

ROUND 1 QUICK QUOTES
July 31, 2025

NICO ECHAVARRIA (-7)



Q. Nico, what are you happiest about from your day?

NICO ECHAVARRIA: I would say my mental part of the game was spot on. I was -- I have my sports psychologist and my coach, my full team this week, we're sharing a house. I told them the last few weeks I feel like I'm playing really good but I haven't been very kind to myself the way I speak to myself sometimes. We hit a bad shot and the way we react is, it's just awful.

So today, and I hope it lasts forever, but just be kind to yourself and watch what you say to yourself after a bad shot. I think that was key today because I started pretty slow, a few pars and three-putt 15, and I didn't let myself, that three-putt affect me on the next hole and I was able to birdie the next two.

Q. That's one of those things I feel like it can be easier said than done, like you want to be kind to yourself but it can be hard, especially out there.

NICO ECHAVARRIA: Yeah.

Q. What do you think it was today that allowed you to like really stick with that and kind of just be kind to yourself all day?

NICO ECHAVARRIA: Just be aware of that. And my -- Ivan, my sports psychologist, told me just speak to yourself the way you would speak to your best friend and be your best friend and that was it.

Q. What's Ivan's last name?

NICO ECHAVARRIA: Sherkovski (sp?)

Q. And how much time does he spend with you on the road?

NICO ECHAVARRIA: We're staying together this week. He probably comes to three or four events a year. Yeah, we've been -- we've made a lot of progress since we started working three years ago.

Q. And why was this week I guess a good week to have him out?

NICO ECHAVARRIA: We planned on it a while ago, and obviously this is a big week for -- if you're playing this week, you're playing for a lot. And next week it's very important, so he'll



be with me the next two weeks.

Q. Did you feel like you were on the bubble into this week at all for top-70 or did you feel pretty safe or did you not think about it?

NICO ECHAVARRIA: You know, on Tour right now it's more important to finish top-50 than top-70, and today I was thinking of that on hole 4. I was having a good round, I was 2 under on my other side, I was 2 under through 13 and I remember I said, hey, you have to have a really good week to jump up, you're not trying to be -- defend anything, I would say.

Q. What are you doing to block out that noise? When you're on the fourth hole, you don't want to be thinking about top-50s and top-70s. The work you're doing with your sports psychologist, how are you putting it into practice and playing so well?

NICO ECHAVARRIA: It's more be aggressive. You don't have anything to be conservative about. I mean, I think I'm 65th in the FedExCup. If I don't play good this week and I still make it to next week and I don't play good, I'll have to play most of the fall. If I play great, I won't have to play a lot in the fall.

So you don't have to -- yeah, you don't have to be defensive of anything. Just gave myself a little pat -- like a little push to keep going and it helped with the next few holes.

Q. As you stand here, you're in a five-way tie for the lead. Can you talk about the course conditions and how conducive it was today?

NICO ECHAVARRIA: It was playing fairly easy with not a lot of wind, but it's still a course that you have to be playing from the fairway. The rough is probably one of the hardest rough we play all year with how much flyers you can get.

Yeah, if your game is clicking, you're hitting from the fairway, you should shoot under par I would say.

Q. Three years ago, before you started working with the sports psychologist, if you had that three-putt, how would you have reacted?

NICO ECHAVARRIA: Maybe even a month ago or three weeks ago, I would have reacted a little different. I would have maybe thrown the putter in the bag or done something along those lines. I don't know, I can't tell what I would have done, but I'm sure I wouldn't have reacted the way I did.

Q. And it would have lingered?

NICO ECHAVARRIA: Yeah, it doesn't help. It probably hurts more than it helps.

