

ROUND 1 QUICK QUOTES

July 9, 2026

PONTUS NYHOLM (-6)



Q. Pontus, 64 today, your best round on the PGA TOUR to this point. If we can get some comments on an excellent start.

PONTUS NYHOLM: Yeah, I didn't know that. That's nice. Yeah, it was pretty easy this morning, no wind and pretty soft greens. The course is challenging in itself, but I felt like sort of the hardest part about this course is when it gets firm, just the angles get super important, and when it's soft like this, you can kind of go at some pins a little more.

I was able to capitalize early, started with two birdies, hit some nice pretty good drives. Didn't have -- because it's pretty short, so a lot of wedges, hit it pretty close and rolled some putts in, so solid day overall.

Q. The course suits you up to this point?

PONTUS NYHOLM: Yeah. I mean, I think if you drive it well and you wedge it good and you putt pretty decent, any course suits you.

But yeah, I've been struggling with the driver a little bit. I actually have my coach here this week, so we've been working on it a lot. Drove it pretty great today so when I drive it good, I hit it fairly far, so it's not a whole lot left of the golf course, I usually -- you can't mess it up too bad from there.

Q. Four rounds in the 60s last week at John Deere, building up a little momentum here. Just talk a little bit about the state of your game coming into the week.

PONTUS NYHOLM: Yeah, it's getting there. Bad spot early in the year, changed coaches. I had a coach back in Sweden, but needed someone in Orlando where I live. I needed a lot more help. He's a great coach back home and I love working with him, but I just needed someone closer to have more time with me out on the golf course and such.

Started working with Grant Waite like I mentioned last week. He just, he's changed my game really. Swing was in a really bad spot and we're starting to get it -- it's still far from perfect, but it's getting pretty good on the range and now the challenge is sort of getting it out on the golf course in tournament situations. He's here this week to make sure I stay on it, which has been great.

Q. What's it like having that comfort level with him here this week?

PONTUS NYHOLM: Yeah, it's been awesome because usually it's really good when I'm



with him at home, but kind of somewhere along the way, if it's on the plane to a tournament or if it's -- like it sort of just starts getting a little off, but when he's here, he's like really on it.

After a practice round we go back to the range, we hammer what we're working on. Yesterday in the pro-am he's out there and just really making sure I stay disciplined in what we're trying to do and it's really comforting to me knowing that he's going to let me know if I'm making bad swings or he can tell if the swing is getting in a direction where we don't want it, so I can sort of just focus and play golf and know that he's got my back on that stuff.

Q. Three top-25 finishes this year, you're 127th in the FedExCup. Talk a little bit about this stretch run and how those positive thoughts there are going to help you.

PONTUS NYHOLM: Yeah, it obviously hasn't been the season I was looking for coming off the Korn Ferry Tour. The fact of the matter is my game was just in a bad spot. I just happened to get my Tour card last year. I played fine, but I wasn't happy with my game all year last year. And then throughout the offseason it kind of just got off and I lost it a little bit there. So I got off to a really bad start this year.

Kind of how it works out here, you really want to take advantage of those first four and try to get into Signature Events. So I just feel like I've been on the back foot all year, especially since I'm working on a lot of technical stuff.

So this stretch obviously coming up here is really important if you look at it that way and try and get in -- I mean, if you can make the Playoffs that would be huge, but I would need to play obviously really well to do that, but even just finishing top 100 or whatever and keeping full status for next year, that's sort of what you're looking to do.

