

# Aberdeen Standard Investments Ladies Scottish Open

Thursday, August 13, 2020

North Berwick, Scotland, UK

The Renaissance Club

## Sandra Gal

### Quick Quotes

**Q. It's been a while since we've seen you out on Tour. How does it feel to be back?**

SANDRA GAL: It's so nice. I was really happy that once I got here Monday night on the course, I really felt happy that I could play again and it's been a year since I played competitively. So I really enjoyed it. It was so nice to be out on this course. It's a beautiful course here. We're so lucky with the weather, a little delayed. I feel really grateful that we can play.

**Q. I know last year you made the choice to kind of take a break from golf, reset mentally and physically, and what led to that decision and for you, how have you felt since making that decision?**

SANDRA GAL: It was health-related, as well. I was very tired and I need to figure that out and I did. I think I healed during last year, and then this year wanted to tee it up in March, but obviously we couldn't. I think it was a really good decision. I think it's a bit unusual as a pro golfer to take such a long time off. We don't do it unless we are forced to, right and I think I did so many different things in this off time that were not golf related and I really found a different perspective on my job and it really helps me I think right now to just appreciate it.

**Q. What are some of the things that you dipped your hands into?**

SANDRA GAL: I played some guitar. I met a lot of friends outside of golf. I went on a retreat. I spent time in Europe, a lot of time in Europe actually this year due to corona, but it was beautiful. I did a lot of things off the course but also prepared mentally the last few months.

**Q. When you got to the first tee today, your first competitive round in a long time were there any nerves?**



SANDRA GAL: Yes, yes, I was nervous for sure. I was nervous but it kind of felt good in a way to know, like it was a familiar feeling, and you don't unlearn it to kind of deal with it I think, but I really, I was like, I don't know how today is going to go and how this week is going to go.

I had a bit of wrist issues the last couple months and I couldn't practise as much as I wanted to. So it was nice to just play well today and ease into it.

**Q. Were you able to catch any of the last two events in Toledo and figure out how the girls were doing, and did that bring any excitement for this week?**

SANDRA GAL: Yeah, I was in Europe, so with the time change it was difficult but I definitely was following how it was going. It was good to see that they were out competing again. It was nice to watch.

**Q. You said you're very happy that you were able to come out here and put together a good round in the first round, even with a fog delay, how much does that do for your confidence heading into the rest of the week knowing that you were able to kind of weather the early morning conditions?**

SANDRA GAL: Yes, yes, I think it just maybe confirmed no matter what happens, that we're working on the right things mentally, physically and that, you know, most importantly, actually, I'm glad I enjoyed it out there, because I think I was -- yeah, I didn't know how it was going to be and I really enjoyed it. I'm most kind of proud and excited about that.

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