

ROCKET MORTGAGE CLASSIC

PRE-TOURNAMENT INTERVIEW
June 28, 2023



JUSTIN THOMAS

JOHN BUSH: We would like to welcome Justin Thomas to the media center here at the Rocket Mortgage Classic, making his first start at this event.

Justin, welcome to Detroit. You just got off the golf course. If we can get some comments on being here and this golf course specifically.

JUSTIN THOMAS: I've really enjoyed my time here so far. I felt very welcomed. It's been cool, the golf course is fun, very, very old-school. Obviously with the weather they had they're kind of put behind the eight-ball in terms of the course being soft, but you have to really, really be able to control your distance and your spin because the balls are spinning back unlike anyplace I've ever seen. So it's definitely going to put a priority on distance control and trajectory and all that. I'm excited. I think each day is kind of built up more and more. I just got in Monday afternoon and I'm excited for tomorrow.

JOHN BUSH: And I know you've already been able to visit Greyson here to do a little shopping. Just comment a little bit about that relationship and them being based here in Detroit.

JUSTIN THOMAS: Yeah, it's really cool. I had a great relationship with Charlie Greyson for a while now. He's been in my ear for a couple years now to come to this tournament and I'm very glad that we could mutually make it happen. The amount of effort that not only him but everybody in the team puts into that company, for me to be able to firsthand go check out that store and also obviously being local here, the amount of support and the amount of Greyson I'm seeing out here is really, really cool being a part of the brand and the company.

The store was unbelievable, I was completely blown away with how well done it was and the amount of people in there. It's probably not going to be my last trip there, being pretty close to it.

JOHN BUSH: Before questions, you're looking for your eighth straight trip to East Lake. Some positive signs last week, those last three rounds at Travelers coming in with some good momentum. Talk a little bit about the state of your game.

JUSTIN THOMAS: Sure. Yeah, I need to take it one step at a time. I'm very fortunate that I've never been in this position in my career, but unfortunately I need to play some good golf to be worried about -- not worried, but to take it one step at a time. In the past I've kind of already been looking at East Lake at this point in the season, but I'm not in that spot right



now so I just need to continue to keep building and keep working on what I have been.

Definitely saw a lot of great signs last week and played some really, really good golf those last three days. I'm just a couple events away from being right there. And a lot of things can happen. The unknown is the fun and bad part about this game, so we'll see where it takes us.

Q. Justin, so you made the move to AimPoint a few weeks ago. Where are you at in your journey with AimPoint? And on a course where it's pretty much a putting contest and you typically play much tougher courses, how do you change your mentality when birdies are dropping left and right?

JUSTIN THOMAS: Well, I think it could go to my advantage a little bit playing last week as well. Last week was very much a birdie-fest with how soft it got over the last couple days.

It's just, I mean, I fared well on courses like this in the past, which is nice. I mean, I enjoy trying to make nine, 10, 11 birdies in a round. If you're driving it well out here, you have a lot of wedges in your hands where you're trying to almost make wedge shots if you kind of get in a little bit of a zone. So I enjoy that part of it because you're almost like never out of the tournament to an extent.

The AimPoint process has been fun. I'm learning a lot more just each and every week. I think had a pretty good process last week of going about it. Greens this severe, it can definitely be -- I can use it to my advantage on some putts here and there, but it's still going to require a lot of my artistic and feel side on some of the breaking putts and that's where I kind of mix the two.

Q. How much of your interest in boosting the FedEx standings, your place in it has you here this week?

JUSTIN THOMAS: Quite a bit, to be honest. I was outside the Playoffs going into last week. I would love to be able to kind of have the same schedule I have in the past, but at the same time I wish it was under different circumstances, but I'm very glad to be here, you know what I'm saying? It's one of those things where you get some years you need to add some events, some years you need to take some off based on injury, where you are in the points, or wanting to play in an event, wanting not to, family obligations, whatever it is.

I generally don't play four in a row, three is kind of my sweet spot, this being my third in a row. About a month ago I reached out to my team and I was like I think this could be a good add, and obviously not terribly far from Hartford, so let's make it happen. And then the next month or so kind of took its place and it worked out that I needed to play here more than I thought. Everything happens for a reason, I guess.

Q. Justin, couple quick ones. Have you ever played golf in Michigan before?



JUSTIN THOMAS: In Michigan?

Q. Yeah.

JUSTIN THOMAS: Yeah, I played the U.S. Junior in Michigan in 2010.

Q. Oakland Hills? You talk about adding this one on your schedule. You're not used to I guess struggling the way you have this year, golf's a mental game. How do you keep yourself I guess sane with the frustration? How do you deal with the frustration?

JUSTIN THOMAS: Did you say how do you keep yourself sane?

Q. Yeah, yeah, golf's a mental game, you know.

JUSTIN THOMAS: For sure.

Q. We've all dealt with it, you obviously at a much bigger level, but how do you deal with that side of it?

JUSTIN THOMAS: It's tough. I work on it like I work on my wedge game. I practice it, I try to learn from it like I do every tournament. I think after it was done long enough and I was able to reflect, I learned a lot from the U.S. Open. I felt like I was playing -- I know I was playing the best golf that I've played in a really long time. I mean, I'm talking two, three, four, five years. Because of that, my expectations got up and I fully expected to go win that golf tournament. I started -- I was playing more golf swing than I was golf and that got in the way.

Last week I wasn't feeling great about my golf swing in the beginning of the week and I kind of said screw it, I'm just going to go out here and hit shots and play golf. I'll use the practice rounds, the pro-am, the time on the range to really kind of hammer down the things in my swing mechanically I want to work on, but then when I'm out there, I just need to go play.

All the credit to, honestly, my wife Wednesday night last week sent me a text that I woke up to Thursday that just kind of, it resonated to me and it really hit home better than anything I've heard.

Just basically said remember why you love this game and why you play this game and why you're out there, just enjoy that and kind of take it in. It hit home for me. So last week, any kind of challenge I faced, anything good that happened, anything bad that happened, I just kind of remembered this is why I play professional golf and that's, it's why I'm doing this.

You know, it's like anything, you just try to get better.

Q. You mentioned there talking about trying to find a balance. You're a player that does work the golf ball a lot, hit a lot of shots. How do you balance the idea of being the artistic side of hitting shots in the golf swing and being out on the golf course



versus trying to work on and ingraining something that helps you build your skills up to the point where you feel confident on the golf course and can hit any shot?

JUSTIN THOMAS: I think there's just a time and a place for both. When I'm on the range, there's specific times on the range where I might be trying to work it, maybe if I'm working on clubface control or I'm just trying to hit certain shots.

I've done had a pretty good job of trying to separate each thing. I'm not -- when I'm working on distance control, I'm working on distance control. If I'm working on shots, I'm working on shots. I'm not trying to mix a lot of mechanics, a lot of distance control and a lot of shot shaping and trajectory all in one because then it's just not realistic.

I almost kind of like separate them, if you will. If I'm there working on mechanical and swing stuff, like I don't really care what the ball's doing because that's not the goal of that. The goal of that is to feel what is right so then I know what that is to where I can do that repeated over and over and over again to where I don't have to think about it anymore, and then when I'm comfortable enough, I'm able to go hit that shot.

JOHN BUSH: Anything else? Justin, thank you for your time.

JUSTIN THOMAS: Thanks.

