



Q. (in progress) for two years, what does that do for 2023?

SEAMUS POWER: Yeah, it's huge. Obviously you're hoping to get off to a good start in the season and to be able to pick up some points. Today I'll be up around 700 points or something, that's a great start to the season. A lot of good things. A little disappointed with my finish there, it could have been a little better, but that's golf sometimes. But overall very pleased with the fall, a couple of good weeks to really finish up after the win, so yeah, a lot of positives.

Q. What has gone well just in your game for the good play?

SEAMUS POWER: For the most part it's been a bit of everything. This week was a little struggle long game, but the rest was OK, able to manage it as well as I could. Yeah, just everything's been pretty decent. Been able to just get more and more comfortable in these positions and it just becomes a little easier to maybe make a putt I wouldn't have made a couple years ago.

Q. Do you look at what you're capable of any differently or have you always felt like this is in you?

SEAMUS POWER: No, I've always felt like this is in there. That's why we play, that's why you're out here. If you didn't think you were good enough to win, I don't know how long I would have stayed out here. Yeah, it's fun getting yourself in those positions and hopefully I can do more of the same once the spring kicks off.

Q. I know this is wildly early to ask this question. Considering the year that you've had, what kind of communications do you have with Luke Donald going into next year?

SEAMUS POWER: I've talked to him a couple times and then I'll see him in January for the Hero it's called, the new team event. Yeah, We'll see him there.

Yeah, I saw him in Bermuda, just got to congratulate him on being captain, and I've talked to him a couple times since. Nothing major. It's nice to be at least on the radar, something obviously I wouldn't have been a couple years ago. There's a lot of golf to be played yet, but certainly off to a good start in the standings so far.

Q. And seeing as you're someone who has played on both sides, DP World Tour and here, I don't know if you heard the conversation early in the week about the World

Ranking points as far as what they got this week versus what you're getting here. Do you have an opinion one way or the other? Do you feel like this is a stronger field or that's a stronger field?

SEAMUS POWER: Look, I mean, I don't know enough about it and that's why they hired the outside people to kind of, you know, study the whole thing. It's above my pay grade. They did all the analytics and this is what they came back with.

Again, the ins and outs of that, I don't know. I know some of the changes of the smaller fields they were reducing some of the points. I knew that was a point, I remember Jay told us over dinner. That was one of the things maybe that's a year ago he mentioned that, he knew that was coming.

I don't know, I'm not sure. For me, I'm just trying to play well every week. I did hear those comments. Again, I don't know enough about it, to be honest.

Q. The last 18 months or so since last summer has been such a rapid rise. Any drastic changes that have led to it or what do you ascribe it to?

SEAMUS POWER: Not much. Just kind of become more and more comfortable, kind of figure out what you're doing with your game and kind of figure out what you can and can't do and just kind of being comfortable with that.

For a long time, it's easy, especially out here you see guys every year, you see young guys that can do cooler stuff like hitting it longer and all this kind of stuff. But I just figured out what I can do and what I can't do and I try to stick to that as best I can when I'm out on the course. Yeah, it's been a good stretch of golf and hoping it'll continue.

Q. What can you do and what can't you do?

SEAMUS POWER: I mean, like I can chip and putt well with anyone. Even the last couple days I didn't hit it well, but I was able to keep it on the golf course and then I just felt I had a chance. I only made a couple bogeys and the way I was hitting it should have been a lot more, but I've always been very good at that. Then you just figure out shot shapes that you like to hit to certain shots and sticking to that and having confidence in that in all the situations that we kind of we come across has been key.

Q. Are you a patient guy?

SEAMUS POWER: Try to be. Some days it's easier than others. I think that's just nature. Humans, that's the nature of the game. Some days you wake up and things seem easy and other days you have to work hard at it. So it's just trying to get to a consistent spot where you can get that patience as high as you can.

Q. Has that been a key trait to kind of keep getting better to 36, having your best



season so far?

SEAMUS POWER: Yeah. I mean, look, patience is always going to be good no matter what you're kind of doing in life. It's being able to evaluate when it's needed versus when there's a change that is needed. It's a constant battle, constant work in progress and hopefully I can stay on the right side of it.

Q. Seamus, are you ready for a break or are you playing so well you wish you could play again next week?

SEAMUS POWER: I'm looking forward to a break. Obviously a bit of both. It's nice when you're playing well, but I'm looking forward to some time off and just getting away from it. I did that after the Playoffs this year and I really felt like kind of rejuvenated and you just kind of find that energy and kind of spring in your step again. I'm looking forward to that again and getting started in early January.

Q. How will you spend those six weeks?

SEAMUS POWER: Haven't decided yet. I'll get home to Ireland definitely for some time, maybe a couple other things planned, but nothing major as of yet.

Q. How much golf do you play when you're not out here?

SEAMUS POWER: Not that much anymore. Used to play much more. Like I probably won't touch a club for a couple weeks. Maybe my cousin and I will play in Las Vegas next week and maybe when I'm home in Ireland a game at the K Club or something like that. That will be about it. Won't play a ton. Once we get past Christmas, kind of crank it up, maybe get on the course a couple times. But for the most part, it's going to be -- I kind of know, that's the nice thing, last 18 months I haven't changed a lot so preparation has become shorter and kind of easier and more consistent.

Q. Will there be a celebration for the victory you had back home when you get there?

SEAMUS POWER: Yeah, I actually have some buddies that flew in yesterday, so we're going down to Jacksonville for a couple days so I'm sure we'll have a few beers and enjoy ourselves a bit.

Q. What about back in Ireland?

SEAMUS POWER: I would imagine so, yeah, because a guy from my golf club just got his DP World Tour card last week in Qualifying School, Gary Hurley. So it's going to be a joint celebration, that's a massive achievement. And then me being able to get the win in the fall, so hopefully we'll have a celebration for golf when we go home.

Q. You were an accounting major. You're a real analytical guy?



SEAMUS POWER: I would be, yeah, yeah, for the most part.

Q. How deep do you get into your own stats when you look at your development?

SEAMUS POWER: Again, it's tricky because that's always a tough thing with golf, you're trying to find that balance. Stats are key in that, but stats can never tell you how -- you have to trust how you feel as well and that's why golf is tricky because I've seen the stats, you see the stats, but there's still certain times where I as a player just don't like the look of a shot or have to trust that I do like the look of it and really trusting your instinct as well as using the analytics.

Analytics are massive for me in practice, always staying up with your stats, but trying to balance that with, you know, knowing how you feel in certain situations and knowing what you like to see and stuff is tricky. But again, it's always a work in progress. We'll see, we'll have a look at it in the offseason.

Q. Is there anything you've learned from Padraig Harrington?

SEAMUS POWER: Yeah, obviously Padraig's been great. Like I first kind of got to spend time with him at the Olympics in Rio in '16. Yeah, I'm never brilliant to ask questions, but I'm always kind of observing. It's very interesting playing practice rounds with him and just seeing him over the last few years. Even with the ball speed stuff and all that, like out of any of the guys, Padraig has been on that a lot longer than most people and you see it paying off for him now, the distance he's hitting it now. Him just like hitting that home and like the importance that can have in your golf game is massive.

I just, I mean, look, I followed Padraig's career forever, he's inspired a generation of golfers in Ireland. I was lucky enough to watch a lot of that growing up and stuff, so you're always kind of learning from him and he's been great (indiscernible) Irish golf.

Q. He said those Olympics he was really big on telling you like you're really good, you're better than this guy, you're better than you think you are, you're good, you're good, you're good. Did that help at all with belief or did that do anything for you?

SEAMUS POWER: No, absolutely. You obviously believe it deep down, but still it adds a little bit more when you hear it coming from someone like him who's seen it all. Like he's been around, he's played against all the top players the last 20 years, 30 years even now.

Yeah, it means a lot. Yeah, just little text messages from him here and there, they go a long way just from who he is and kind of what he stands for and the career he's had, it just, it hits home a little bit more.

Q. Have you had the same swing coach for years and all that stuff or are you --



SEAMUS POWER: I haven't really had a swing coach for a couple years now. Just I found myself kind of chasing my tail for a long time. Just constantly, if I have a bad round, I was kind of like out there trying to look for a fix. You know, you realize it's just golf, some days are going to be better than others. Kind of staying in your lane and figuring out, again, what works and what doesn't and just kind of sticking to that through thick and thin has been really one of the keys for me.

Q. How long have you been doing your own thing?

SEAMUS POWER: A couple years now. What is this, end of '22? Yeah, probably a couple years I would say, maybe the end of 2020 I would say somewhere around there, something like that.

