

# Sample believes in doctor

By RICK PETERSON  
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**A**ndy Sample never dreamed he'd need the services of a psychologist, sports or otherwise.

But after a few visits to Dr. Andrew Jacobs, the Topeka heavyweight boxer is sold.

"It was kind of weird," Sample said about his first visit to Jacobs, a Kansas City-based sports psychologist. "I'm like, 'I'm not mental,' but now I've been there for three visits and he could play a big role for me in boxing.

"I didn't believe it at first, but I'm sure a believer now. He's a pretty awesome man."

Sample, who fights tonight at the Argosy Casino in Riverside, Mo., was sent to Jacobs by his promoter, Randy Cook, who also plans to have Jacobs work with his other boxers.

"I'm the first one (boxer), but he's going to work with some others," Sample said. "I think he's enjoying it. He's never worked with this sport before, but like he says, all sports are the same mentally."

Jacobs has worked with members of the Kansas City Chiefs and Royals as well as other world-class athletes. Sample is quickly learning why athletes seek out Jacobs and others in his field.

"He must do something because all these superstars go to him," said Sample, 5-0 with five knockouts as a pro.

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"He makes you think of the different sides of sports that you normally don't think of. He says that it (peak performance) is 20 percent mental, if not more than 20 percent."

Sample said Jacobs preaches the Boy Scout motto during each visit.

"He just keeps putting in your mind 'be prepared.' He wants you to think about that every night when you go to bed, think of that ring, think of that fight," Sample said. "You've got to be prepared physically, but you've got to be prepared on the mental side, too."

Sample said Jacobs also wants his athletes to think about nothing but the task at hand.

"I'm concentrating on Enoch Roberts (Sample's scheduled opponent tonight) right now and nothing else," Sample said.

"That's always been hard for me to do. I've always had a lot of things going through my mind, but I'm learning that you can't do that. I can't let Remington's (his next Topeka appearance on Sept. 23) or anything else come into my mind."

Sample said there's a good chance Jacobs will be on hand tonight to watch his protege in action.

"He's thinking about coming and I hope he does," Sample said. "He's been a big help."

Regardless, Sample is looking forward to tonight's return to the Argosy, where he is 2-0 as a pro with two second-round knockouts.

"I love it," he said. "It's kind of like a Las Vegas-style fight. It's not as big, but the fans really come out."

Another Topeka boxer, Damon Reed, will put his undefeated records on the line in "Rumble on the River VI" at the Argosy.

Reed, who will be making his first appearance in the cruiserweight division, is 13-0 with 11 knockouts.

Also on the card is former World Boxing Organization super middleweight champion Bronco McKart (28-2), as well as super middleweight Craig Cummings (29-2).

The card starts at 7:30 p.m.