

**PRE-TOURNAMENT INTERVIEW**  
**January 21, 2020**



**JASON DAY**

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**SHARON SHIN:** I'd like to welcome in the two-time champion of the Farmers Insurance Open, Jason Day.

Jason, if we can just get some quick comments about your return to Torrey Pines.

**JASON DAY:** Yeah, I'm looking toward to playing this week. Obviously a lot of good memories coming back, and I think we're going to have some decent weather. Game feels pretty solid right now even though it's been a while since I played. Just been kind of rehabbing the back for the last eight weeks.

Last year was a bit of a tough run for me, especially most of the year actually with my back. But I'm -- fingers crossed everything gets going in the right direction starting here and I'll get off to a good start on the West Coast.

**SHARON SHIN:** Talking more about that, your first start since the Mayakoba last year.

**JASON DAY:** Yeah.

**Q. How has the offseason been and how have you been preparing for that?**

**JASON DAY:** Obviously it was quite disappointing to not be able to play in the Presidents Cup, especially also playing the Australian Open. I was actually looking forward to going down there and playing there.

**Every time I would watch the Presidents Cup coverage, I was angry. I had to go up to the barn to kind of either ride or do some sort of exercise to get some frustration out because I really wanted to be there.**

But the rehab that I needed to do, I needed some time off. I just -- unfortunately, my back went out four or five times last year and I just couldn't quite -- I wasn't hanging on. So it was nice to be able to take that time off and get ready for this season.

**Q. You mentioned that your back went out a couple four, five times last year. I wonder if you're doing anything different now with the swing or training methods to try and prevent that happening, again not just this year but moving forward?**

**JASON DAY:** Yeah, I kind of understand what's going on, but I'm not really like a doctor per se in regards to how to explain it. The gist of it is my rib cage is kind of out of alignment and starts to pull on certain things and certain muscles. If I swing a lot and also putt. I mean, a

bent over position and things start to tighten up. If I don't get that stuff kind of loosened out and get a little bit of mobility in there, that's when things start to -- it's not so much the actual swing itself, I'll just go bend over and pick something up, my back will go out and then I'm done for two weeks.

I had two epidural shots last year and they lasted a week. One was just after Bay Hill and then the next was just before Augusta. It was quite frustrating because I was kind of -- I was coming into most events underprepared and also kind of on the back foot just because of the injuries that I've had, but hopefully a few changes here and there especially with the swing, try and positioning of my hips at the top of my backswing. I tend to sway a little bit to the right and that's kind of what hurts my back, but overall it feels pretty good.

**Q. As someone who's spent most of your career in the top-10, does it kind of suck to see yourself slide down to 44 and how motivated are you to get back?**

**JASON DAY:** Yeah, I didn't realize I was that far down, to be honest. I'm not worried about the world ranking. I need to focus on just getting healthy and trying to be 100 percent confident in what I can actually do ability-wise.

Looking at the world ranking, I know that all it takes is good play to get back out there pretty quick. You within a couple times on the West Coast and you're kind of near back to the top-10. So that I'm not too worried about, I've just got to focus on making sure that I'm ready. If I can play, then just make sure that I'm 100 percent and I can go out there and win.

My big thing was last year was a bit of a down year because I had not only with back issues, I went through four caddies, so there were a number of things that I was trying to work out. I feel like things are obviously different this year and I feel like I'll have a better year this year.

**Q. After a nice rest, do you feel like the back can cope with a big schedule this year, and how healthy does it feel at the moment?**

**JASON DAY:** I can only putt for 30 minutes a day, so if I -- I'm typically putting two and a half hours a time every day in my off weeks, so obviously I'm a little bit behind schedule. But I feel pretty good about how things have progressed. I was obviously on a ball count last week. I started at I think 50 balls and moved myself into the 100s, so I'm quite pleased with how things are progressing.

**Q. You've overcome so much. What is your mental state at this point about having to overcome more?**

**JASON DAY:** Well, it's hard because you know when you're an athlete and then you start, you have an injury and then it obviously hits your confidence, and then when you have no confidence and you can't work at something, then you start having bad results. Then you just, you're kind of in a little bit of a plateau or a little bit of a funk.

So I think the big thing for me is to realize what had transpired last year, what happened last year, look at the factors of why I had a year that I had, try and rectify the problems that were obviously causing my bad play and then kind of go from there.

I think once I start to gain the results back again, then the confidence will come back and from there I'll start to play much better golf. But fingers crossed, I'm hoping I'm going to play good this week. Once again, I'm coming off eight weeks of rehab and very little practice, so am I expecting a lot? I don't know. We've just got to go in there and see how it goes.

**Q. Other than the anger you talked about having to watch the Presidents Cup and not being there, having been a part of these teams and seeing how the matches sort of transpired, Ernie and the boys seemed to make it close, and then the way it ended, can you just talk about your emotions after having been involved with this team for so long and coming so close?**

**JASON DAY:** Yeah, last year was probably the biggest opportunity we had to beat the Americans, especially on home soil and taking the lead into Sunday.

Like I said earlier, I was very disappointed that I couldn't be there, especially throughout the whole week, playing, being in the singles matches, at least putting some points on the board, but I haven't had the best record in Presidents Cup. So with that being said, it was nice to be able to see them put up a good fight.

The guys on the American side were just very, very strong on Sunday. I don't know what it was, if they finally caught up on sleep or if they kind of figured out the golf course, but it made for good watching. I think -- like watching it over here and seeing how everything I guess finished up, it would have been nice to finish really, really close. I know it finished close, but it would have been good to finish good on the last match. But long story short, it was fun to watch, but I was quite frustrated sitting on my backside watching it.

**Q. Jason, considering the wildfires and what's happened in Australia, how much does that kind of weigh on your mind and is there motivation to perform well when something like that's happening?**

**JASON DAY:** Yeah. I mean, right now we have a lot of things going on back home in Australia that have affected a lot of people. I'm just hoping that people can find some hope in some of the things that they've lost and they can -- with all the help that they've been given, and we still need more help, which is nice to see how much support that has been not only in Australia but around the world. It's nice to see the support that's been given to Australia. It truly is amazing to understand how much land was lost.

But I think Australia's a very resilient country and I think we're going to get back up and move forward.

For me playing, personally I'm just trying to do the best job I can out here and hopefully win.

**SHARON SHIN:** Thank you for your time and good luck this week.

**JASON DAY:** Cheers.