

Marathon Classic presented by Dana

Thursday, July 8, 2021

Toledo, Ohio, USA

Lauren Stephenson

Quick Quotes

Q. All right, here with Lauren Stephenson, a 6-under rounds here at Marathon. What made you feel so good out there today?

LAUREN STEPHENSON: I'm really not sure. I took all of last week off. I didn't touch a club for eight days so I felt really just rest and recovered. I felt pretty tired at KPMG because that was my sixth week, so I knew I needed to just take a good break.

Today I just played solid golf. Any time you can go bogey-free I'm super thrilled with. Just felt pretty easy out there today.

Q. When is the last time you think you have taken eight days off?

LAUREN STEPHENSON: Probably not since like an off-season. Even in an off-season I pretty much go out at least once a week. So I was actually supposed to have a lesson and after KPMG. My dad was like, I think you just need eight days.

So, yeah, felt really good coming off that break.

Q. We obviously saw today. When did you start to feel the momentum pick up for you?

LAUREN STEPHENSON: Yeah, I got a nice birdie on 1 and then I had a nice look on No. 2 that I missed. Then I just tried to stay patient because I knew I was going to have a lot of birdie opportunities out there.

So then I was 3-under coming through 9 and just knew I could put a few more birdies out there. If I could get to 5-under I was happy with it, so to get to 6 I'm super happy.

Q. Was that the goal or expectation you had set going into the day?

LAUREN STEPHENSON: I didn't set a score goal. Just kind of when I was 3-under through 9 I was like, I can easily get two more birdies. I'm not trying to be too greedy



or anything. Just make it easy on myself and roll the putts down there.

Q. I know you said when you went through the stretch of six weeks in a row ending at the KPMG Women's PGA; you had a T6 at Meijer. What have you been learning about your game as you've been getting more comfortable?

LAUREN STEPHENSON: Yeah, I've just been getting super comfortable. I feel like I'm playing really good golf. I haven't made as many mistakes as I used to make, which I think that's the key out here. Everyone is really good and you're going to make birdies. If you can minimize the mistakes and just score as low as you can, you're always going to be up near the top.

So I think just gaining that confidence and knowing that I can go bogey-free really helps me.

Q. What are your thoughts of Highland Meadows now that you got one competitive round, and got the fans back here in Toledo as well?

LAUREN STEPHENSON: Yeah, I really like this golf course. I knew I wanted to take last week in Dallas off and be ready for this week because I feel like it sets up well for my game. I love the small greens and tree-lined fairways. I really enjoy it, and I feel like it sets up well for me.

And then not having the fans last year, it's really nice to have everyone back.

Q. What have you been working on? You took the eight days off and you said you were going to have a lesson. What will you continue improving on as we head into tomorrow?

LAUREN STEPHENSON: I have a few drills with my swing to maintain where I am, but really overall I feel like I'm working more on my mental side out there, just staying calm, getting used to looking at the leaderboard and seeing my name up there and not getting scared and knowing that I can make more birdies.

So I feel like it's more the mental approach I been working on, and I think it's gotten better.



Q. I know this may sound silly, but is it more experiential kind of working on the mental game, being out and seeing your name up there, or do you work with someone off the course as well on it?

LAUREN STEPHENSON: Yeah, I think it just takes reps. Every time -- it's like the first time you see your name up there you're like, Oh, gosh. Makes you nervous.

The more you see your name up there and the more you know you deserve and belong to be up there the more comfortable you are.

Kind of each week I just talked to my coach after about how I was feeling or what I needed to change for the next week. So I feel like I would do a good job reassessing or reevaluating after each week.

Q. Have you felt more confident in the last couple weeks?

LAUREN STEPHENSON: Yeah. I'm not really sure what changed, but I feel like every time I tee it up I know I can compete. I obviously haven't won, but I know it's around the corner at some point.

I know I'm good enough to be out here, so just keeping my name up there and doing as well as I can is always the goal.

Q. All right, thank you, Lauren.

LAUREN STEPHENSON: Thank you.

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