Drexel Basketball x CHRP · Week 3 Analysis

Aug 21-27, 2026

EMOTIONAL READINESS · WEEK 3 OF 4 · EMOTIONAL FLEXIBILITY

How flexible is your listening?

WHY THIS WEEK

Flexibility isn't constantly new music. It's matching what you play to what you actually need right now.

THE MOVE

Ask the room what job their music did this week — lift, settle, lock in, or escape.

THE EXPERIMENT

Once before practice, either play something unfamiliar or return on purpose to a song tied to a good memory. Notice what changes.

NEXT WEEK

Cognitive load — how much your attention is carrying.

THE NUMBERS

MUSIC SIGNAL

1,802

songs added this week · 20,114 all-time · 257/day (was 235/day, +9.6%)

TEAM EPI

75.86

last week: 69.43 · +6.43 · 7 of 11 with a score

INTENTIONAL USE

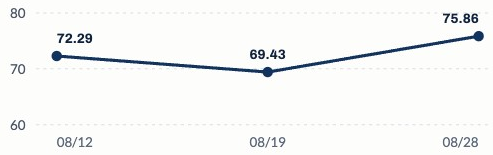
4 of 11

athletes this week (was 3)

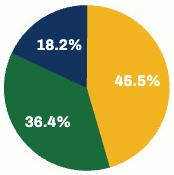
8 athletes now have a deep enough signal to reveal their anthem.

TEAM EPI TREND

CONTEXT UNKNOWN



DESIRED MINDSET



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

EPI MOVEMENT

ATHLETE A	+22
ATHLETE B	+12
ATHLETE C	+5
ATHLETE D	+4

Context unknown.

45.5% of this team says 'Perform better' is why they're here.

WHAT CHRP IS LEARNING

Eight athletes on this roster now have enough listening depth for CHRP to see a clear anthem — a song they return to more than any other. Four of them checked their score this week, the most intentional use this team has shown. Week 3 asks the harder question underneath that: not what they play, but what they're using it to do.

TRAIN THE TRAINER · 3 MINUTES

LEARN

Emotional flexibility is matching your music to the state you need, not to habit.

ASK

"Your most active listeners — does your go-to song lift you or settle you?"

TRY

Before one workout this week, swap the usual playlist for something unfamiliar.

REVIEW

"Did changing what you played change how the session felt?"

Songs and listening rate are snapshot-to-snapshot approximations (±2.5%). Prior-period figures use an Aug 13 substitute for a missing Aug 14 export (±1 day). EPI reflects athletes with a valid genuine score at cutoff. Team context not supplied.