

UNC HEALTH CHAMPIONSHIP
Presented by STITCH

ROUND 1 QUICK QUOTES
May 29, 2025

PHILIP KNOWLES (-6)



Q. Philip, great round today. Sort of walk me through some of the highlights of the day.

PHILIP KNOWLES: Like a lot of my rounds have started lately, made a mistake on 3, pulled the wrong club, chipped it off the green, made bogey. Kind of caddie and I, my wife and I talk a lot about just having a different attitude, different mindset. Been playing a lot of not very good golf lately, so stayed positive.

Ended up hitting a really nice 4-iron into 5, the par 3, and then I end up making like a 20-footer for birdie on 8, the par 5. That was pretty big. Hit a good drive, hit it in the right bunker, hit a bad bunker shot, made the putt, and that kind of felt like that was the -- got the ball rolling in the right direction.

Turned, made birdie 9, 10, I don't even know, 11 maybe as well. All runs together. I think 9, 10, 12, 14, 16. I just hit it really good, hit a lot of shots where I was looking, I was just really excited to kind of get the ball going in the right direction and keep running with it.

Q. You say you pulled the wrong club. Is it just a wrong decision kind of thing or did you actually pull, like you meant to grab --

PHILIP KNOWLES: No, it was wrong decision. Yeah, wrong decision. I wanted to hit 5 and then the guys in front of me hit 4-iron, or one guy in front of me hit 4-iron, and I know he hits a little longer than me and I thought maybe I should hit 4, and then I hit it over the green and made bogey. So trust your gut, that's the moral of that story.

Q. And you kind of talked about it's been tough struggling with your play. What's like the hardest thing about being in that sort of snowball effect where it just feels like it keeps piling up week after week?

PHILIP KNOWLES: Golf is just so hard. Like the margins are so thin all over the place, and the line between hitting really good shots into good spots and hitting good shots to bad spots is so thin. Some days -- technically I've been -- found a little something in my swing this week, but when you're playing professional golf and you've got a two-day cut and you go out in the first round and you shoot 2 over on your front nine, especially out here on this tour, if you do the wrong week you're basic looking at the next week already. The cut's 6 under, 7 under some weeks.

So that's the hardest part about it to me is if you don't go and play a good round on Thursday, it can be really, really hard to stay positive enough to turn that around on Friday and give yourself a shot at the weekend.

When you're playing well, you're making cuts, you get to play four rounds, you get so much more golf, so many more reps. When you start missing cuts, then you're done on Friday, you don't tee it up again till Thursday, and if you go out that week and you do the same thing, you go shoot 1 or 2 over on your front nine, you can just kind of -- you can see how that ball can just keep rolling that way.

I feel like I've just been caught in a routine of just some mental mistakes, a little bit of technically being off, and then some bad -- or breaks that don't go my way. There you go, however many missed cuts it's been.

Q. What have you sort of leaned on to sort of just be a little more positive, maybe a little kinder to yourself?

PHILIP KNOWLES: Certainly have leaned on my wife. She spends a lot of time around me obviously and has been able to correct my attitude when it needs correcting.

Lean on my faith, just knowing that golf is a game at the end of the day. I feel like I have an ability to play it, but doesn't give me a right to go out and assert myself all over the place.

Still have to understand that -- I understand my gifts, my talents come from the Lord and if I go out and play bad golf, it doesn't give me a right to pitch a fit or be so angry just because I didn't play good golf. I just didn't play good golf and it was an opportunity nonetheless the Lord gave me and need to be grateful for that.

Q. Are you one of the like big fans of the Donald -- getting to play like an old Donald Ross course like this, some of the unique features that are in those Donald Ross courses?

PHILIP KNOWLES: Yeah, I think most guys are, especially on this tour because the shot quality is just so much higher. You have to hit really good shots a lot of the time, you have to control your misses, miss it on the right side of the hole. We did a good job of that today.

I grew up on a Donald Ross, an old-school built in 1920s similar to this, just a lot flatter because it was in Florida. So anytime I get to show up at a Donald Ross, and there's some nostalgia there, something that takes me back home and something innate about growing up on that golf course. When you get two golf courses like this and you see big false fronts and you see runoffs or you're putting it up over big slopes, I think there's just something about that that kind of comes back to life in you. Grew up there and played in college, so I love it, yeah. It feels like home.

Q. What was that course?

PHILIP KNOWLES: Bradenton Country Club. Yeah, beauty.