

# LPGA MEDIHEAL Championship

Thursday, October 6, 2022

Somis, California, USA

The Saticoy Club

## Annie Park

### Quick Quotes

**Q. All right, here with Annie Park after a 4-under day at the Saticoy Club. We were just talking about that. This is number what week in a row for you?**

ANNIE PARK: This is my seventh week out of nine, so I have two more tournaments coming up.

Yeah, this is definitely one of my record just the most consecutive weeks I've ever played. But honestly, I was kind of just struggling in the middle of summer and I was like, you know what? I'm just going to power through this. I'll have at least one good week.

So I just committed to all the tournaments.

**Q. Getting off to a good start here at the LPGA MEDIHEAL Championship. Walk me through what some of the highlights were. Couple birdies on the card were definitely some the highlights, but what were some of the things that stuck out?**

ANNIE PARK: Yeah, I mean, I was hitting some really good shots out there. Felt pretty good about my putting all day today. So I mean, I had some putts that I left out there, but, I mean, I committed to my putt and that's what really was -- that was what was really important to me.

So just going to continue on committing to my putts tomorrow and committing to my shots.

**Q. Is that what you've been working on recently or working on getting ready for the Saticoy Club?**

ANNIE PARK: Yeah. Honestly, I've been just getting ready for my body to deal with nine weeks in a row coming up. I was actually supposed to take next week off but decided I'll just play.

Yeah, didn't realize it was going to be nine weeks in a row.

**Q. It's kind of insane, but that's a lot of players are making those decisions when it comes to card status**



**and such for next year. I know right now you're within the top 100. Has that been on the mind for the last couple weeks?**

ANNIE PARK: Yes and no honestly. I've just been trying to focus Monday I body, because I knew committing to seven weeks in a row it's going to get tough. There will be some burnout. The biggest priority I had was trying to take care of myself first, putting my body first, so been just trying to -- that is what I've been focusing on. I think eventually it'll pay off maybe.

**Q. I got to ask, eighth week in a row, have you learned anything about yourself or about kind of your play, that you can do it through seven weeks?**

ANNIE PARK: Yeah, I mean, I knew I was resilient. I'm a tough cookie. But seven weeks in a row and committing to nine tournaments, I mean, I'm pretty proud of myself that I can really push through it. I've had a lot of tough weeks and did not -- I told myself I'm not going to let golf beat me; I'm going to beat golf.

It's like a boxing match, nine rounds. I'm going to have one good round and that's what I've been trying to focus on.

**Q. What do you do to make sure that golf doesn't beat you, as you say?**

ANNIE PARK: Yeah, this is my seventh year on tour. Must be a lucky number. I actually told myself this year that I am going to try to focus on taking care of my body, try not get burnt out.

But it's just so hard when our season starts in January through November. Like it is going to happen. It's kind of inevitable.

And one thing that I've definitely learned was taking care of myself, and self-care is very, very important. You kind of forget about that when you're trying to focus on your golf game.

Sometimes golf games always becomes a priority, and I knew that once I committed to the seventh week that I'm

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going to have to take care of my body first. That's very important.

So sometimes like I'm going to have to not play or practice on Tuesdays, which is a practice round day, and just really focus on like what my body needs.

**Q. Now, you are an USC alum. This isn't necessarily as close as maybe some of the other colleges around this area are, but do you have any experience with Saticoy? Have you ever been near this area when you were in school?**

ANNIE PARK: Honestly, no. I think this was my first time I think around in area. I have been to Thousand Oaks, but not around Saticoy. It's an amazing golf course. I personally love it.

You know, the conditions are great, so I hope that we can play here again next time.

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