

The Presidents Cup

Tuesday, September 20, 2022

Charlotte, North Carolina

Quail Hollow Club

Sebastian Munoz

Press Conference



Q. So you played in the first one back in 2015.

SEBASTIAN MUNOZ: I did.

Q. I would love to hear what impact that had on you at an early age and kind of as you started looking to playing professional?

SEBASTIAN MUNOZ: Yeah. I mean, I only have good memories from playing in Argentina. I remember it was the best tournament I played by then, the way it was run, the importance of it, you know, everything about it was -- we were treated like pros for the first time. It was awesome. It was definitely something I cherish, and I think it's really good memories for me.

Q. Do you have any specific kind of fond memories of the event, something that happened during the event or anything stick out to you?

SEBASTIAN MUNOZ: Well, yeah. I remember I was in the last group on Sunday, and we had Fred Ridley walk with us because he wasn't commissioner. He wasn't who he was right now. It was funny to see him and realize he became the chairman. That's my good memory from it.

Q. How does Quail Hollow compare this week from golf tournaments that you've played here?

SEBASTIAN MUNOZ: It's different with the grass, definitely. We used to play on more seed than just Bermuda. So it was definitely different around the greens, definitely different how the ball reacts and how quick they are downhill. So those are some of the difference I've noticed.

Q. How big is it for you, having Camilo here as an assistant captain, and what has he meant to you the last months as you prep?

SEBASTIAN MUNOZ: I mean, I was really happy when he got selected as vice captain. I think he brings a lot to the team from a communication standpoint, supporting the

captain and being very vocal, you know. He's one of those voices inside the team that really kind of motivates us and kind of gets us focused on the target.

Q. How does he do that?

SEBASTIAN MUNOZ: The way he talks.

Q. Any particular notes that you have heard him say along the way of things that have maybe stuck in your mind?

SEBASTIAN MUNOZ: No, no, not really exact. But just the way he kind of say things and announce things. It's more of a weight of the voice type of thing.

Q. How do you prepare mentally for a team play?

SEBASTIAN MUNOZ: It's definitely different. It's definitely you have to come from a position of strength, I think. I've been training my mind a little bit, you know, trying to take, like, some ice plunges and trying to get in uncomfortable situations and being able to hold in there, just to be able to push, just to be able to know that I'm not as fragile as I may think. And I think that has some positives and I'm starting to feel like this.

Q. Did you say ice plunges?

SEBASTIAN MUNOZ: Yeah.

Q. So you will subject yourself to cold water and try to last longer?

SEBASTIAN MUNOZ: Not last longer. Just five minutes or three minutes. But just kind of like it's a new hobby I picked up recently in the last month or so.

Q. No kidding. How did you pick that up?

SEBASTIAN MUNOZ: Instagram was showing it enough that I decided to give it a try.

Q. You think it has mental benefits?



SEBASTIAN MUNOZ: Definitely. You know, it's at first I could only put my foot for maybe ten seconds. Now it's full five minutes at 45 degrees. Kind of able to push your limits little by little until you get more comfortable with the situation.

Q. Is it still just your foot or whole body?

SEBASTIAN MUNOZ: Whole body.

Q. Fascinating. You saw it on Instagram?

SEBASTIAN MUNOZ: Yeah. It's cool. And there's some body benefits, mind benefits.

Q. That's really cool. Question I wanted to ask, do you think that to succeed at professional golf, you've got to be a little bit selfish?

SEBASTIAN MUNOZ: Yeah. Yeah, I do believe you have to, you know. It's an individual sport. It's a sport that it only matters you and right there in the moment. So I do believe being selfish, it can guide -- it can help you. But, I mean, being kind is not a bad thing either. But at the moment of the moment, especially match play when you have to kill the other guy, you have to step on his throat, it's better to be selfish and a little more eeg central, I think.

Q. How do you do that? You're still young. Maybe you have fewer responsibilities than others. But in your own mind, is that easy for you to make the decisions you need to make, or are there feelings of guilty sometimes?

SEBASTIAN MUNOZ: No, no, not guilt. No, like it's just, I mean, you just have to convince yourself of what's your purpose, what's the commitment of the day, and match play in this environment, you have to go in for the kill as soon as you can. So definitely, it's somewhere you try to get mentally this week and be able to see how we do from there.

Q. Sorry to fixate on the ice thing. How long can you do it now?

SEBASTIAN MUNOZ: Five minutes.

Q. Do you use a big tub?

SEBASTIAN MUNOZ: Yeah, I got one of those plunge -- it's one that comes with a chiller so I don't have to fill it up with ice. You kind of set up the temperature for it and just do it.

Q. Do you have a goal? Like are you trying to get to a

certain time?

SEBASTIAN MUNOZ: No not really. I'm just was listening to the podcast I like, and it says if you do by staying there 12 minutes a week, you increase your dopamine by 250 percent. So it makes you happier. And I agree with it.

Q. I was going to say, do you find it to be true?

SEBASTIAN MUNOZ: I find it to be the toughest thing to do in the morning. And after that, the day becomes easy.

Q. What was the podcast?

SEBASTIAN MUNOZ: Huberman.

Q. There's always cultural differences with the international team in terms of language barriers and different interests of food. How has that been so far? Do you have any interesting stories of how the team's kind of melded together at this point?

SEBASTIAN MUNOZ: There's definitely different identities, cultures, likes, dislikes. This year, we've done a great job. I feel like it's always been kind of tough to integrate the Koreans with us, but I feel like having Tom on the team, he's super fluent and super funny so he really helps the whole team kind of mesh in that aspect. So I feel like that's something that we've benefitted and it's only going to help us accomplish our goals.

Q. To have another Latin on the team, how important for you personally? Do you think you match up well together?

SEBASTIAN MUNOZ: Yeah. I feel like me and Mito have a similar personality. I feel like we're kind of both kind of like people of few words, but we know each other so we kind of try to bring what's best out of each other. So I don't know if we're going to get any playing time. I haven't practiced with him today. I don't think I'm going to practice with him tomorrow. But you never know, right?

Yeah, I would love to play with Mito. He's a great player, great ball striker. Who wouldn't like to play with him.

Q. Do you consider yourself a good match play player?

SEBASTIAN MUNOZ: Yeah. I feel like I've learned a lot. I feel like, I mean, my first match play experience in the WGC wasn't good. I think I lost three matches. But this year, I won one, tied one, lost one. But it was against -- I played Jon Rahm twice so I've learned, definitely.

