

ROUND 2 INTERVIEW
November 22, 2018



D.J. TRAHAN (-12)

Q. Well, D.J., talk about today. We were looking, 62 is your low round back at the Travelers in 2011, but today was pretty special, especially bogey free.

D.J. TRAHAN: Yeah, anytime you can go bogey free is great. I maximized pretty much everything I could out of the round today. I played really solid and I hit a lot of shots really close and had some tap-ins today, probably four or five of them. So it was an excellent ball-striking round and I actually putted really well. I hit a couple of putts even today that didn't go in that I hit really, really nicely and couldn't have been happier with the way I executed the shot, just didn't go in. But needless to say, most of my shots went where they needed to go today.

Q. Yeah, the putting, 26 putts yesterday, 28 today. Those are good numbers.

D.J. TRAHAN: They are, absolutely. I mean, obviously I try to hit as many greens as possible, which I think is my goal every day, which if you do that can kind of skew your putting stats because it's tougher to get the putting numbers down if you're hitting a lot of greens, but anytime you're below 30, typically that means you're going to have some good scores on your scorecards. So far it's been nice through two rounds.

Q. Yeah, you missed only two fairways, only one green, and you're a good ball-striker so that fits right into your game plan?

D.J. TRAHAN: Yeah, again, I've started to get my ball-striking back. That's what I struggled with when I got hurt. My swing got out of sync for years because of injuries. It's been a long road back, but I'm fighting hard and I'm starting to get really comfortable with my long game. I feel like if I can do that, I really truly feel like my putting is probably better than it's ever been, so I'm hoping that that will allow me to play even better golf than I did before I got hurt when I was playing my best golf.

Q. Now on the weekend, Seaside Saturday and Sunday. Are you excited? You have a really good shot.

D.J. TRAHAN: Absolutely. I'm excited. I've got a chance to win the golf tournament if I go out and play two good rounds. So I really enjoy the golf course, too. It suits my eye. Again, since I'm really confident tee to green right now so if I can keep that up, Seaside is a fairly demanding golf course off the tee. And needless to say, the greens can be a little bit tricky, they keep them pretty quick here, so hopefully I can just keep doing what I'm doing.

Q. How would you describe your comfort level around here?

D.J. TRAHAN: I like the golf course, it sets up really well for me from the eye line perspective. Here it's all about if you're confident off the tee, I think, and if you get the ball in position, then you can really attack the golf course. I've been driving the ball well so far this week, so hopefully two more days of that.

Q. We've been talking about how fitness has been a huge part of your career, especially with the injuries that you've had. How frustrating has it been to try to put your body and your game back together?

D.J. TRAHAN: I mean, anytime you're injured it's very frustrating, but for me it was the fact that I just couldn't get it right. I would get healthy and then it would happen again and I was kind of living in this limbo of what do I need to do. I kind of figured that out with my body and I worked so hard at it because I don't want to go through it again. When you deal with lower back problems, and I didn't have any spinal issues, I just had some muscular problems in my lower back, and the struggle with that is it's so easy to pull a muscle. So for me it's something that I have to work at very much. Even now I still get it tweaked a little bit every now and then, but I feel like I've got it under control so I'm very happy about that.

Q. D.J., 36 on the Plantation course. You have played here enough times, when you saw the conditions were going to be calm, did you know it was going to be a day like this?

D.J. TRAHAN: Absolutely. If the wind's not blowing here, you need to make a lot of birdies because I just feel like the greens are set up and the pins and everything are set up to score, but if the wind's blowing, obviously it tricks things up a little bit. Needless to say, with the wind down, I knew guys were going to go low. I'm seeing some good scores, so I'm glad I was able to take advantage of it.

Q. When you look at the arc of the last year, the way you played on the PGA TOUR, a couple top-10s, the way you closed the season on the Korn Ferry Tour, earning your card, how much confidence does that give you going into this new season?

D.J. TRAHAN: It gives me a lot of confidence. It's been a total rebuild for me just from the perspective of losing my confidence, being injured. It was a vicious downward spiral for me really and a lot of times guys don't come back from stuff like that.

I almost quit, I really did. I was that frustrated. And then one day I just finally sucked it up and decided to try to get my stuff together and really made some commitments and stuck to them, and so far it seems like I'm progressing in the right direction slowly but surely. But I feel like everything's kind of starting to come together. If I can just keep building on what I'm doing, I think I'll continue to move in the right direction and play some great golf.

Q. I was going to ask about the physical side. How is your back? Are you 100 percent?

D.J. TRAHAN: I am 100 percent, and like I told Damon, I worked really hard at it. That's not saying it's never going to get injured again, but I do work very much at it and I love it actually. I've learned to love working out and trying to take care of myself. So it's become important to me from just a lifestyle perspective as well, which is great because I would hate to hate it and have to do it all the time, but I actually love doing it.