ❑ What measurements do you take?
 - ❑ Do different types of testing need to be done in different stages?
 - ❑ Does the nordbord give you the exact data that you are trying to get?
 - ❑ Where are problems coming up in the current process?
 - ❑ 4What would you like to know or be able to answer that you can't today?
 - ❑ Tell me more about what testing means in your environment
- ❑ Follow-up / misc
 - ❑ Counterweight
 - ❑ How do you use them
 - ❑ Portability
 - ❑ Tell us about the last time...
 - ❑ Do you actually take it anywhere? How often do you do that?
 - ❑ Must have? Or Want?
 - ❑ Feedback from players
 - ❑ Are there any common comments or feedback from athletes about these machines?
- ❑ Logistics / ending questions
 - ❑ Are there any other folks we should loop in on this process before we start designing?
 - ❑ If we could only do 1 or 2 things out of this list, what would they be?
 - ❑ Is there anyone else should we talk to?