

ADAM SCOTT

HALEY PETERSON: We would like to welcome 14-time PGA TOUR winner Adam Scott to the virtual media room here at the Wyndham Championship.

Adam, you're making your fourth start and first since 2015. What is it like to be back?

ADAM SCOTT: It's good. I've just heard good reports over the last few years about Sedgefield, and the work they've done on the greens looks great. It's a classic golf course and I've enjoyed a couple days out there so far. It's a good test. Definitely want to be playing from the short grass this week and hitting plenty of greens. It will be my focus. And I like the way I'm playing. I'm not liking the way I'm scoring, but I'm looking to change that this week.

HALEY PETERSON: And 121st in the FedExCup, talk about how big this week is as you try to solidify your position for a deep run in the Playoffs.

ADAM SCOTT: Yeah, it would be good to have my best week of the year, I would have to say. That's what I'm looking for this week. Certainly coming here hoping to win, but to play some good golf and kind of jump up in the FedExCup would be fantastic going into next week, obviously a course I'm also very fond of, and you just never know, that's the beauty of the Playoffs. If you get hot at the right time, you can run all the way through to Atlanta and that's my only strategy this time around.

HALEY PETERSON: Sounds like a good strategy. With that, we will open up with media.

Q. Obviously this has been a difficult period for all of us, but for you especially as it relates to golf; it sounds like your difficulties with travel and quarantining and such have really impacted you. I wonder if you can speak to that generally. And also, do you have an example or two of just a really trying circumstance where you either got stuck at home or couldn't get back over here due to the various restrictions?

ADAM SCOTT: Yeah, I think it's been frustrating and it's just been the accumulation, I think, of the restrictions and what that's left me not being able to do, whether it's practice or train or the many changes this year. Very limited time with my coach. I ended up not even working with my trainer this year because it was just impossible to actually get together. A lot of time away from the family because I ended up coming in blocks to the States and that certainly had some effect, for sure.

And then just the biggest mistake I think I made was not lowering my expectations on the golf course at the start of the year and thinking I was just going to play like a champion the whole time, even though nothing was really operating at the level I normally do.

So I'm trying to give myself a bit more of a mental break with my expectations at the moment. I'm actually playing okay, but I think a little bit of fatigue has certainly been in there. I just need to let go a little bit.

I have a few examples of quarantines and things like that. Even recently I couldn't return home from the Open Championship because the U.K. was on the red list for Switzerland and I had to go to Spain for a week just to get home. And that sounds nice, I know. Spain was absolutely fine, but I had been away seven weeks at that point and I really would have just liked to go home.

I'm not complaining about anything. I've made a lot of these decisions and I'll live with whatever it is, but yeah, from a golf side of things, if I just lowered my expectations a bit, I think the frustration levels would have been down.

Q. If I could follow really quickly to clarify, was your family not allowed to come with you over here or did you just make the decision not to have them come? Obviously as a sportsperson you had some exemptions.

ADAM SCOTT: No, they were allowed to come, but I just felt -- certainly last year and even earlier this year with the restrictions and COVID still being a problem, testing, not being vaccinated earlier in the year, all those things, and me having to test negative to be able to play was very restricted. We don't have a base over here and so we felt best if they didn't, and the kids were able to stay in school at home, so thought that was a good outcome for them.

Q. A couple quick ones for you. They just announced that Justin Rose was named the Payne Stewart Award winner and I just want to get your thoughts on him receiving that honor.

ADAM SCOTT: Well, that's great. I didn't know that. That's fantastic. Thoroughly deserved. I think he represents everything that the Payne Stewart Award holds and he joins a great list of winners of that. I'm pretty thrilled for him, it's a very nice honor, that's for sure.

Q. And for this week, what is being on the bubble, what's that pressure feel like to you?

ADAM SCOTT: Look, I feel like I'm actually -- my game is in pretty good shape, so I'm not too stressed about it. I feel like if I just have a solid week, I can get myself in contention and certainly move up and make sure I'm heading to the Playoffs. You know, that's really all I'm trying to do. I'm not really stressing about making it or not, I'm just going to go and play this tournament and I'd really like to try and get myself in contention and have a shot at winning something. That's really what I'm thinking about.

Q. I'm just following up on something Bob had mentioned earlier. You have a

particularly, I think, unique perspective on the differences in how your country and our country have handled the pandemic and you had a front row seat for that because it's affected you in a huge way because it's kind of restricted, like you said, how much you can see your family, how much you can travel. I thought maybe I'd ask for some thoughts on again this unique seat you have looking at this, what has that been like and kind of what do you think of all that?

ADAM SCOTT: Well, yeah, I don't know that it's a good thing. It's constantly evolving. Australia's having a lot of issues at the moment because of their kind of policies toward the virus and that's very frustrating.

What my perspective is overall is probably it's very frustrating when you live in one place with a policy and you're operating also in another place with a different policy. That made it very difficult this year, and I think the U.S. and the U.K. is seemingly really learning how to live with the virus now and it seems like making some progress. There's probably still some ups and downs to come, but seems like really moving forward.

Now I find it frustrating that Australia is maybe lagging behind at the moment and have very strict measures over the virus. Basically means I'm not going home anytime soon and I'm more concerned now about getting to see my parents and them getting to see grandkids that they haven't seen for a long time and some they've never met.

You know, there are all those things. Lots of people dealing with this, but it was I think operating or working in one environment and trying to live in the other environment was the toughest thing.

Q. Well said. I wanted to delve of into that. Do we take for granted that we don't get to see extended family when it comes to international players in this situation? You know, the other players, I guess is it a bigger deal than people might realize? Leish talked about it last week. He got reunited and it was a big deal for him.

ADAM SCOTT: Absolutely, I understand it. In this circumstance it is because you don't -- you're used to not having maybe that support system around us. If not even for us but for the grandkids and the family to have their extended family around them is something and we're used to not having it all the time, but this is an extraordinarily long time that we haven't had any support of family around. I think that gets to people after a while, for sure.

Now, at this point Australia's kind of going backwards a little bit. It's not looking promising for later this year at the moment. We'll have to deal with that, but certainly I can imagine how many, many people have really suffered without that kind of support or connection of being able to see your family certainly in some difficult times.

Q. So with all that being said, how do you go about, I guess, creating the white line fever, you know what I mean? Like stepping onto the first tee and trying to shut everything else out and just being there for that.

ADAM SCOTT: Yeah, well, I think I had to -- you know, I don't know. Earlier this year maybe it was before the PGA Championship, I had to turn the news off and I took every app off my phone and just had to block some noise out. There's just so much going on every week. The rules of how I could get home or not or whatever was changing and there was just so much happening, it was very difficult to plan anything and I was -- I just decided that I just need to focus on playing golf and quieting everything down and get my head on straight. I think it's been much better since I did that.

Q. I jumped in a little late, apologies if you were asked this, but I was curious to get your thoughts on this super season. You know, we're forced into a season like no other, six majors, just a different cadence. I'm curious from your standpoint what were your thoughts on the challenges and just the pace of it?

ADAM SCOTT: Yeah, well, I didn't make the right adjustments, that's for sure, because I feel like it's really dragged on. I can't wait for the next season.

However, I'm really looking forward to playing this week. I've been saying for a few weeks that my game feels good and it hasn't shown up, and it still feels good, so I'm confident that there's some good results coming still even in the next couple of weeks that we have in this season.

But yeah, I missed the boat on finding the right cadence for the super season. It certainly feels like here in the States that a lot of things are returning to a bit more normal, you would say, and hopefully as we go into next season, fall back into so many old rhythms.

Q. You talked about managing that kind of information flow and getting apps off your phone. You don't seem like you're maybe a huge social media user, but I was just wondering how you kind of decide to, I don't know, what comes in and what doesn't come in essentially.

ADAM SCOTT: Yeah, I think it's always things are always changing, but everything got very busy this year. You know, we had another child this year, lots of stuff happening, I was away from the family a lot and news was going crazy obviously with so many different things happening all around the world. I'm watching news in Australia and I'm watching news in Switzerland, watching news in the States. Not a lot of positive stuff was going on and most of it quite frustrating certainly regarding travel.

You know, trying to find that balance is something that's always evolving and I think that quiet head space is a good head space for me just to be calm and ready to play golf because we're trying to play at the highest level. I think, you know, I neglected that kind of, that mental side just for a little bit and the last few months I certainly feel like I've had a better head on my shoulders for it.

Q. Do you spend time on social media?

ADAM SCOTT: No, I don't. I don't have any of that. I do have YouTube, but I'm guilty of watching YouTube and diving down some rabbit holes on that.

HALEY PETERSON: Thank you, Adam, for taking the time and we wish you the best of luck this week.

ADAM SCOTT: You got it, thanks very much.