

ROUND 3 QUICK QUOTES
July 27, 2024

SAHITH THEEGALA (-12)



Q. Sahith, just two bogeys all week. Amanda over here brought up getting revenge on this golf course. You obviously seem to be doing that well. Just some thoughts on that, how you're sitting through 54 holes?

SAHITH THEEGALA: Yeah, yeah, very happy about the week so far. I didn't have a lot of expectations so to speak, I just wanted to feel better about me being here because again, I've said this numerous times, it's a great tournament, golf course is awesome, logistics are great, the place is really pure and it was one of the first starts that I got on Tour as well. This was my third start on a sponsor invite, so grateful for them to have me out. I don't even feel like I owe the 3M anything, it's a great tournament, so glad to be back.

I really tried to make an emphasis on this week to get over that hurdle I have with the course. Just the way my game's been throughout my life, I usually don't have courses that I feel like don't suit me that well. I'm just an optimist about a lot of golf courses and I'm like, well, the course is how it is, you've just got to figure it out, right?

I think this is probably the only Tour stop that I haven't made a cut at before this week. I don't know, someone's going to have to fact check that, but I think it's probably the only one.

I was just honestly happy to have a good first couple days. I definitely tried to make today a moving day kind of deal and felt like I played well, but a lot of low scores out there. I don't know how, still feels hard walking off 18 green, there's so much water, so many stressful shots. Just hats off to the guys for shooting 64s and 63s, especially on the top of the board. I thought it only got windier as the day went on.

Q. What do these conditions do to help you prepare for the Presidents Cup in the coming weeks?

SAHITH THEEGALA: Yeah, yeah, it's been interesting for me because last year I definitely let some thoughts get in about the Ryder Cup. I was having a really good start to the year and the summer didn't go as planned. I maybe let it get to my head a little bit.

This year I've just really tried to keep my head down and keep playing well. Every little experience I can get along the way is going to help me. It's going to be my first big team event. Well, hopefully. I've still got to play my way in. I just learned you can't take anything for granted. I learned the hard way with my first win you just can't, you've just got to keep the head down.

I know I'm looking pretty good to make the team, but I just want to keep my head down and



just try and get my game as good as possible for that event. Yeah, to represent your country means the world. It's been cool to talk to some of the guys about the team atmosphere and all that, but the main thing is just to get my game as ready as possible.

Q. How do you think this positions you for tomorrow?

SAHITH THEEGALA: I think well. 18's definitely a birdie hole if you hit a good tee shot, so might be 4 back starting tomorrow, or even 5 back if he makes eagle. Jhonny's the man. It's good to see so many good guys at the top of the leaderboard.

Yeah, I'm not too wrapped up about it. If they go out there and shoot 64, 63 again, there's not going to be a whole lot I can do, but yeah, I'm going to try and just keep doing what I've been doing the first three rounds.

I've been playing pretty well, just my irons have not been sharp this week. Everything else has been really nice. I've hit my irons really poorly. I haven't had a lot of really good birdie looks because of that. If I can get the irons clicking tomorrow I'll feel really good about it. It's nice having that confidence that I can go out here and shoot some low numbers. It's been done the last three days. The goal is going to be just to be close to the lead if not around it come back nine tomorrow. If that's the case, then I'll definitely look up at the board and try and make a push.

Q. What went wrong last week?

SAHITH THEEGALA: What's that?

Q. What went wrong last week with your game?

SAHITH THEEGALA: That's a good question.

You know, I'm still -- it still feels like I'm on this eternal process. I think I'll be on that process my whole life. A lot of guys share that sentiment out here. I feel like I'm making progress with my game and it's been cool to see the improvement, but there's going to be downs along the way.

Yeah, last week was -- I really feel like I didn't do that much bad, I just let the conditions kind of get the best of me. My inexperience definitely showed up there.

It was awesome to have a nice finish at the Scottish because I've had no sort of success over there on links golf and I had a nice week at the Scottish, which helped a lot and gave me confidence that I can play out there. I love links golf, I love the creativity out there, I love the nastiness of the weather, I love the bunkers, I love all the shots you can hit.

A big part of that is just going to be reining that in. The tee shots really got me last week. I tried to hit some tee shots where I'm really trying to fight the wind and learning you can't



really fight the wind out there. I just made it a little more complicated than I need to and didn't execute. Just got bad in a hurry, the conditions were really, really tough.

Yeah, it didn't feel like I played all too bad. I guess that's a good thing because I came here and completely forgot about that week because it just felt like an anomaly. My game still felt good. I hit plenty of good shots even though I shot 14 over for two days. Yeah, it didn't do anything to my game or confidence.

Q. Why did you switch putters this week?

SAHITH THEEGALA: Yeah, I haven't been putting bad this year, just a little bit of a low stretch in the middle of the year, but I putted well at Scottish and honestly putted well at The Open, too. I just wanted to see something different. I do a lot of tinkering off tournament weeks. I have a set of practice putters at home where I just pick up a different putter and feel it out and then when I go back to my gamer, it feels incredible and I fall in love with it all over. Been doing that a little bit and try and make it intentional in a way where it's going to help me with my gamer.

For example, I've used some mallets where you can set it up in your sleep and you're going to hit your line in your sleep. The reason I've never putted with one was because of speed stuff.

This week one of the things, I felt like one of the things I was doing with my putting, I was just dragging it in, opening the face. So I got a big grip counter balanced to just kind of work on taking it a little straighter back. Can't open the face as much with that big grip and I can't use my hands through the stroke.

I'll always be a handsy putter and I'll continue to be when I go back to the gamer. It's just good to kind of have a median. Same thing with my swing. I'm a fader. If I start swinging too far left, I get steeper and steeper, the cuts get more and more and I start to hit draws to counteract. That's kind of what it feels like with this putter, just to kind of counteract my natural tendencies.

Q. How do you reassure yourself when you're frustrated?

SAHITH THEEGALA: It's hard. I'm not scared to show my emotions out there and sometimes I let frustration get the best of me. It's only for like five seconds. After that, I realize it's just a game and got to keep things in perspective.

But it's tough, it's really, really tough because the first thing that pops up is I've just put in all this work and I do that? It's just a part of the process. Every sport has stuff like that and golf maybe even more than most because there's so very few times where you actually set up to a shot and hit it exactly how you want. I'd venture to say less than 25 percent of shots that I hit on any given tournament day are exactly how I want. It's just living with it and accepting it. As long as you're good with your process and the work you put in leading up to it, it's okay



to get frustrated at it to a certain degree. Hopefully not too much swearing or breaking clubs.

Yeah, it's just learning to accept it. There's nothing you can do, you've just got to go back and work a little harder or keep working how you were working and make that progress that you and your team kind of have a plan for.

Q. That hole-out you had today, your short game on golf Twitter seems to be the forefront, how you get up and down from everywhere. You seem relieved that it went in. The ninth hole's tough. Can you just talk us through that shot?

SAHITH THEEGALA: Yeah, it's a tough hole. They moved the tee up today, which was really nice. They moved a few tees up today which I think -- I'm just thinking about that now, that's probably why some of the scores were lower.

Yeah, I striped my second shot and I just hit it too good. I hit it through the wind, which I haven't been hitting it too good this week. So I was actually in a decent spot over the green and I just mishit the chip a little bit, it came out really hot. It was probably to be -- give myself credit, probably at least 15 feet by, probably closer to 20.

So for that to go in was such a big bonus. It probably saved me more than a shot and a half. Felt like I couldn't get a putt to fall the first -- I made two nice putts the first two holes and then I hit a bunch of great putts that kept going over the edge.

Golf gods are weird, man. They'll give it to you back. You've just got to believe in it, the golf gods, they'll give you something back and they gave me a couple there. Yeah, just felt really good. I like kind of forgot to celebrate, I was just relieved that it went in and I could be done with that hole because that hole's done a number on me as well.

Q. You're 11 in the world, on the verge of the top-10. What would that mean to you?

SAHITH THEEGALA: Yeah, you know, it's crazy. It's something that I don't think about that much anymore, I'm just so caught up in my process, and my goal right now is to just be as good in position as possible for the Tour Championship and for Presidents Cup.

It's been really cool to see that raise in the OWGR. I know it's tough to say, it's not the most accurate ranking with those guys at LIV right now, there's definitely better players than me in the top-10 there, but it's still awesome to see that I'm that high.

I feel like even at majors I feel like -- I feel a lot more comfortable this year and I feel like I kind of belong. I'm not going to say I should be competing, I still think I need some more work to get there, but yeah, it's awesome. It's just very validating. I'm just happy to be on Tour and everything else seems like a bonus.

