

**ROUND 1 QUICK QUOTES**  
**July 25, 2024**

**SAHITH THEEGALA (-5)**



**Q. Characterize your round today and what about your game suits this golf course.**

**SAHITH THEEGALA:** Yeah, I think again I'm not afraid to say I don't think the golf course really suits my game up until this year. Really struggled off the tee most of my life and last couple years included, so off the tee's so important out here. I was really excited to come back because it's been the biggest improvement in my game. Really drove it awesome all year and I was just excited to play from the short grass here because I had a lot of lakes and rough the last couple years. Yeah, it's kind of like a revenge week for me, I just wanted to come back and see what I can do on the golf course that's beat me up pretty bad the last three years.

**Q. How does that work, consist of kind of figure out the driver?**

**SAHITH THEEGALA:** Yeah, a lot of it is mental in a way and I feel like the mental game's always the strongest part of my game. I just got stronger in the gym, probably the healthiest I've ever been. I really focused hard on setup and weight transfer with my coach. We've got it down to, you know, just a few simple keys with the driver and a lot of that includes just a little bit less slide in the hips, too. I'm always going to be a slidey, player, I struggle to rotate with my external and internal rotation with my hips. Just trying to find the right gear. I think a huge part of it's just been in the gym, too, just knowing that mechanically my swing's gotten a little bit better and it's translated.

**Q. I remember talking to your nutritionist I think at Napa, he was talking about how it had become an increased priority. How has that part of it evolved for you from in college?**

**SAHITH THEEGALA:** Yeah, my trainer, Josh, kind of dual axis nutritionist/trainer/PT, he's been on my butt for eight years and he knows I really don't like working out. I've gotten into a good habit where I'm not as sore anymore and do it enough to where I'm not sore when I'm trying to practice or play.

Yeah, he's been really on top of me, including my girlfriend. They keep me in check with my meals. I love to eat a lot of Thai food and my sodas and whatever it might be, they keep my honest. It's just cool to see that kind of work for me. I genuinely feel better, my body feels better and I have more energy. It's a good feeling. It is a little bit addicting. I still hate it when I'm actually in the gym or I'm really craving Chick-fil-A and can't go, but it's all worth it obviously.

**Q. A lot of top players won't go to places that have given them troubles in the past,**



**so what does keep you coming back here?**

**SAHITH THEEGALA:** It's kind of the perfect storm. It's a great tournament. They gave me a start right out of college and I don't feel like I owe them anything, but they've been so good to me and it's a really, really well run event, one of the best run events and they treat you right. Logistics of it are great. The.

Golf course is really pure, too. The grounds crew does a great job. Just all of that just keeps me coming back. Last year I thought I wasn't going to play, but I missed a couple cuts over in Scotland so I was just itching to get in another tournament before Playoffs. This year I committed pretty early on and knew I was going to play. Yeah, just wanted a little bit of momentum for Playoffs. Yeah, just everything kind of worked out for me to be here.

**Q. You talked about revenge week. What's it like just trying to get revenge on a course?**

**SAHITH THEEGALA:** It's funny, I'm not even like -- this is probably the only week where I genuinely feel I'm not even worried about the score, I just want to beat the golf course. I'm not even looking at other guys or the board, don't care what they shoot, I just want to feel like I've tackled this course.

It's a stressful golf course. It's a good start today, but it's playing soft and gettable and I think a bunch of guys are going to shoot good rounds. Hopefully the wind firms it up. I know there's going to be a lot more stressful shots. I'm just going to try to get through it all. It's fun, it's a different challenge. I know some guys would shy away, but I have no problem taking it on. If I fail, so be it, but I really don't want to let the course get the best of me again.

**Q. Sounds like you take it personally.**

**SAHITH THEEGALA:** A little bit, yeah. The first couple years I played out here I wasn't fully aware of the level of the Tour and how good the guys are. I walk off the golf course thinking this course is hard, like the course is hard. All of a sudden look up at the board, 7, 8, 9, 10 under. Lee shot 24 under last year. Last year probably played the easiest of the three years, but even the first couple years I didn't feel like I played too poorly but missed the cut by two and three shots so it wasn't even close. Even today I walked off the golf course, I felt I got a lot out of my round. I didn't make a lot of putts, but the fact that I'm sure there's going to be a 7, 8, 9, I haven't looked at the board but I'm sure there's an 8 or 9 under out on the course right now. It's just how it is on the PGA TOUR, yeah.

**Q. Usually it blows out here. Did it blow much today?**

**SAHITH THEEGALA:** I think it blew more than the forecast said it was supposed to. It think it was only going to be 8 to 10, but it was gusting pretty hard. The front nine there, it was easily gusts of 15 to 20. I think the next couple days it's going to be really windy, which I'm pumped about, firm up the course a little bit.



**Q. Looks like you changed the putter this week. What was the reasoning behind the change?**

**SAHITH THEEGALA:** Yeah, probably used the same one for eight or nine years pretty much. I've had stints where I went away from it, but it was just kind of on the bench. It's the same deal this week, it's just on the bench. It will make its way back. I've actually been putting fine with it, just had like three or four bad putting weeks in a row where I lost a little bit and yeah, I just wanted to see if something different would be interesting. This putter's so different than my normal putter. Yeah, I got enough practice strokes with it, not a ton, but yeah, it felt good. But the gamer will be back probably for Playoffs.

