

WHB Community Issues

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Playing to win or to enjoy competition	Sports Psychology Hour with Dr. Andrew Jacobs	7/1/18 7AM	60 minutes	Which is healthier
Poor sportsmanship in parents	Sports Psychology Hour with Dr. Andrew Jacobs	7/8/18 7AM	60 minutes	How it negatively affects kids
Coaching	Sports Psychology Hour with Dr. Andrew Jacobs	7/15/18 7AM	60 minutes	What all a good coach does
Brian Barlow interview	Sports Psychology Hour with Dr. Andrew Jacobs	7/22/18 7AM	60 minutes	Talked with a youth sports referee about how to handle unruly parents
Anxiety	Sports Psychology Hour with Dr. Andrew Jacobs	7/29/18 7AM	60 minutes	How it can change your performance

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Mickey Cobb interview	Sports Psychology Hour with Dr. Andrew Jacobs	8/5/18 7AM	60 minutes	Former Royals trainer discussed basic ways to stay healthy enough for competition
Mental abuse	Sports Psychology Hour with Dr. Andrew Jacobs	8/12/18 7AM	60 minutes	How it affects mental health
Coaching	Sports Psychology Hour with Dr. Andrew Jacobs	8/19/18 7AM	60 minutes	When can coaching cross a line
Mickey Cobb interview (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	8/26/18 7AM	60 minutes	Former Royals trainer discussed basic ways to stay healthy enough for competition
Competition	Sports Psychology Hour with Dr. Andrew Jacobs	9/2/18 7AM	60 minutes	What's at the core of good competition?

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Mental abuse (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	9/9/18 7AM	60 minutes	How it affects mental health
Anxiety (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	9/16/18 7AM	60 minutes	How it can change your performance
Quitting	Sports Psychology Hour with Dr. Andrew Jacobs	9/23/18 7AM	60 minutes	Why some people reach an end point
Physical abuse	Sports Psychology Hour with Dr. Andrew Jacobs	9/30/18 7AM	60 minutes	The signs

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