TEAM SONIC IDENTITY

DREXEL MEN'S BASKETBALL · 2026–27

The Dragons Playlist

REQUEST THE PLAYLIST

We'll send the playlist to download.

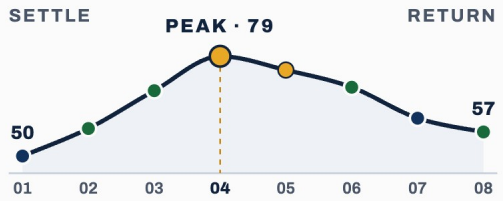
Drexel holds its energy in the room.

Recover is the dominant mode at 45%, Recharge next at 25%. Seventy percent of what this team played reads as energy held in check. The set is sequenced to rise and return, the way the body actually works under pressure.

STAGE	#	THE PLAYLIST	MODE	DRIVE
STAGE 1 Shift	01	**Girls Need Love** · Summer Walker	RECHARGE	50
	02	**Just Give Me a Reason** · P!nk feat. Nate Ruess	RECOVER	58
STAGE 2 Respond	03	**Ghetto** · 13 Block	RECOVER	69
	04	**The Sound of Glaciers Moving** · Corelia	READY	PEAK 79
STAGE 3 Recover	05	**Best Day of My Life** · American Authors	READY	75
	06	**another life** · TopOppGen	RECOVER	70
STAGE 4 Return	07	**In A Minute** · Lil Baby	RECHARGE	61
	08	**And I Still** · Rod Wave	RECOVER	57

Explicit tags not yet verified. Check each track in Apple Music before sharing beyond the team.

THE ARC



Up 29 points of drive, then back down 22. The peak lands in the locker room, not at the tip.

THE TEAM'S SHAPE

Dominant mode across 60 scored songs



Ready and Flow are the thinnest at 15% each, and the two Ready tracks are the top of the climb.

THE REASON

Why it rises and comes back down

Week 6 of the CHRP program teaches allostasis: shift, respond, recover, return. A body under pressure does not climb and stay there, it cycles. This set is sequenced the same way.

It also follows what performance psychology has long held, that optimal arousal is not maximum arousal. Gross motor work tolerates a high ceiling. Fine motor work, shooting and free throws, falls off past the peak. A set that ends at full intensity leaves a shooter over the top of their band. This one leaves them inside it.

The team's own music agrees. Mode and drive come from different calculations, one from which dimension dominates, the other from arousal. They point the same way: both Ready songs are the two highest-drive tracks in the set, and both Recharge songs sit in the bottom half.

HOW TO USE IT

Pregame
The full set in order. Settles, builds, peaks before you walk out, lands you ready rather than overcooked.

Warmups and lift
Tracks 1 through 4, the build to peak.

Recovery days
Tracks 5 through 8, the descent.

Recruiting
The identity line and the playlist, shared as something this team made.

13,980 plays in the window

69 songs considered

11 weeks 30 Aug to 29 Oct 2026

Your players made this. We only noticed.

Eleven weeks made this one. The next eleven are yours.

CHRP curates this playlist. Music rights and licensing stay with Drexel and its venues. This describes the team; it doesn't rank athletes or grade anyone's music. Drive is arousal measured 0 to 100. It is not a quality score.

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CHRP