

T-Mobile Match Play presented by MGM Rewards

Saturday, April 5, 2025

Las Vegas, Nevada, USA

Shadow Creek

Lauren Coughlin

Quick Quotes

Q. All right, here with Lauren Coughlin, headed to the semifinals. Just talk a little bit about some of your takeaways from this match.

LAUREN COUGHLIN: Yeah, the greens got really, really tough out there today. They had a lot slope and got really fast, really firm.

Just tried to stay super patient. I didn't putt very good to start. Had quite a few three putts on the front nine. I finally made one on 11, and kind of chilled me out a little bit and I started to put some better rolls on it.

Q. I was just out watching a little bit. Just talk through your putting routine. Looks like you have a breath.

LAUREN COUGHLIN: Yeah, I do one practice stroke kind of behind it because I'm thinking about my speed, how far back I want to take it. And then I'm kind of getting my line and picking a spot a couple inches in front of the ball.

Then I take a big deep breath to try to chill the nerves, kind of -- it kind of can help your nervous system come down a little bit and not be so fight or flight and you can put a little bit better stroke on it.

Yeah, and then I step into the ball.

Q. Is that something you just adapted or how long have you had that?

LAUREN COUGHLIN: Pretty much since I started putting really well like around Phoenix or so last year. You know, like Dr. Julie, we talked about stuff like that, Rotella, just always trying to keep you from getting -- tensing up. Again, a deep breath can help your body relax for a second. That's the major thing you have to be when you are trying to putt. You can't be tense. It's already hard enough to put a good stroke on it, and if you're tense who knows what might happen.

Q. Looking and every match here of yours has gone to



18 this week. How much does that take out of you or is it just part of the Bulldog in you?

LAUREN COUGHLIN: Yeah, I mean, I'm definitely feeling it in my legs and I think I kind of was a little bit tired to start the first few holes, and then the adrenaline kind of started to take over there probably through about 8 or 9.

I finally started to mentally feel like I was back in it. Took me a little bit to kind of, again, I've had to battle every single match that I've had and stay in it, and it can take a lot out of you at times. I kind of let it get to me for the first few holes.

I started to feel a lot better mentally, and that's when I started it get back into the match.

Q. I noticed your card, you started five, five, five, five. Does that start to mess with your head at all, or you just think, I still have 14 holes?

LAUREN COUGHLIN: Yeah, again, I think it did in the sense -- but I felt like I was hitting good golf shots and I just wasn't making some of the 5-, 6-footers that I've been making all week today.

So I kind of knew -- I was like, I didn't feel like I was playing that bad. I know I three-putted a couple times, but it's really tough out there and you never know what's going to happen, especially in match play.

So that's kind of why I was always -- I always try to stay in it as long as I possibly can, just because you never know what might happen.

Q. Angel is still out there, but do you feel like you're carrying the banner for American golf here on the weekend?

LAUREN COUGHLIN: I mean, it's nice. International Crown is a big thing, my big goal for the year. Any time I can get some good points for Rolex is a good thing.

But really I'm just trying to stay in my one match tomorrow morning and see what happens. Hopefully I'll have a



chance to win it all, but my main focus will be tomorrow morning.

Q. You mentioned International Crown year. Any more emphasize on honing in your match play skills this week knowing that's a possibility come October?

LAUREN COUGHLIN: No. Just a goal. I love match play and it's fun to come to Vegas for the week and fun to get to experience it. My husband loves slot machines and stuff, and Vegas Matt, we watch him on YouTube every night and so we've been doing all kinds of slots and stuff. We've been crushing it on the slots this week.

Yeah, it's just a really fun event to come to, so that was more the main thing.

Q. And last one: This is such a unique event; already played way more holes than you normally would in a week. How do you mentally prepare for potentially 36 more hole tomorrow?

LAUREN COUGHLIN: Yeah, going to get some food and try to get as much sleep as I possibly can and chill out and try to mentally shut down for a little while so I can just be fresh as I can be in the morning.

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