

PRE-TOURNAMENT PRESS CONFERENCE
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STEWART CINK

Q. We're now joined by Stewart Cink, making his second appearance here at the Hoag Classic, T-2 finish last year. How great is it to be back here at Newport Beach Country Club?

STEWART CINK: It is really great. This is truly one of the best events on the Champions Tour schedule. I mean, Newport Beach itself is just such a great place to visit. The beaches, the weather, everything here is just spectacular.

And the Newport Beach Country Club and Hoag, everything just fits right into that. It's really a treat to be here.

Q. This is be your fourth start of the season. You have one win, T-6 last week at Cologuard. How would you assess last week's performance in Tucson?

STEWART CINK: It was all right, just a little sloppy here and there. I'm a perfectionist when it comes to golf. I had a couple of three-putts that were just completely unnecessary from very short range, a couple of penalty shots.

Tucson is a penalty shot kind of golf course. It's hard to go through there without any penalty shots in the desert. But I hit a little bit in there, so it was just a little bit sloppy. I want to definitely clean some of that up, and we're working hard to kind of get that done. You've got to remember, we're still very early in the season here. There's a little bit of rust still left on some of our golf games.

Q. Going back to this golf course, Newport Beach, the cream rises to the top here; five of the last seven winners are in the Hall of Fame. What is it about this golf course that identifies kind of the best players?

STEWART CINK: It's really the kind of golf course I think that anybody can win on. It doesn't take a lot of length, it's not the narrowest course. The greens are poa annua so that introduces a bit of a vagary factor. But I think it requires the things that the guys that get in the Hall of Fame have, and that's patience and good attitudes and a lot of grit.

There's just, if you just start with the greens, the greens are really good, but they're still poa annua. Late in the day poa annua can act a little weird on the golf ball and you just have to be prepared for that. There's a reason the guys that win this tournament are in the Hall of Fame, too. That's a key characteristic for a champion golfer is to be able to handle adversity like that.



Q. And going back to last year's Hoag Classic, your first appearance here, do you have any favorite memories from the week or shots or holes that stood out from last year?

STEWART CINK: I remember playing pretty ordinary the first day. I holed a chip, that was not a very good chip I might add, on the last hole, just kind of a bad shot that hit the flag and went in for eagle.

After that I couldn't do any wrong the next two days. Something clicked in my head from that shot and I played really good golf here the last two days. The weekend was some of my best of the year.

Q. Stewart, you went down to do some work yesterday. What were you working on and what did you accomplish?

STEWART CINK: That's top secret stuff, Al. Leave it to Al.

I went down to -- since we were in town, I had a few days, I went down to the Titleist Performance Institute. I'm a Ping guy, but I use Titleist golf balls, so all that's at my disposal.

Greg Rose is sort of the leader of that. It's a biomechanics lab for golf. It helps you dig into your mechanics and figure out what you're doing really well and what might need a little work. Also into your fitness and body and flexibility, it gives you kind of a matchup of like what you're doing with your golf swing and what you're doing with your body and how everything can kind of be worked on to come together and even get better.

So it was a really productive day. Greg Rose is amazing. He's one of the top biomechanics minds in the world, not just in golf but in the world. So to hear him break down everything you're doing and to look at it all on the video screens and the 3D and the force plates and all that it's just really cool. For golf nerds, it's like one of the best -- it's Disney World for golf nerds is what it is. The facility is spectacular. Great way to spend the day off.

Q. What did you figure out?

STEWART CINK: That is actually top secret.

No, you go there hoping for validation, and also hoping for some keys to improve, and I got a little bit of both. Greg was very happy with the way we progressed since last year, very happy. So was I.

Then he identified a couple things where he thought we could maybe -- this is not low hanging fruit, it's like fruit way up at the top of the tree that we could maybe help with some efficiency off the tee and maybe lead to a little bit more consistency with full shots.

And on top of that, I got to spend half a day with my coach down there at their facility. It's the



best practice area I've ever seen in my life. It's just so amazing.

So we got all the TPI work done in the morning, and then in the afternoon, John Scott Rattan and I got to spend the afternoon like installing some of it. Some you keep, some you don't. Just a really good environment for getting better.

Q. I saw (inaudible) and because so many of the PGA TOUR guys are injured recently and also because it's Hoag and Hoag Orthopedics (inaudible), so what sorts of injuries have you had from the golf swing and have you had any surgeries?

STEWART CINK: Well, the answer to your second question is no, no surgeries, but I did suffer from a little bit of a lower back issue in 2019. I missed half the year, it was due to golf. So I had to change a little bit of my patterns in golf and also the way I do simple stuff, like how do I pick up my socks off the floor, things like that. In the end, I came out better than I was before.

The reason I think for so many injuries is players -- golfers go down a dangerous road these days. They watch YouTube videos. They watch players swing the club and hit the ball really fast and high, amazing with their skill.

But what they don't see is how much work those players put in when they're not hitting golf balls to make their body ready to do that stuff.

So they take what they see and they go out and try to do it, and you can't put that onto a body that's not ready to do that and you end up with an injury.

But the players, when you watch guys like Justin Rose is a great example right now. He's around 45 or 46 years old and he's hitting the ball as fast and as far as he's ever hit it, but the guy does an amazing amount of work to get his body prepared to do that. You can't just go out and swing like Justin Rose and expect to do it without getting hurt. It just doesn't happen. So that's the reason for all the injuries I believe.

Q. (No microphone.)

STEWART CINK: I put in the work, too. I've been doing this for a long time. I know it takes more than just technique of swinging the club. You have to give yourself a foundation with which to do that. It's part of the job I really enjoy to just try to make incremental improvements and shave a few fractions of a shot here and there.

Q. Before you even mentioned TPI, what's the thing you love the most and the least amount in your swing, and has that changed after you went to TPI?

STEWART CINK: Well, I think what I love most about my swing is the way I'm using the ground. I play golf like a young person. I'm not that young, but I like that I play golf like a young person. I think like a young person, I swing, I work like a young person.



That's a lot different than a lot of players I play against.

The game of golf has really evolved a lot in my career and I've tried very hard to change with it, and part of that is I have to think like a young person. That's one thing I like about it.

One thing I don't like about it is that I don't always feel like a young person. So it takes more work to be able to do the stuff like a young person than it used to. I don't like that part of the work as much, but I still have to do it and so I do it.

Q. Without giving away your secrets that you don't want to give away, did you learn the most from force plates or from motion capture (inaudible)?

STEWART CINK: I learned more from -- I probably learned a little bit more from force plates than I did from motion capture. A little bit. I don't understand the motion capture stuff quite as well, but force plates I understand better, so I learn more from it, but I'm getting there.

