

# Table of Contents

**Your First Sprint / Iteration** ..... 3



# Your First Sprint / Iteration

Your consultant / trainer is gone, or perhaps you didn't have one. Irrespective, this is a collection of information that you might help you through that first critical Sprint.

- ["Learning Agile: Understanding Scrum, XP, Lean, and Kanban" - Andrew Stellman, Jennifer Greene](#) Hans Samios
- [Data on the Effect of Teams](#)
- [Do we put Story Point estimates on a Spike \(Enabler\) Story?](#) Hans Samios
- [How can the PO is to be the focal point for contact for work when an Project Managers \(for example\) are used to going to individual team members for status of work?](#) Hans Samios
- [How Do We Deal With Constant Interruptions?](#) Hans Samios
- [How Do We Ensure Critical Work Does Not Get Dropped as We Kick Off Teams?](#) Hans Samios
- [How Do We Get All the Work Addressed When Our Specialists Cannot Be Everywhere?](#)
- [How Do We Get All the Work Addressed When Our Specialists Cannot Be Everywhere?](#) Hans Peter Samios
- [How Do We Get More Training on User Stories?](#) Hans Samios
- [How Do We Initially Setup Our Definition of Done?](#) Hans Samios
- [How Do We Run Our First Daily Scrum or Daily Standup?](#) Hans Samios
- [How Do We Run Our First Iteration \(Sprint\) Planning Event?](#) Hans Peter Samios
- [How Do We Run Our First Iteration \(Sprint\) Retrospective?](#) Hans Peter Samios
- [How Do We Run Our First Iteration Demo \(Sprint Review\)?](#)
- [How Do We Talk About Iteration \(Sprint\) Commitments That Have Not Been Met / Done?](#) Hans Peter Samios
- [How Do We Use Points to Estimate? - SSA](#) Hans Samios
- [How Do We Write User Stories When We Cannot Get All Development and Testing Done in One Sprint?](#) Hans Samios
- [How Does a Team Initially Get Control of Work?](#)
- [How is Work Assigned During an Iteration \(Sprint\)?](#) Hans Peter Samios
- [How Should We Initially Track Multiple Team's Progress?](#) Hans Samios
- [How Should We Initially Track Release Progress?](#) Hans Peter Samios
- [How Should We Initially Track Sprint Progress?](#) Hans Peter Samios
- [How to Preempt Team Conflict?](#) Hans Peter Samios
- [Values and Principles](#) Hans Samios
- [What Alternatives to the Creation of Product Owner and Scrum Master Roles Could We Try?](#) Hans Samios
- [What Are The Roles in an Agile \(Scrum\) Team?](#) Hans Peter Samios
- [What Content Should Be Considered To Start a Team Page?](#) Hans Peter Samios
- [What Do We Do If We Don't Have Budget for Product Owners and Scrum Masters? - SSA](#) Hans Samios

- [What do we do with Stories that are not "Done" at the end of an Iteration?](#) Hans Samios
- [What Do We Need to Have in Place Prior to "Starting a Scrum / Agile Team" Training?](#) Hans Peter Samios
- [What Do You Mean When You Say ...?](#) Hans Samios
- [What Does It Mean To Be Done?](#) Hans Peter Samios
- [What Events Should We Put in Place For Iterations \(Sprints\)?](#) Hans Samios
- [What Happens When We Do These Roles Well?](#) Hans Samios
- [What Happens When We Have Partial Assignments for Product Owners and Scrum Masters?](#) Hans Samios
- [What is a User Story? - SSA](#) Hans Samios
- [What is the Purpose of a Daily Standup \(Daily Scrum\) Event?](#) Hans Samios
- [What is the Purpose of Iteration \(Sprint\) Goals?](#) Hans Samios
- [What Is Typically Captured as a "Ready" User Story on the Story Card?](#) Hans Samios
- [What Kind of Questions Should We Ask to Understand How Our Team is Doing?](#) Hans Peter Samios
- [What Kind of Working Agreements Should We Set Up for the Team?](#) Hans Peter Samios
- [What Should Our Iteration Goals \(Sprint Goals\) Look Like?](#) Hans Peter Samios
- [What Should We Consider When Forming a New Team?](#) Hans Peter Samios
- [Why Do We Establish a Cadence of Events?](#) Hans Samios
- [Why Do We Form Teams When We Transition To Agile?](#) Hans Samios
- [Why Do We Have the Product Owner and Scrum Master Roles?](#) Hans Samios
- [Why Do We Start and End Iterations \(Sprints\) Mid-week?](#) Hans Samios
- [Why Don't We Burn-down Stories Instead of Hours for a Sprint?](#) Hans Peter Samios
- [Why Don't We Use Written English to Communicate Requirements?](#) Hans Samios

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