CHRP

Drexel Basketball x CHRP · Week 2 Analysis

Aug 14-20, 2026

EMOTIONAL READINESS · WEEK 2 OF 4 · REGULATION PATTERNS

What are you using music to do?

WHY THIS WEEK

Music can help shift energy, focus, calm, comfort, release and connection.

THE MOVE

Before pressing play: "What do I need right now?"

THE EXPERIMENT

Name the need. Choose intentionally. Then ask if the music moved you toward it.

NEXT WEEK

Week 3: can the athlete change the music when the need changes?

THE NUMBERS

MUSIC SIGNAL

18,312

total songs tracked · 7/11 athletes added music this week

TEAM EPI

69.4

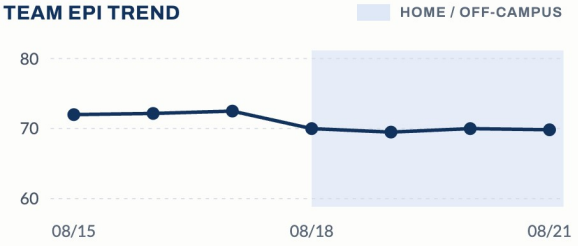
last week: 71.4 · -2.0 · n=7

INTENTIONAL USE

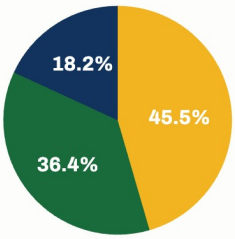
3/11

athletes this week

TEAM EPI TREND



DESIRED MINDSET



Perform better	45.5%
Help me balance	36.4%
Focus my energy	18.2%

WHAT CHRP IS LEARNING

Seven athletes kept listening this week even while away from campus. Three checked in intentionally.

The music signal held — now the question for your athletes is: what were you reaching for when you pressed play?

TRAIN THE TRAINER · 3 MINUTES

LEARN

Music can be used to regulate before or after the athlete has words for the need.

ASK

Ask your three most active athletes: "What did you need from music this week?"

TRY

Before play: "What do I need right now?" Then choose intentionally.

REVIEW

"Did the music move you toward what you needed?"