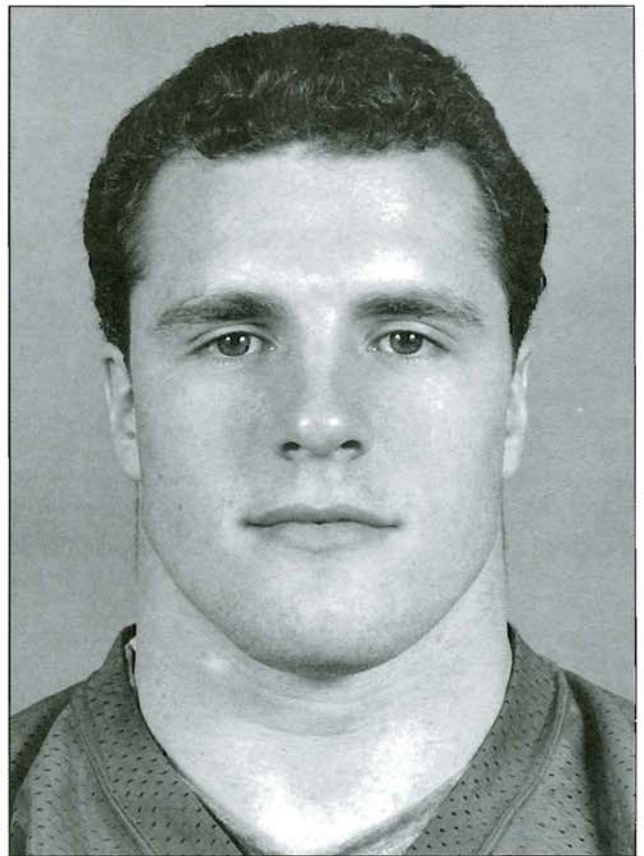


# JERRY McCABE

DOCTOR OF DEFENSE – MEDICINE



*Jerry McCabe, from sixth grade little league player to New England Patriots Linebacker, with an option to begin medical school at the University of Cincinnati.*

By Greg Shepard

"The game of football teaches you how to handle adversity," says former New England Patriots Linebacker Jerry McCabe. "Everybody gets knocked on their butt, and you learn you gotta get up."

Jerry McCabe is a get-up-and-go type of person in more than just football. "I'm someone who likes to be constantly doing things. I like to have my schedule filled and be involved in as many activities as I possibly can—doing the best that I can at all of them. I'd like to be remembered as someone who did his best at academics and football," stated Jerry.

Jerry started playing football in the fifth grade for St. Ambrose in the Detroit-area Catholic Youth Organization. At DeLaSalle High School, he played on the Freshman team and started at Quarterback and Linebacker. He was 5-8 and 160 pounds. Jerry also played basketball and baseball. Academics have always been important. Since his early high school days, he has focused on medical school and being a doctor.

Jerry had to sit out his Sophomore year of high school because of surgery on his right ankle. However, he really

lifted hard that year and started on the varsity during his Junior year as a 6-0, 185-pound Linebacker. Jerry capped off his high school career by making All-State at both Center and Linebacker. He lost the Quarterback position and the team needed a Center. Obviously it worked out well.

A lot of people felt Jerry was too small for college football. He was 6-1 and 195-pounds, with a 340 Bench and a 400 Squat. He ran a 4.8 forty. Jerry's high school football coach John Maronto told recruiters, "If you want to win, get Jerry McCabe." Coach Maronto has coached a lot of blue chip athletes at DeLaSalle, later at Massillon, Ohio, and most recently at Miramar, Florida. Holy Cross believed and wanted Jerry, and Jerry wanted Holy Cross.

Jerry had a perfect 4.0 grade point average at DeLaSalle, and he wanted the high academic standards provided by Holy Cross with a (14-1 student/teacher ratio). "Their pre-med school is tops and they play good football. Ninety percent of the graduates are accepted to medical or dental schools," he offered.

Jerry McCabe has been accepted at the University of Cincinnati Medical School. "I'm going to take things one year at a time. The University of Cincinnati has a nice

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*At Holy Cross, Jerry McCabe was an All-America Linebacker who made a school record 178 tackles.*



*Jerry is a great role model for kids: play hard, train hard, and study hard. Shown signing autographs as a Patriot.*

deferral program, which allows me the opportunity to play with the Patriots and still keep my med-school option open."

As a Freshman, Jerry made the traveling squad and played on the special teams. In his Sophomore year, he started one game as an Inside Linebacker. Finally, as a 6-1, 222-pound Junior, Jerry became a starter and eventually an All-America selection. He always kept working hard. Jerry Benched 405, Squatted 475, and ran a 4.63 forty. Jerry also had a 30-inch Vertical Jump. As a 232-pound Senior Linebacker, Jerry, as he'd done in high school, captained his team—a team which also had Junior Gordon Lockbaum, the Heisman Trophy Candidate. Jerry won the "Crusader of the Year" award at DeLaSalle and then again at Holy Cross. It's based on athletics, academics, and leadership.

Jerry maintained a 3.3 grade average while taking 18 to 20 credits per term, even during football season. To prepare for football, Jerry lifted weights, stretched, and ran. To prepare for medical school, he got up extra early and visited Emergency Room patients with a team of doctors. "You see some gory things, but you get used to it," said Jerry. "I just want to be able to help someone who's in a bad position."

From the beginning at Holy Cross, Jerry has had all his attention focused on being a doctor and grew to like everything about medicine. "After my Sophomore year," Jerry said, "I did some research in gram-negative pneumonia, in which we studied certain types of bacteria that cause patients in the intensive care unit to be more susceptible to diseases once in the hospital. It was fascinating. The more I learned and studied, the more I knew biology and medicine was for me."

Most scouts felt that Jerry was too small for pro football, but he wanted to give it a shot before pursuing his medical career. Jerry remembers: "I didn't get drafted so I decided to try out with the New England Patriots as a free agent. Other teams weren't really interested. I felt kind of like a walk-on. You just do the best you can."

Jerry survived the 1987 cuts and made the team, but was released after the second pre-season game. He just kept working out and played and started during the strike. After the strike, the

Patriots kept Jerry but he did not start. This year, Jerry will keep trying to make the team. If he makes it, medical school will wait. If he doesn't, then he'll attend the University of Cincinnati and launch his medical career. I like that. He's got it made either way. He'll either tear you apart or put you back together.

Jerry's family has played a big role in his success. He is the second youngest of ten kids. "My mom is great. She's fantastic. My dad is always there supporting me. He's a tool designer by profession. They love my sports. We are a very close-knit family, so I'm constantly getting calls and letters from everyone and it makes me feel like we're always together.

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*Jerry with Coach John Maronto at playoffs for DeLaSalle High School.*



*Holy Cross Head Coach Mark Duffner telling Jerry to dissect a patient.*

I'm lucky to be part of the family I have."

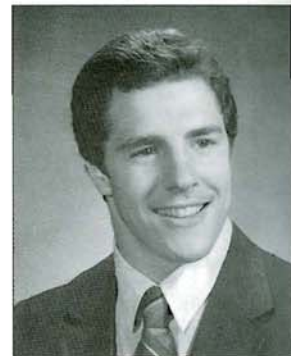
Yes, Jerry McCabe has been fortunate and blessed, but he has made the most of it. He is also very appreciative of everyone who has helped and supported him. Jerry McCabe is an Upper-Limit person who has achieved an amazing record. Let's learn what he has to say about success and happiness.

"Always stick with your priorities. Everything is habitual. Develop good habits. For me, I put God and family first. Work hard on your education. Make strong commitments on the positive activities you are involved with. Set goals! Don't be satisfied with where you're at—always strive to improve.

"Kids have got to start deciding in the fourth and fifth grade about positive choices. Don't even think about getting involved with drugs or alcohol. Peer pressure can be a big thing to some, but it's never been a problem with me. I've



*Jerry in seventh grade*



*High School Graduation*



*Jerry as a Holy Cross Freshman*



*Jerry with his mother at Holy Cross graduation.*

always kept busy and just don't put myself in a bad position. A true friend will always respect your personal decisions. There are absolutely no benefits to abusing drugs or alcohol.

"Some people ask me about steroids. Since I'm involved in medicine, I realize the dangers. The harmful effects outweigh any benefits. There are obviously some bad consequences.

"I believe the spiritual side of life is very important—your faith and your hope. I've received a growth in my faith through prayer. Going to a Catholic university has had spiritual benefits. We went on retreats. Every day can be a struggle. You just have to remind yourself to give thanks to God for your abilities and opportunities," Jerry softly concluded.

*Editor's Note:* Unfortunately, Jerry McCabe did not make the final cut with the Patriots. Fortunately, he will begin Medical School at the University of Cincinnati next summer.