

LPGA Q-Series

Thursday, December 8, 2022

Mobile, Alabama, USA

Magnolia Grove

Lauren Hartlage

Quick Quotes



Q. Here with Lauren Hartlage. Fifth straight round in the 60s here at LPGA Q-Series. I know we were just talking about it. Hadn't done that all year on the LPGA Tour, but found something in lower Alabama. Got through today. Just evaluate your round.

LAUREN HARTLAGE: Yeah, I think it's nice. I mean, I played here last year so I'm pretty comfortable out at these courses. Like you said, it hasn't been the best year out on the LPGA, but I'm pretty happy with how I've been working recently and it's nice to have those five rounds in the 60s.

Q. We were talking about it too walking up here. It's a lot different vibe this year leading through five rounds here at Q-Series versus kind of where you were last year. What did you learn maybe on tour this year or even from your experience last year that you're applying this week?

LAUREN HARTLAGE: Uh-huh, yeah, definitely last year I was working my way up and so this is a different experience. I haven't really been at the top of the leaderboard in a while. It's kind of fun to be up here and have a kind of new experience.

I learned a lot this year on the LPGA on what didn't work for me, so I'm kind of taking those lessons and just giving myself a new mindset going into this week.

Q. What have you found out here this week? Highland Oaks, obviously tricky greens; got to really place the ball right. What have you found at least today that worked really well?

LAUREN HARTLAGE: Yeah, I've been it hitting the ball really well, which is good, because like you said, it's pretty much you got to place the ball well or else you could roll off to the green. So it's pretty important with ball striking and just kind of staying patient out there, because you can get a bad break and a good break.

So making sure you stay patient and take it shot by shot.

Q. Any of those highlights stand out today, birdies or par saves that were pretty critical?

LAUREN HARTLAGE: Yeah, I had a pretty good par save. Think it was 5 right after the par-3. I hit my drive and it landed like right on the tree. I had a tree root right on my ball and I was like, all right, just hit it and see where it goes.

I hit it on the green to about 15 feet, and I think that was definitely the shot of the week so far.

Q. Now that you're in this position, and like you said, you learned a lot of stuff about yourself in the past year, year and a half, what are you thinking about? Three more rounds out here. There is now no pressure.

LAUREN HARTLAGE: Yeah, I mean, I think it's just keeping the same mindset that I've had. You know, it's pretty important to stay shot to shot because it's really easy to start thinking ahead to like what if, and giving yourself all these different scenarios can be positive or negative.

Just making sure that I realize that I'm just trying to stay in the moment, focus on hitting good golf shots, and giving myself some good opportunities.

Q. How do you do that out there? Like is there something that you -- I know some people sing songs; some people do movie quotes. What do you do to really keep it pretty calm?

LAUREN HARTLAGE: Yeah, I think one thing is I connect to my breath. I do mindfulness practice, so that's been helping me. If my mind wanders I center in my breath and focus on the present moment, so that's been pretty helpful this week.

Q. One final thing. This is pretty interesting. Obviously you're here, grinding it out, working your way back up on the LPGA Tour next year. You have something going on Tuesday next week that's also kind of a grind in a different way.

LAUREN HARTLAGE: Yeah, everyone keeps asking me,



what are you doing after this week for the off-season? I'm like, well, I'm going right back home and getting my wisdom teeth out on Tuesday, so going to be a fun time when I get back.

Q. Celebratory milk shakes maybe?

LAUREN HARTLAGE: Yeah. A lot of just watching TV and Netflix. Yeah, pretty much.

Q. Curious, being on the LPGA Tour this year, do you find inspiration seeing players like Atthaya and Gemma who came and does Q-Series last year and turned it around and got a win on the LPGA Tour? Does that motivate you?

LAUREN HARTLAGE: Yeah, definitely being out there this year not playing the way I wanted, but being able to play with all these players, it's definitely put in perspective like I really want to be out there. I know that I have the game. I just to have work on some things.

It's really cool to see them and all their success just knowing that they were here as well.

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