

ROUND 1 INTERVIEW: D.J. TRAHAN
Thursday, November 12, 2015



Q. Great opening round, one blemish. What was working for you today?

D.J. TRAHAN: I hit the ball really well today. My irons were very solid and distance control was good. To be honest with you, I left some shots out there not in the sense that I didn't get a lot out of my round but I hit a lot of really good putts that actually didn't go in. But I putted as good as I've putted in a long time today, which was nice. I've been working hard on my putting and that was nice to see some putts drop. And obviously out here, as you guys know, if you hit the foul balls, it will get you in trouble in a heartbeat. You can't get away with anything sideways around this golf course and I hit it pretty straight today so that was key.

Q. I heard a lot of talk this week about this type of grass being a little sticky maybe around the greens. A few different type of options or maybe shots you don't hit the rest of the year. Are you finding that, is it as sticky?

D.J. TRAHAN: Yeah, I know the greens are paspalum and I'm not sure if there's maybe some zoysia mixed in around the greens, but the grass is definitely a little bit sticky. It's extremely lush and thick. The course is obviously in fantastic condition so there's a lot of grass coverage. I think yeah, it gives you different options because a lot of times if you have one of those uphill chips, you might want to try to bump it into the hill, but there's so much grass and it's so thick and sticky that you might get stuck. So you kind of find yourself in a little bit of a Catch 22. You've got to think a lot around the greens. But the greens aren't overly quick so at least you know you make up for chip and run options you might feel a little more comfortable flying in the greens since the greens aren't as fast as maybe we normally see.

Q. Game plan the same tomorrow, keep it in the short grass between the field goal posts and try to make some putts?

D.J. TRAHAN: Yeah, you know my dad taught me growing up fairways and greens is usually a pretty good combination, so if I can hopefully just keep it in between the lines and hit a bunch of greens, you can't really go wrong.

Q. More bigger picture stuff. Top 10 last week to get in. You didn't have a lot of status the last couple years?

D.J. TRAHAN: No, man.

Q. What's changed here?

D.J. TRAHAN: My back got hurt for the first time about three -- a little over three or four

years ago and I really feel like it kind of just, it got in my head. I was nervous about it getting hurt again and hurt again and I'm pretty sure my subconscious made some compensations in my golf swing and that is just -- you know when you're out there and you're not thinking clearly or you're worried about things, you need to be focused on what you're trying to do. And on top of dealing with my back injury I just think, like I said, I lost my focus. When you do that, you kind of -- when you're playing around in no-man's land, you're not going to be able to compete out here. My game suffered, I lost my card and I just haven't played well the last couple years. I've been playing better but when I've been making cuts, I've been finishing 40th, 50th, whatever. We all know that doesn't get it done. Obviously I've enjoyed the optimism of knowing my game was getting better; it's just you've got to fine tune things where you can knock out those top 25s, top 10s, top 5s and that means just getting a little bit better each day. Like I said, I've been working hard and I'm exciting about the direction my game's taking, and I really feel like I've kind of cleared the cobwebs out a little bit, too. My head was just a hot mess and I think I'm kind of clearing that up a little bit and I'm thinking a lot more clearly I should say, which is great.

Q. Have you had help along with different coaches, any mental game, anything like that?

D.J. TRAHAN: No. I mean, I've played golf a long time and I've played it at the highest level for a long time and I'll be the first to say if you're not careful, this game is very difficult and it can come up and it can really bite you in the rear end, and it did me. I lost my focus and I lost my drive and just the injury got in my head and it really just threw me for a loop. It's definitely been a struggle. But my dad's always been my coach and he still is. I'm still trying to do all the same things, I'm just thinking more clearly now and I'm just more focused and it's just amazing how finding a little bit of clarity can sometimes really just kind of get you going in the right direction and hopefully get you over the hump. I think I'm kind of getting there. I'm going to be one of those guys that says hopefully I'll come back better than ever, better than I was before. You want to learn from your mistakes they always say, or learn from your experiences. So hopefully this can help me grow and become a better player. Even though I went through a really rough patch, hopefully I'll come out looking a lot better on the other side.

Q. Do you remember where you hurt your back or was it more of a gradual thing?

D.J. TRAHAN: No, I was home on a week off and I was fishing with a buddy and I never in my life had a back injury and I reached down to pick about a 15-pound redfish up out of the water. We were catching fish left and right, and when I leaned down to pick that fish up, I went down to the deck of that boat and I was done. We had to drive right in and I was out for a solid two or three weeks and it was all muscle. I had the MRIs done and everything, and for me it wasn't spinal or anything like that so I've been fortunate not needing surgery but I've in to work out and really work hard with flexibility and strengthening.

Q. 2013?

D.J. TRAHAN: Yeah, 2012, 20 -- 2012 probably even. Yeah, roughly. It's hard to say. I want to forget all about it to be honest with you, but it was bad. And it happened to me several more times so that's why I'm saying I think subconsciously I started compensating for it and that's just terrible because I don't want to change my swing. But I think subconsciously my mind was going oh, my back is hurting me and it would suck because I never even did it playing golf, I did it fishing.