

SAMPLE BASEBALL

KEY CONSIDERATIONS



MUSIC | Sam enjoys music with strong bass lines and gravitates toward hip-hop artists; favorite artists include Drake, 21 Savage, Meek Mill, Lil' Baby; he often prefers tracks that start relatively calm and then build toward a more aggressive finish; he tends to match tracks to his current mood/energy



ATHLETE | Sam grew up with parents who both listening to music but who had opposite musical tastes; he tends to match music to the setting (e.g., country on the fishing boat and rap/rock in the weight room); he tends to perform best when he is calm prior to the taking the mound and has taken the time to ID simple performance cues



SPORT | As a pitcher, Sam can listen to music in the hours leading up to a performance but not during his physical warm-up in the bullpen; he keeps his warm-up schedule the same for both home and away games, so he also can re-engage with music as he waits to take the mound and has input into between inning tracks during home games



GOALS | Sam has been struggling with pre-competition nervousness and feels that he is wasting a lot of energy prior to competition; he also has noticed that he enters games extremely energized and struggles to command his pitches in the early innings; finally, he has been inconsistent from inning to inning and with runners on base

MUSIC PRESCRIPTION

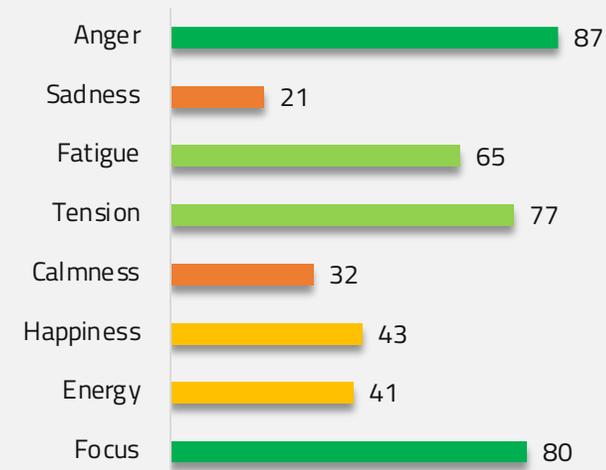


Analysis: Sam tends to run anxious prior to performances so he may be best served to listen to relaxing tracks rather than matching his mood with his typical up-tempo or aggressive pre-game tracks. Given how music effects his stronger emotions (e.g., anger) and his high distress and distract scores, he likely will do best when he uses music to turn down his energy/emotion rather than amp it up.

General Guidance: In general, Sam may want to target tracks that are less than 90 BPM. He may also benefit from simple harmonies and chord structures and may want to avoid heavily syncopated rhythms. He may also do best with either instrumental tracks or when lyrical content is reassuring/uplifting rather than confrontational or negative

Go-to Pre-Comp Tracks:
Drake – Going In For Life (Instrumental) BPM 84
21 Savage – Ball w/o You (Instrumental) BPM 68
Meek Mill – Big Dreams (Instrumental) BPM 87

MUSIC IMPACT PROFILE



FOCUS PROFILE



Association



Dissociation



Distress

TENSION PROFILE

