

ROUND 1 QUICK QUOTES
July 13, 2023



STEWART CINK (-4)

Q. Stewart, you go out in 1 over and then on your second nine you shoot 30. What kind of switched for you at the turn?

STEWART CINK: Really, the answer is nothing switched. I just, I wasn't really getting any results on my opening nine. I had two three-putts and just a lot of grazed edges. I was playing OK.

Then on the back I made about a 20-footer on the first hole with a big break. You know, the kind of putts that you don't expect to make. From then on out, the hole looked bigger and it just felt more relaxing.

Really didn't change anything, no adjustments whatsoever. Just I kept doing what I was doing and let sort of the regression pay off.

Q. How much harder is this golf course with the wind up a little bit?

STEWART CINK: Yeah, well, any golf course is harder with the wind up, but this course requires a lot of precision off the tee.

If you look down on a satellite picture of this course from above, almost every hole runs straight north and south. This time of year you almost never get a straight north or south wind, it's always across. So when you've got crosswinds and fairways that are narrow and firm like these, just makes it really hard to hit the fairways.

So you have to kind of have the right expectations going into the round. You might hit your driver really good and hit five fairways, that's just kind of the way it goes around here. I think that's kind of what I did today.

Q. How much more is Lisa helping you since Frisco?

STEWART CINK: About the same as Frisco. We don't do a whole lot of caddie evaluation in our family, we don't have meetings to determine that stuff, so I'd have to go back and try to think over it myself.

But I love her enthusiasm. She's learning. She wants to be doing a good job like a professional caddie does. The guys and gals that caddie out here for a living do amazing work and they're really quite good at their jobs, so Lisa would probably be hard pressed to ever get to that level. But emotionally and sort of therapeutically, what she helps me do out there to be myself, to keep it light and free me up. There's really almost nobody on the



planet that can do that better than her.

Q. How does the dynamic change with Lisa compared to any other caddie for you in terms of the on-course back and forth, on-course relationship. Like you said, allowing you to mellow out and stay calm, just the back and forth?

STEWART CINK: I know what you mean. Having Lisa or a loved one caddie, anyone other than like the Tour caddies who I'm accustomed to having work for me, it's just a little bit of a different dynamic in the expectation level.

Most of the golfers, myself included, we kind of put extra expectations on us when we're working with Tour caddies, I think. I've done that for sure over my whole career. When Lisa caddies or both of my sons have caddied, too, for extended periods, it just puts me in sort of a calmer frame of mind.

It also puts more of the burden of taking care of all the decision-making on me, which I like because it keeps me really engaged in the shots and the decisions and the operations part of golf.

So without having someone to sort of get the yardages and I'll just lazily walk up to the bail and say, "What have we got," I've got to do all that myself. It's good for me, kind of keeps my mind like really locked in on what we're trying to do, so that's an added benefit.

There's a lot of benefits, there's really not one drawback. I enjoy having her and she's learning about what it's like to be out here, sort of the shots we hit. It's fun to see her sort of like progress along the way. She's fun to have and she has a great attitude about it.

Q. What did you hit into 8?

STEWART CINK: I hit a 6-iron into 8. I think I hit my 6-iron farther than I hit my driver.

Q. What happened there?

STEWART CINK: I pulled my tee shot off the tee and it caught the inside edge of one of those trees, off the edge of the tree and it just smashed the limb and it didn't go anywhere after that, just dropped kind of straight down to the right, barely got to the fairway.

After the adjustment to the hill, I had like 210. I had something like 220 to the hole on a hole where if you hit the fairway, you're going to have a very short iron in. I got kind of fortunate on my second shot with a good bounce and I got it close. Wasn't expecting to have an eight-footer for birdie there after I saw that ball land off the tee.

Q. A couple sports psychology questions for you. You obviously had a great last nine. Do you believe much in psychological momentum? And then also, were you in the flow state or in the zone during that second nine?



STEWART CINK: I know what you mean by the flow state because I'm reading a book right now about that called The Rise of Superman. I don't know if you know that book. It's all about the flow state.

So there is such a thing where your brain gets like sort of hyper-focused and you start to -- the stuff that sort of -- the noise around you like the self-consciousness and concern about outcomes starts to fall away because your brain is so engaged into the task.

Golfers, I think we call it the zone, but it's really a flow state when we get into that zone where you just really are not concerned with any negative outcomes. You're only focused on what you're trying to do instead of something you're trying to not do.

We kind of go in and out of that. When you're in that more than you're out of it during the week, that's when you have your better weeks and it kind of frees you up to be yourself.

Really, all it comes down to is just not getting in your own way. When you're in that zone or flow state is when you're out of your own way and you can perform to your highest level. Yeah, I do believe in all that stuff.

