

# The Annika driven by Gainbridge at Pelican

Friday, November 10, 2023

Belleair, Florida, USA

Pelican Golf Club

## Muni He

### Quick Quotes

**Q. All right, joined now by Muni He. Just take us through your second round here at The ANNIKA.**

MUNI HE: I had a pretty good front nine again today. Back nine was a bit slower, but honestly the mistakes, they weren't big issues. They were just a little bit of bad luck. I feel like those two holes play pretty tough.

So, yeah, overall pretty okay day, good day.

**Q. You just mentioned it. You had a great front nine, especially the three in a row from 7 to 9. Take us through that stretch.**

MUNI HE: I had no idea I made three in a row, and I think that's when you probably play the best golf, is when you have no idea what you're making on the hole before.

Yeah, so it was good. Just flew by, the front nine.

**Q. Couple players said it got windier out there today. What were some of the bigger differences you saw between your two rounds?**

MUNI HE: Yeah, I played early yesterday so it was definitely windier in the afternoon today. Just learning how to adapt to the wind and playing straight into the wind can be really difficult.

**Q. Had a great 36 holes here at the Pelican Golf Club. Is there anything you did differently this week to prepare?**

MUNI HE: Yeah, actually, I took a week and a half, two weeks off before coming here, and then the week prior to coming here my coach flew out to LA, Drew Steckel, flew out to LA. We spent a few quality days together, and I think that's been really helpful to get back into the rhythm of things with my coach.

**Q. You just said it: Took a couple weeks off. How**



**important is it this late in the season to balance the rest versus keep wanting to push to the end?**

MUNI HE: I think it's really important. I've done both. I've done years where I played eight in a row coming to the end of the season.

To be honest, that just never really worked well for me. I know every player is different, but for me, I think having a balance, work/life balance a super important for mental health and just performance in general.

**Q. You had a Top 25 finish here last year. Is there anything specific about Pelican Golf Club, this event, Florida in general that brings out your best game?**

MUNI HE: Not really. I've had a few good tournaments in my junior career and professional career in Florida, but it's not very common that I play well in Florida. Maybe I just really like the golf course.

I think you have to be a bit more accurate here, and, you know, I'm someone who tends to be a bit more consistent, so hopefully that helps.

**Q. Last one: What's the mindset as we head into the weekend?**

MUNI HE: Well, stay relax and hope I can keep hitting those good shots. It's still a lot of golf left, so just trying to be patient.

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