

THE PANAMA CHAMPIONSHIP

ROUND 1 QUOTES

February 1, 2024



TREY WINSTEAD (-5)

Q. Trey, first time here. Why don't you just give us first initial thoughts on the course after a 65 today.

TREY WINSTEAD: Yeah, I played very well. I was fortunate enough to have first tee time off, so kind of played most of my round without any wind or much wind. So it's kind of starting to blow now, so was very fortunate with that. Just did everything very solid.

Q. What was your mindset kind of coming into this week? I know you made one of the first two cuts, so what's it like for you this early in the year to play a tough course like this?

TREY WINSTEAD: Yeah, just kind of focusing on just trying to get better. I hit it pretty solid in the Bahamas but short game wasn't very good, so kind of focused on that back at home. Then just tried to kind of get that dialed in in the practice rounds and stuff.

Q. What's the last year sort of been like for you playing -- talk us through playing mini tours and making it through Q-School.

TREY WINSTEAD: Yeah, it's been huge. Played the APTs last year, a couple G Pros and they were great, a lot of really good competition out there. And just the formats of them, being able to have like the cut after 36 holes and four rounds of competition really kind of simulates like -- or it's a real tournament and stuff. So being able to go through that and just being able to compete, just learning how to score the ball and stuff was really big. Then obviously going through Q-School was a grind and was just very fortunate that it went my way.

Q. What was maybe the most difficult part since turning professional and working your way to status?

TREY WINSTEAD: Just kind of -- I mean, you really only have one opportunity in the fall and, I mean, if you don't kind of do that, then you're playing Mondays and kind of all that stuff.

So really just for me it's been kind of diving into the process of if I'm continually getting better, then eventually there will be a spot for me somewhere.

Q. I read that you're aspiring to be a backyard barbecue master. Like what's --



TREY WINSTEAD: Yeah, I guess. One of my cousins brought me and my family to Terry Black's like a year and a half or two ago. I loved the barbecue and stuff and it's been so much fun kind of doing that and following like Meat Church on their weekly cooking videos and stuff. It's just been really fun to kind of mess around with that.

Q. Do you have like a smoker --

TREY WINSTEAD: I have a Traeger like pellet grill that I kind of do most of that on.

Q. What's your specialty at this moment?

TREY WINSTEAD: I would love to be able to say brisket, but I don't think -- it's definitely not like a central Texas. I can't compete with them. I try to take some of their tips and stuff and do as good as I can.

Q. And then you said like Meat Church. Are you just going back to the hotel and watching YouTube videos on barbecue?

TREY WINSTEAD: Sometimes, yeah. I mean, like just go on Netflix or YouTube, Meat Church videos, Franklin, just kind of anything.

Q. How do you compare golf to grilling? Are there any similarities?

TREY WINSTEAD: It's definitely a process, definitely kind of learn as you go, especially like a long smoke with like a brisket or something. You definitely have to adapt when things don't go your way. Yeah, I guess improvise, adapt and overcome.

Q. Would you compare your game to a meat? What would you compare it to?

TREY WINSTEAD: I mean, I guess I'd like to say a filet or a ribeye, but I don't know. That's a tough question.

Q. So does it kind of feel like it's all gravy out here now that you've gotten through Q-School? I know Q-School's such a grind. How has it kind of felt adjusting out here?

TREY WINSTEAD: Yeah, it's definitely a relief to have gone through Q-School and to have those 12 starts. I'm kind of trying to get out of like focusing on the outcomes because that's going to happen. Like whatever the outcomes are, that's what it is.

So like really just focusing on getting better.

I was fortunate enough, I played -- I've got some good mentors kind of back home and just kind of bumped into playing like a practice round last week in Abaco with a few holes with Jonas Blixt and Kyle Stanley, and then on Tuesday here played with Mark Wilson and Tag



Ridings. It's just been really cool to kind of learn from some veterans and stuff. Really just trying to like enjoy the opportunities and kind of embrace whatever happens because this is -- it's a privilege to be out here.

Q. What's some advice that they've given you?

TREY WINSTEAD: I mean, Tag and Mark, they gave me some really good advice. One thing that Mark -- that Mark said that really stood out to me was just kind of like don't sweat the small stuff. I mean, with being a professional golfer, like embrace the uncertainty just because there's so much that's unknown whether you're going to make the cut, miss a cut, get into an event or not. Just if you're continually getting better, then eventually you will play well. So just to be able to learn stuff like that from some veterans has been really cool. Just trying to apply it the best I can.

