Drexel Basketball x CHRP · Weeks 4-5 Analysis

Aug 28 – Sep 9, 2026

Two weeks of emotional readiness data on your program, benchmarked against a national cohort.

EMOTIONAL READINESS · WEEKS 4-5 OF 8 · COGNITIVE LOAD → MOTIVATION

When the load gets heavy, how does your music move you forward?

WHY THESE TWO WEEKS

Bandwidth got heavier these two weeks. Under cognitive load, people lean on familiar, predictable music. That's regulation, not avoidance.

THE MOVE

Ask the room what job their music did this window: lift, settle, lock in, or fuel.

THE EXPERIMENT

Build a 3-song activation sequence — meet me where I am, shift my energy, get me where I want to be.

NEXT

Motivation, and how you use music to move yourself into action.

THE NUMBERS

LEADING THE COHORT | ENGAGEMENT

MUSIC SIGNAL

2,405

songs added these two weeks · 22,902 all-time · 200.4 per athlete

200.4 / ATHLETE — COHORT AVG 206.6

TEAM EPI

71.86

Week 3: 75.86 · Week 4: 73.57 · −4.00 · 7 of 12 with a score

58.3% VISIBLE — COHORT AVG 34.9%

INTENTIONAL USE

1 of 12

2.00 visits per athlete · cohort average 0.60

The listening is already happening. This is the number that moves when the room opens CHRP together.

2.00 VISITS — COHORT AVG 0.60

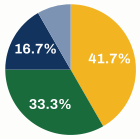
SINCE LAST WEEK One athlete crossed from pending to scored, the first new reading on this roster in three weeks.

7 athletes now have a deep enough signal to reveal their anthem

TEAM EPI TREND



DESIRED MINDSET



Perform better	41.7%
Help me balance	33.3%
Focus my energy	16.7%
Feel less stress	8.3%

EPI MOVEMENT

ATHLETE A	+6
ATHLETE B	+4
ATHLETE C	0
ATHLETE D	−5

WHERE YOU STAND

SONGS ADDED PER ATHLETE · THESE TWO WEEKS



WHAT CHRP IS LEARNING

All seven of Drexel's scored athletes now carry a full anthem. That's the deepest signal this team has shown. Intentional check-ins fell from four athletes to one over two weeks, even as the music kept playing. One athlete, pending in Week 3, finally has a score. Seven anthems are revealed and waiting. The music is clearly working. The open question is whether the team has looked at what it's telling them.

TRAIN THE TRAINER · 3 MINUTES

LEARN

Under heavy bandwidth, people pull toward familiar music. Getting through it takes knowing how to use that music on purpose.

ASK

"When practice or class load stacks up, what's the one song you reach for without thinking?"

TRY

Build a 3-song activation sequence — meet me where I am, shift my energy, get me where I want to be.

REVIEW

"Did building that sequence change how you used music this week?"

41.7% of this team says 'Perform better' is why they're here

You lead this cohort on every engagement measure that exists, at more than three times the average for checking in. You're also the only team whose listening rate went down these two weeks. The lead is real. It is not safe.

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. Cohort comparisons are normalized per athlete. Positive/no change/negative deltas stated directly. Team-level figures only; no individual athlete data is reported in this document.

Drexel Basketball x CHRP · Coaches Recommendation

Weeks 4-5 · Aug 28 – Sep 9, 2026

Drexel's athletes have played 22,902 songs. Seven of them have an anthem CHRP can see. Most of them have never looked at it.

THE COACH'S LENS

WEEKS 4-5 OF 8

"Your athletes are already wearing the ring. Nobody's looked at the readout."

WHY IT'S HONEST

Under load, people reach for familiar, predictable music. That choice is made below deliberate thought, which makes it a less guarded answer than "I'm good, coach."

WHY IT'S FREE

Every other read on your team costs the athlete something, and drops off exactly when the season gets heavy. This one is already happening, and it gets richer under load, not thinner.

WHY YOU MATTER

A signal nobody looks at changes nothing. An athlete who knows his pattern is being read starts managing it. You're not the distribution channel for an app. You're the part of the loop that closes it.

WHERE THIS SITS IN YOUR STACK

LOAD · SLEEP · FILM · **EMOTIONAL STATE**

You already track load. You already track sleep. You already watch film. None of them tell you what your athletes are carrying emotionally into a session. That's the gap CHRP fills, and it's the only one in the stack your athletes are already generating without being asked.

WHAT THIS MEANS FOR DREXEL

Seven of your athletes now have a signal deep enough to name their anthem. You're the only program in the cohort where anyone has been checking, so you already believe this. The next step is the room believing it.

THE SIGNAL IS THERE

22,902 songs all-time · 2,405 added these two weeks · climbing every week

7 ANTHEMS REVEALED

Every scored athlete on this roster now has one.

YOUR DEEPEST LISTENER HASN'T LOOKED

4,795 plays, the most on the team, and an anthem waiting.

THE GAP

Drexel leads the cohort on checking in, at more than three times the average. The gap is listening rate. It fell these two weeks while the cohort's rose. Closing it means one more session's worth of music, not more app time.

THE PLAY

THE 3-MINUTE TEAM MOMENT

Before one session this week, ask your room one question: "What's your EPI right now?"

The number itself doesn't matter, and you're not grading anyone on it. What matters is that to answer you, they have to open the app and look. Then go around: what's your song, and what job is it doing for you?

We're with you on the 16th. If the room has already checked once before we get there, that session starts somewhere much better than cold.

WHY THIS WORKS

1

Your athletes aren't avoiding CHRP. Four of them opened it at some point and the habit just never got a second rep.

2

Seven anthems are already sitting there waiting. You're showing them something, not assigning them homework.

3

Doing it together means nobody has to be the first one to try it alone.

PRIZE STRUCTURE

Reward showing up to the moment, not the grind. Everyone who opens CHRP in that session is in. Draw from the room.

WHAT TO WATCH NEXT WEEK

Whether your deepest listener looks at his anthem. He has 4,795 plays and has never opened the dashboard. And whether intentional use moves off one.

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