

## Walker Center Assessment Schedule SAMPLE - Thrower

Arrival to Greenville	Time	Day 1	Time	Day 2	Time	Day 3
Lab Orientation	7:00 a.m.	Fasting Blood Draw (Human Performance Lab)	8:30 a.m.	Breakfast at hotel	7:00 a.m.	Maximal Oxygen Consumption Test (Human Performance Lab)
Dinner	7:30 a.m.	Breakfast at hotel	9:30 a.m.	Force Platform Test for Right & Left Legs (Biomechanics Lab)	8:00 a.m.	Breakfast at hotel
Dr. Walker Briefing	9:00 a.m.	Underwater Weighing Body Composition (FITT Building)	11:00 a.m.	Lunch Todd Dinning Hall	9:30 a.m.	Final Analysis & Review of Test Results Athlete, Coach, & Walker Center Staff
	10:00 a.m.	Physical Therapy Screening (Biomechanics Lab)	12:00 p.m.	Review Morning Test Results	11:00	Lunch Todd Dinning Hall
	10:30 a.m.	Isokinetic Muscle Strength & Power (Biomechanics Lab)	1:00 p.m.	Power Testing for Weight Training (Biomechanics Lab)	1:00 p.m.	Psychological Aspects of Training & Nutrition Counseling (Seminar Room)
	11:30 p.m.	Lunch - Todd Dining Hall	3:00 p.m.	Training Time Available	6:30 p.m.	Dinner Visit Recreation Center
	12:30 p.m.	Review Morning Test Results	6:30 p.m.	Dinner Visit Recreation Center		
	2:00 p.m.	Motion Analysis of Throwing Technique (Bunting Field)				
	6:30 p.m.	Dinner Visit Greenville				

**Visit Includes Free Passes to the ECU Recreation Center**  
**Modifications to this schedule are made for tri-athletes and other Olympic sports according to the needs of the athlete.**