Drexel Basketball x CHRP · The Listening Story

Weeks 1-8 · Aug 12 – Sep 30, 2026 · Final report

Eight weeks of emotional readiness data on your program, benchmarked against a national cohort of Division I programs. More than 100,000 songs were measured across this pilot.

Team-level readiness data. No individual athlete information.

EMOTIONAL RHYTHM · WEEK 8 OF 8 · WHAT EIGHT WEEKS SHOWED

You program physical load down to the set. Who is programming emotional load?

WHY THIS WEEK MATTERS

Week 8 closes the curriculum by comparing where each athlete started against where they are now. Not a score change. A pattern they can name and keep.

WHAT THE DATA DID

Your six scored athletes fell together in Week 7 and came back in Week 8. That is the recovery curve arriving on schedule, in your own roster.

THE MOVE

Ask three questions in a room you are already standing in. None of them mentions an app.

WHAT CARRIES ON

The lessons stopped September 30. The listening did not.

MUSIC SIGNAL

28,061

songs all-time · 11,883 added during these eight weeks · 1,588 of those in Week 8

105.9 / ATHLETE · WEEK 8 — COHORT AVG 85.0

TEAM EPI

74.67

Week 6: 72.50 · Week 7: 67.33 · +7.34 · 6 of 15 with a score

40.0% VISIBLE — COHORT AVG 15.9% · 2.5×

INTENTIONAL USE

10 of 15

have opened CHRP at least once · 44 visits since joining · 2.93 per athlete

Six athletes have a live score, and all six are among the ten who opened it. The athletes CHRP can read are the athletes who looked.

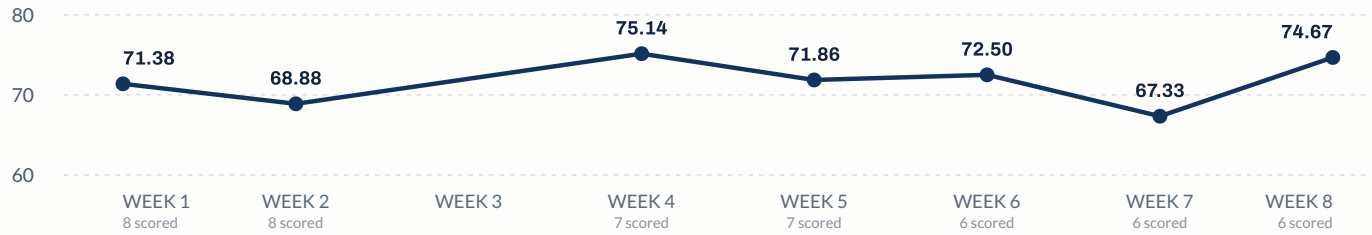
2.93 VISITS — COHORT AVG 0.79 · 3.7×

WHAT CHANGED Eleven athletes were on this roster in August and four joined on the way. The original eleven added 11,883 songs between August 12 and September 30, which is 1,080 each and a 73 percent increase on where they started.

Seven athletes have an anthem showing right now. Two of them have never opened the app to see it.

TEAM EPI TREND

THE DIP AND THE RETURN



No export was captured at the Week 3 cutoff. The line runs from Week 2 to Week 4.

The low point is Week 7. The high point is Week 8. Those two weeks are the whole lesson.

THE SAME SIX ATHLETES

FOUR UP, TWO HELD, NONE DOWN

Your Week 7 report said six of six moved down, and that load had gone up while recovery had not. Here is what those same six did in Week 8.

Four moved up. Two held. None moved down. Team average 67.33 to 74.67.

Same six athletes, same measure, one week apart. The dip was not a decline. It was the middle of a curve.

WEEK 7	WEEK 8	MOVE
69	85	+16
67	82	+15
63	73	+10
70	73	+3
70	70	no change
65	65	no change

Songs and listening rate are snapshot-to-snapshot approximations (±2.5%). Team EPI reflects athletes with a valid, current score at cutoff; scores can go quiet for athletes without recent app activity even as listening continues. Dashboard visits are counted from the day each athlete joined. Cohort averages are the mean of the participating program rates. Week 8 covers September 24 to 30, a single week, and is not comparable to the two-week windows in earlier reports. Cohort comparisons are normalized per athlete. Team-level figures only; no individual athlete data is reported in this document.

Drexel Basketball x CHRP · What Carries Forward

Weeks 1-8 · Aug 12 – Sep 30, 2026

The program ended September 30. We looked again on October 25, twenty-five days later, with no lessons running and nobody checking. Your athletes had added 5,839 more songs.

THE COACH'S LENS

WEEK 8 OF 8

"Music is not a wellness perk. It is the instrument your athletes already use to change state, and this is the first time anyone could read it."

YOU ALREADY KNOW THIS CURVE

Load goes up, performance dips, recovery arrives, the system returns higher than it started. You program that on purpose. Here it has a name: allostasis. Readiness is held by moving through a cycle, not by holding one state. Shift, respond, recover, return.

WHY WEEK 7 WAS NOT BAD NEWS

In Week 7 your six scored athletes went down together while listening went up. That is the signature of demand arriving faster than recovery. In Week 8 the same six came back, four of them sharply. The curve closed.

WHERE THIS SITS IN YOUR STACK

You measure physical load, sleep and nutrition. Emotional load is the fourth input and it was the only one with no instrument. Your athletes were managing it anyway, every day, with music.

AFTER THE LAST LESSON

NOBODY WAS ASKING

Seven of fifteen athletes were still adding music. Two of them added more than 1,800 songs each.

Eight were not still adding. Some of those never started. The habit did not take for everyone, and a report that told you otherwise would be worth nothing to you.

This was not compliance. For the athletes it reached, it stuck without being asked.

WHAT THE EIGHT WEEKS PROVED

1

The listening was real. Your roster added 11,883 songs during the eight weeks, on top of the 16,178 they had already played before we started measuring. That is not a pilot artifact. It is a roster using music to change state, and this is the first time anyone counted it.

2

The curve is readable. Week 7 down, Week 8 up, the same six athletes. The model called the shape before the data arrived.

3

The readout is the gap. Eight of your fifteen connected a service and listened. Ten have opened the app at some point, one in the final week. The signal is strong. The habit of looking at it is not built yet, and that is the cheapest thing on this page to fix.

THE PLAY

THREE QUESTIONS, EVERY WEEK, FOREVER

The program is over. The questions are not. Ask these on any day you are already in the room.

"What's your EPI right now?" The number does not matter. Answering it means opening the app and looking.

"Send me your level-up playlist. What are we lifting to today?" Now the music has a job inside a session you are already running.

"What's your anthem?" Seven of your athletes have one showing right now. Two have never seen it.

You have not asked anyone to use an app. You have asked three questions a coach asks anyway, and each one puts the readout in front of an athlete who has never looked at it.

WHY THIS WORKS

1

A question in a room gets answered. A reminder to open an app does not. These three cost you a minute.

2

Your six scored athletes are six of the ten who opened their dashboard. Looking and being readable are the same habit.

WHAT A FULL SEASON WOULD SHOW

Eight weeks caught one recovery curve. A season would catch the pattern.

Travel weeks against home weeks. The same roster, different demand. We now know the curve is readable, so the comparison is available.

The week before a rivalry game. You would see the roster's emotional load rising before anyone said a word about it.

Each athlete's own baseline. Eight weeks is enough to see a group move. A season is enough to know what normal looks like for one athlete, which is where this gets useful on a Tuesday.

WHAT TO CARRY FORWARD

Week 8 of the curriculum asks every athlete three things. Put them in front of your roster once.

What did you learn about yourself?

What pattern do you notice now that you did not notice in August?

What do you want to carry forward?

An athlete who can name how he uses music to change state has a tool he keeps for the rest of his career, with or without us.

Framework: music in mood regulation (Saarikallio & Erkkilä); the BRECVEMA model of musical emotion; allostatic load and recovery; self-determination theory for the habit work in Week 7. EPI is a readout of recent state, not a predictor of performance or a clinical measure. Nothing is self-reported and no athlete is scored by a coach.

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Drexel Basketball x CHRP · The Eight Weeks

The curriculum your athletes completed · Aug 12 to Sep 30, 2026

Eight weeks was not eight reports. It was a designed progression, built on four decades of music psychology research, that moved your athletes from noticing what they listen to, toward knowing what to do with it.

The number beside each week is how many of your athletes CHRP could read that week. The lessons ran either way.

KNOW YOURSELF

WEEKS 1 AND 2

1 "What does your listening say about your everyday life?" — 8 READABLE

Music as a window into everyday emotional regulation. People use music to manage energy, process emotion, focus, recover and connect with who they are. Week 1 changed nothing on purpose. It set a baseline.

2 "What are you using music to do?" — 8 READABLE

Music is not only something you listen to, it is something you use. Revival, diversion, discharge, solace, mental work, entertainment, strong sensation. The week moved the question from what they play to why.

UNDERSTAND YOUR PATTERNS

WEEKS 3 AND 4

3 "How flexible is your listening?" — NOT CAPTURED

Novelty, familiarity, repetition and emotional range, connected to psychological flexibility. Flexibility is not chasing new music. It is adapting what you listen to as your needs and context change.

4 "What happens to your listening when your bandwidth is low?" — 7 READABLE

Under cognitive load people reach for familiarity, repetition and predictability. Music provides a predictable environment when nothing else is. The week taught the cognitive reset, using music deliberately in one high-demand moment.

OPTIMISE YOUR STATE

WEEKS 5 AND 6

5 "How do you use music to move yourself into action?" — 7 READABLE

Arousal, reward, anticipation and rhythmic entrainment. Athletes built a three-song activation sequence: one that meets you where you are, one that shifts your energy, one that puts you where you need to be.

6 "How do you come back?" — 6 READABLE

Allostasis and adaptive regulation. Resilience is not holding one state, it is shift, respond, recover, return. Athletes built a recovery ritual around one consistent transition point, using music as the signal that the demand is over.

BUILD YOUR SYSTEM

WEEKS 7 AND 8

7 "What actually works for you?" — 6 READABLE

Habit formation, self-efficacy and autonomy, grounded in self-determination theory. The aim was never to listen to the correct music. It was for each athlete to build a regulation toolkit that works for them.

8 "What have you learned about yourself?" — 6 READABLE

Week 1 against Week 8. When energy rises and falls, when they seek familiarity and when they explore, how they move between states, and what helps them recover. Their listening story, in their own words.

EVERY WEEK RAN THE SAME FIVE STEPS

LEARN	DISCOVER	REFLECT	TRY	REVIEW
A two to four minute lesson on one mechanism.	What that mechanism looks like in their own listening.	One question, answered honestly, never scored.	One experiment, run once, in a real moment.	What changed, and whether it is worth keeping.

WHAT ATHLETES REACH FOR

ENERGY to get going	**FOCUS** to narrow in	**CALM** to come down
COMFORT to feel steady	**RELEASE** to let something out	**CONNECTION** to feel part of something

Six reasons an athlete presses play. Ask which one they are after and you are already coaching emotional load.

WHAT CHRP READS

FLOW absorbed, locked in, time disappearing	**READY** activated and pointed at something
RECHARGE topping back up	**RECOVER** coming down from demand

Four states, read from listening behaviour alone. Nothing is self-reported and no athlete is scored by a coach.

WHAT AN ATHLETE WALKS AWAY WITH

Not a score. A profile they can describe out loud. How ready they tend to be, how they regulate, what their strength is, what to watch, what works for them, and what they are working toward. It keeps updating for as long as they keep listening, which is to say for the rest of their career.

Your roster was readable in every week we captured. That is the only reason the rest of this report exists.