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Dr. Andrew Jacobs

DR. ANDREW JACOBS

Sports Psychologist

You would think after working with some of the top professional athletes in the world, Dr. Andrew Jacobs would

consider one of them as the top role model in his life. Instead the affable 43-year-old sports psychologist considers his late great uncle, a horse trainer, as the model for his life.

"When he died 28 years ago he'd won 3,596 races and was the winningest trainer in horse racing history," says Jacobs, who has the facts memorized. "And, he saddled every one of those horses. My role model was my uncle because he loved what he did and he was the very best."

A 1972 Shawnee Mission North High graduate, Jacobs has had a string of successes since being awarded his doctorate degree in 1981 in clinical psychology with a specialty in sports psychology. His first success was helping the U.S. Cycling Team capture nine medals in 1984 – the first medals won in cycling in 72 years. Since then, he's helped hundreds of professional and amateur athletes achieve their goals.

Right now, Jacobs ("Andy" to friends) has more irons in the fire than a blacksmith. Among them is his Saturday morning talk show from 10 a.m. to noon on KCMO-AM 710, which he's hosted since 1986.

His latest venture is a six-cassette audio tape program titled "The Winning Edge" designed to help people reach their personal goals (National Seminars Group).

He's also co-authoring a book tentatively called "Raising A Champion," gives as many as five speeches a week and somehow works in some training for local companies. Also, he manages to spend time with his wife, Terri Helm, and their two children, Jonathon, 8, and Gregory Brett, 6. (Jacobs holds George Brett in high esteem).

Although Jacobs might not have achieved all his lifetime goals – yet – it's a good bet his great uncle would consider him a winner already. ■

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