

# Sony Open in Hawaii

Thursday, January 11, 2024

Honolulu, Hawaii, USA

Waialae Country Club

## Alex Noren

### Quick Quotes

**Q. Alex, how would you assess the round and what you were able to do to put up a good score to start the week?**

ALEX NOREN: Most of the day it was good. I putted pretty good. Hit it pretty good, especially there from like -- starting on 5 started playing pretty good. Before that a little rocky in the beginning. From 5 on I was really pleased and able to hit the fairways on the back.

No more birdies than on the 10th, but otherwise good.

**Q. The eagle on 9.**

Talk through that.

ALEX NOREN: Hit 9-iron to was it ten feet maybe. You know, managed to hole it. It's a good wind on 9 today; 9 and 10 played short. Some long holes as well.

**Q. On break how did you spend the off-season? How much time did you take off?**

ALEX NOREN: Well, I took -- it's been a weird fall I thought. I took some time off, but then the kids go to school, my wife is working. What should I do all day? So I've been on the golf course a lot. Just play, practice, try to see if I can improve on some things.

Just kind of enjoy my time. Not over-practice, but trying to be in the gym, on the golf course, and also have some fun with friends and stuff, yeah.

**Q. When you come back to start this being the first start for you of this season, it's a condensed January through August, does it feel like the start to the season more than it would before with the wrap-around? Do you feel like a fresh start in a way this week?**

ALEX NOREN: Yeah, I mean, yeah, I agree with you. It feels maybe more like distinctive, the season, but then also like not trying to focus too much on everything. When I focus on where to get in, am I in this one, am I in that, it's



like too much.

Just trying to enjoy it and sort of enjoy the tournaments more than putting too much pressure on me. Just do -- focus on my game, not so much on the scoring. More on the game, yeah.

**Q. Was there one thing in particular that you tried to work on over the month off?**

ALEX NOREN: Yeah, I mean, few things. Like some sort of stuff in the short game. Tried really to hit enough shots a have not way so I would actually change my habits.

Then tried to lift some more weights, get the ball speed up. Yeah, otherwise pretty much the same as in the fall. I got some good advice from my coach that I kept at and haven't changed anything, which is unlike me.

So that's been good.

But just more trying to just change some small like bad like habits that I've had.

**Q. You've been close a couple times in the fall.**

ALEX NOREN: Yeah.

**Q. How much did those kind of fire you up to -- being so close to a win, fire you up to try to get it?**

ALEX NOREN: Yeah, I mean, that's all we're trying to do is win. Definitely understanding like what makes me play good and understanding what shots I need to hit to be able to win, that's more of a -- that was more like probably worth more to me than seeing that I can do it.

I hit these shots, it makes me win, like makes me up there. If I can't hit those, I struggle. It's more of a receipt on how for me to play it.

**Q. It's like certain things you just don't know until you're in the final few holes with a chance to win.**

ALEX NOREN: Yeah, and you got to know yourself and



understand what works for you.

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