

# LPGA Q-Series

Friday, December 2, 2022

Mobile, Alabama, USA

Magnolia Grove

## Riley Rennell

### Quick Quotes



**Q. So 10-under total. You had seven birdies today.**

RILEY RENNELL: Uh-huh.

**Q. How did it feel walking off that last green?**

RILEY RENNELL: It felt really good. You know, I didn't hit a great shot on the last hole so I had a really tricky putt. I was just really calm all day and I was really trying to like just like deep breaths, one shot at a time.

It felt really good. I played really good today. Even though it was the same 5-under I felt like I played better today because I had seven birdies and yesterday I had five.

It was cool. It was really fun.

**Q. And then obviously with it being a qualifying tournament there is no like technical winner at the end. Sitting in that T1 position right now, just giving you a really good comfortability heading into at least the weekend, how does that feel knowing that?**

RILEY RENNELL: Feels really good. I mean, I'm pleased with myself and I'm honored to be here. I worked really hard on my game and worked really hard to get through Stage II, so it's been a big deal just to get here.

I was going into this week and just freewheeling, so I feel really good about my game right now. I'm just happy to be here and playing my game.

**Q. Obviously two-week-long tournament. A lot of golf to be played. How do you kind of stay positive and remind yourself that there is still a lot more to go, but just keep yourself in it through the positivity?**

RILEY RENNELL: You just really have to take it one shot at a time. I mean, it's going to be -- it's a marathon, not a sprint. A lot of rest, like during the first couple days especially. So I'm just going to go home and like get as much sleep as I can and then come out here a little early to practice and then kind of see how things go from there.

**Q. And then you said on that last hole hitting a bad shot initially kind of putting you in a tricky position with the putt, but how do you balance keeping your emotions and your thoughts in check with the bad shots? There is so much golf it's hard to get caught up in it. Of course you want to be playing the best you can.**

RILEY RENNELL: For sure. I mean, I just read the putt to the best of my ability. It was a long like 80-foot putt like down a whole like ridge. Like I was on the wrong tier.

So I was focusing on what I could control in that moment, so I was just really monitoring my breathing, staying positive, and just like loosening my body and feeling free and letting my athleticism take over for that moment.

So I was just trusting myself and trusting my gut, and I hit like a great putt like down the ridge, like just a foot past the hole, and that made it a bit easier. I could breathe after that. So it was good.

**Q. And then like I said, two-weeks-long tournament. A lot of golf left.**

RILEY RENNELL: Yep.

**Q. How does the mindset change, or does it change day by day, or do you try to keep the same one?**

RILEY RENNELL: Day by day everything is different, body is different, mind is different. But you just kind of have to try and get yourself back into that good space where you can perform.

So just kind of seeing what I need for the day, and maybe if I need a little bit more doggy snuggles, I go and kiss my dog a little bit more.

If I just like feel good like coming off the day, I just like roll with that. Yeah, you know, I'm feeling good. I can feel good. That's kind of how I go about it, monitoring day by day what you need for the day.

**Q. Obviously the big goal and the whole goal of being here is to get that LPGA Tour card at the end of it. What smaller goals do you set for yourself throughout the two weeks to kind of lead up to that big one?**

RILEY RENNELL: Really just focusing right now on commitment, like I can really go into the shot. If I tell myself I'm 100% committed like going into the shot, no matter what happens, everything will be fine.

Like I'm focused in the moment, so that's not my fault. So going into it 100% commitment is what I can control right now. Just doing that I can sleep at night, so that makes me happy.

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