

ROUND 3 QUICK QUOTES
July 15, 2023



HARRISON FRAZAR (-7)

Q. Harrison, you currently led all three rounds, right now you're tied with Strick at the top, but going into tomorrow, what is that mindset?

HARRISON FRAZAR: Well, I fully expect Steve to play well. As straight as he drives it and as well as he putts and chips and all that stuff, so I don't think he's going to go anywhere.

I feel like I need to have the same mindset I had today, be a little bit more confident off the tees, try to get a little bit more aggressive with the iron shots. I felt like today I hit a lot of good shots off the tee to hit the right spots, just it's hard to hit these things. So just try to keep going, try to make a few more birdies.

Q. Do you think the rain is going to play a factor one way or the other for you?

HARRISON FRAZAR: I would imagine it's going to soften things up, maybe have to hit a few more drivers. I hit a lot of 3-woods today, but that's OK. Hopefully it makes the fairways easier to hit.

Q. Last night you said you were just going to kind of take a breather, I think you and your wife just went to a movie. How was it?

HARRISON FRAZAR: Yeah, it was good. We saw the new Mission impossible, it was entertaining. It's always good to get out of the hotel room and have something to occupy your mind.

Q. Harrison, you hit a good approach into 1. Was the putt tentative? It looked that way to me.

HARRISON FRAZAR: Yeah. I don't know if this is right or wrong, but the putting green is a little bit more trampled down a little bit quicker I think than at least the first hole, first couple holes it felt like it had a little moisture in it. I ran a couple by on the putting green right before I walked out there. I thought, oh, no. So yes, a little tentative.

Q. How were the nerves today?

HARRISON FRAZAR: I was nervous, yeah. It started about 30 minutes before the tee time, I could feel my heart starting to beat a little bit. You know, look, you just deal with it. It beats the alternative.

Q. True. Talked to Justin about that yesterday and he said that's a good thing, he



should be nervous.

HARRISON FRAZAR: Exactly. I think nerves are just a sign that you care, right? If you're not nervous, that means you don't care about what's going to happen. So it's OK, it's a good thing.

Q. Did you hit more 3-woods today than yesterday or the day before?

HARRISON FRAZAR: I would say about the same amount as I hit the first day, but I hit more drivers yesterday. I tried to force it up a few times yesterday, didn't go very well. I missed a couple of drivers on the front nine and just kind of backed off. I'm really hitting that 3-wood well, so might as well just wear it out.

Q. Are you getting a little bit more confident after each round, a little bit more validated, like, OK, I am kind of getting back in my groove a little bit?

HARRISON FRAZAR: Yes, it's felt a lot more comfortable. Yesterday a little nervous a little bit. Like we're talking about, it's just been a while. I do know how to do this, right, but it just takes time. You've got to get comfortable with what's going on around you. Anytime you see cameras and people showing up, you kind of wonder what's going on.

But yes, today I was nervous. Settled in quickly. Stewart and Ernie are great, very, very easy to play with. Tomorrow's grouping will be very easy also.

Q. You mentioned seeing a movie last night. With golf in general and especially maybe on a Saturday night heading into a Sunday, do you find that keeping your mind occupied maybe keeps you calm or just helps you in some way?

HARRISON FRAZAR: Yeah, I think so. I don't know if we'll go to another movie or if we'll just go to dinner or something, but yeah, you don't want to sit at home in your hotel room and obsess over yardage books and pin sheets and mistakes and strategy because that doesn't really do you any good. I know what to do, now it's just time to react.

Q. You mentioned about you wish you were more confident off the tee. Despite not hitting the fairways, seeing these bigger crowds, how does all of this maybe adversity help you towards tomorrow when you know that things will shine the brightest?

HARRISON FRAZAR: So it's not that I'm not confident off the tee, I'm just trying my best to be able to hit the next shot towards the green, and those are tight. We saw it today, like Stewart and Ernie were hitting a lot of drivers, hitting some good shots that you end up in spots where you can't play it. You can be very confident, you can hit great shots, you're still going to miss these fairways, so you just have to try to pick your best spot, pick your poison and make a swipe.

Q. Obviously talking a lot about the mental game and the importance of the mental



game. As far as mindset, are there specific techniques that you utilize such as pre-shot routine, self talk, visualization that helps you get into the mindset that you want to be in?

HARRISON FRAZAR: No, not really. I feel like I've got the same pre-shot routine I've had since college. That's the point of a pre-shot routine. A pre-shot routine is kind of like a warm blanket, right, and it just makes everything else fall into place. As long as I just hit the same routine, I'm in good shape.

