CHRP

Drexel Basketball x CHRP · Weeks 6-7 Analysis

Sep 10 – Sep 23, 2026

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

Team-level readiness data. No individual athlete information.

EMOTIONAL READINESS · WEEKS 6-7 OF 8 · RECOVERY → SUSTAINABLE HABITS

You program physical load. Who's programming emotional load?

WHY THESE TWO WEEKS

Resilience isn't staying in one state. It's shift, respond, recover, return. The same curve you already train for physically runs emotionally, and music is how most athletes move along it.

THE MOVE

Ask the room what they reach for after a heavy day, not before one.

THE EXPERIMENT

Build a recovery ritual. One consistent transition point, same music, every time: the demand is over, I can shift now.

NEXT

Week 8: what you've learned about your own rhythm.

THE NUMBERS

LEADING THE COHORT | EVERY MEASURE

MUSIC SIGNAL

3,571

songs added these two weeks · 26,473 all-time · 238.1 per athlete

238.1 / ATHLETE — COHORT AVG 168.9

TEAM EPI

67.33

Week 5: 71.86 · Week 6: 72.50 · −4.53 · 6 of 15 with a score

40.0% VISIBLE — COHORT AVG 19.3%

INTENTIONAL USE

1 of 15

2.67 visits per athlete · cohort average 0.73

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

2.67 VISITS — COHORT AVG 0.73

WHAT CHANGED Three athletes joined the roster on September 11 and opened CHRP during onboarding, which is what moved your check-in number in Week 6.

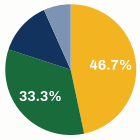
8 athletes now have a deep enough signal to reveal their anthem

TEAM EPI TREND

UP, THEN DOWN. LOAD WITHOUT RECOVERY



DESIRED MINDSET



Perform better	46.7%
Help me balance	33.3%
Focus my energy	13.3%
Feel less stress	6.7%

EPI MOVEMENT

Six of six moved down. None moved up.

ATHLETE A	−1	ATHLETE B	−1
ATHLETE C	−6	ATHLETE D	−6
ATHLETE E	−7	ATHLETE F	−10

WHERE YOU STAND

SONGS ADDED PER ATHLETE · THESE TWO WEEKS



WHAT CHRP IS LEARNING

Drexel added more music per athlete than any program in this pilot, and every athlete with a live score moved down. Those two facts belong together. Listening stayed high while readings fell, which is the signature of load that kept accumulating without a deliberate recovery point. Week 6 is the week that names it. Week 7 is the week you do something repeatable about it.

TRAIN THE TRAINER · 3 MINUTES

LEARN

Resilience is a curve rather than a state. Shift, respond, recover, return. You already program that physically. This window shows the emotional version of the same curve running unmanaged.

ASK

"After the heaviest day this week, what did you put on?"

TRY

Pick one transition point the whole team shares (bus, locker room, post-lift) and make the music there consistent for a week.

REVIEW

"Did having the same thing at the same point make the day feel like it ended?"

46.7% of this team says 'Perform better' is why they're here

You lead this cohort on music, visibility, check-ins, and anthems. Every measure we track. You're also the only program where every scored athlete moved down these two weeks. The lead is real. What it bought you is the clearest look at a recovery problem anyone has.

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 6-7 · Sep 10 – Sep 23, 2026

Drexel's athletes have played 26,473 songs, more per athlete than any program in this pilot. Eight of them have an anthem CHRP can see. Every athlete with a live score also moved down this window, and those two facts belong to the same story.

THE COACH'S LENS

WEEKS 6-7 OF 8

"You program physical load down to the set. Nobody programs emotional load at all. Your athletes are managing it anyway, with music, and nobody's reading the curve."

WHY IT'S A CURVE

Resilience is not about holding one state. It's shift, respond, recover, return, the same shape as any adaptation you program. Emotional load follows it too, and it accumulates the same way when the recovery half never happens.

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 reads changes nothing. An athlete who can see his own pattern starts managing it himself, and self-managed beats supervised on adherence every time. That's the part you close.

WHERE THIS SITS IN YOUR STACK

EXTERNAL LOAD · INTERNAL LOAD · SLEEP / HRV · **EMOTIONAL LOAD**

You track external load. You track internal load. You track sleep and HRV. None of them tell you what your athletes are carrying emotionally into a session. That's the channel CHRP reads, and it's the only one in your stack your athletes are already generating without being asked for anything.

WHAT THIS MEANS FOR DREXEL

You have the clearest readout in this cohort and it is telling you the load went up and the recovery didn't. That's a fixable, programmable problem, and you're the only program in the pilot with enough signal to have seen it.

Framework: music in mood regulation (Saarikallio & Erkkilä); 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.

THE SIGNAL IS THERE

26,473 songs all-time · 238 per athlete these two weeks, the most in the cohort

8 ANTHEMS REVEALED

More than any program in this pilot.

SIX OF SIX MOVED DOWN

Every athlete with a live score. Listening never slowed, with 3,571 songs added.

THE GAP

Drexel leads the cohort on every measure, so the gap isn't adoption. It's that the listening is doing its job on the way up and nothing is marking the way back down. Closing it takes one shared transition point, not more app time.

THE PLAY

THREE QUESTIONS, THREE MINUTES

Walk into the room this week and ask three things.

"What's your EPI right now?" The number doesn't 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're already running.

"What's your anthem?" Eight of your athletes have one revealed and waiting. None of them has seen it.

You haven't asked anyone to use an app. You've 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

You already program recovery for physical load. This is the same logic applied to a channel you've never had a read on.

2

A question in a room gets answered. A reminder to open an app does not. These three cost you a minute and give every athlete a reason to look.

3

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

PRIZE STRUCTURE

Reward the week, not the streak. Anyone who opens CHRP during that week is in the draw.

WHAT TO WATCH NEXT WEEK

Whether any score moves up, and whether your deepest listener opens the app. He has 4,946 plays and has never seen his anthem. Next report closes the program: Week 1 to Week 8, what this roster learned about its own rhythm.

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