

CLUB CAR CHAMPIONSHIP
at The Landings Golf & Athletic Club

ROUND 1 INTERVIEW
March 23, 2023



NICHOLAS LINDHEIM (-7)

Q. Nick, 7 under to start the day. I know it's very early in the week, but at the top of the leaderboard, got to feel good to get a good start?

NICHOLAS LINDHEIM: Yeah, most definitely. Five months off. I hurt my back, so shook off the nerves pretty early, had an early birdie there on 2 and kind of just slowly progressed from there.

Q. How have the last five months been? How long has it been since you kind of got back into swinging?

NICHOLAS LINDHEIM: So I had a month and a half where I didn't touch a club and I could barely walk. It's been a slow progression, but the last couple months I've felt pretty good. Aches and pains here and there, but anybody with a bad back kind of understands that.

Q. Was this always kind of the targeted week for you to get back into it or was it --

NICHOLAS LINDHEIM: Yeah, once I saw progression, I kind of knew like where I wanted to start. I didn't know if it was going to be two months, three months, four months. Turned into being I think five months. I haven't done all the addition, but close to five months. You know, this is always a really, really good tournament, the course is always in great shape. Yeah, this kind of stood out when I was kind of going through it.

Q. Shooting 7 under has to make that back feel a whole lot better?

NICHOLAS LINDHEIM: Yeah. I mean, if the back's good, it's all good. The way that I felt, I couldn't even walk. I didn't even know that that was possible. To where I'm at today and where I was at in Bermuda is night and day.

Q. Was there a point you could identify where you said, OK, I'm ready to go back out and compete?

NICHOLAS LINDHEIM: Just no pain. Just when I was hitting balls, like it was a slow progression, hitting wedges here and there. I have a putting green in my backyard so I did a lot of putting. Once I kind of made some full wedge swings, I was like, all right, it just felt pretty normal.



Q. I don't know how much you want to dive into the specifics. Can you tell us how you hurt your back and what exactly the diagnosis was if you're comfortable?

NICHOLAS LINDHEIM: Yeah, no, no, that's fine. I had herniated and bulging disks, and the inflammation was so bad and it was just basically smashing on my nerve. I never had that kind of pain, like that shooting, sharp pain where you kind of screech when you make the wrong step or sit down a weird way.

Yeah, that was quite the treat.

Q. How much -- now getting back after you said five months, how much of it -- is it physically getting back? Is there any mental aspect as well?

NICHOLAS LINDHEIM: So, for me, I felt good so it was more mental from there. Like as long as I'm not, you know, in pain, it's all mental from there.

I've seen a lot of players through the years who take time off and it's a tough road back. Like you said, it is early in the week, so I'm not, you know -- the way that I played today I'm very pleased with and I think anybody in the field would be pleased with the way that I played.

Q. Did it feel normal or did it feel strange to be playing again?

NICHOLAS LINDHEIM: I mean, I've been playing a lot. We play a lot of competitive games back home, so it's the same routine. I've been doing this for 10 years now, so I've kind of got a knack for it, just basically getting back into the groove. Like I'm a fast player so walking's different. There's a lot of different things that go along with tournament golf, or Tour golf should I say.

Q. Pivoting a little bit, you started your golf career at 19 years old. We have 16-year-olds in the field this week, that sort of thing. What is it like starting your career at that point? And then also, what made you say I want to dive all into this at that age?

NICHOLAS LINDHEIM: Good question. I have to think about that one.

So the first year I played golf was sophomore year of high school. I was terrible, but I loved it. I grew the passion for it. So from there I stopped playing -- I didn't play the rest of high school years and then I started working at a country club when I was 19. Then from there I played every day, I was hooked.

That was kind of the progression. I mean, this sounds stupid, but I'm going to say it anyways: Watching people hit a ball in a hole, like it just seemed pretty simple. Well, I mean, now that years have gone by, it's very difficult. The top players are really, really good at it.



I've learned, but I always thought I could do it and I think the power of the mind is a very strong thing.

Q. Is this your first tournament back since -- have you played since you had the herniated disc?

NICHOLAS LINDHEIM: Yeah, I got my Tour card in the fall of last year and from there I didn't play the first event of the year, I was pretty burned out. So I played Sanderson Farms in Vegas and I was in Bermuda. I was there, I played a practice round and I woke up Thursday morning for my tee time, had to take a ferry ride over on this wooden box seat and I had to lift my bag up and I couldn't even lift my bag. So Bermuda, I want to say Bermuda was in October. I could be wrong, but I'm pretty sure it is.

Q. So this is your first tournament back?

NICHOLAS LINDHEIM: This is my first tournament back.

