

RBC Heritage

Thursday, April 18, 2024

Hilton Head Island, South Carolina, USA

Harbour Town Golf Links

J.T. Poston

Quick Quotes

Q. J.T., what worked best for you out there today?

J.T. POSTON: I chipped and putted it really well. Especially putted it really well. I felt like it was one of those days where if I could give myself a look, and I felt pretty confident in being able to make those putts, whether it was a close one or a 20-, 25-footer. It sort of freed up the tee to green a little bit I guess you could say.

Q. Is this a course that you enjoy coming to, that kind of fits your eye, fits your style of game?

J.T. POSTON: Yeah, it is for sure. I've had some good weeks here in the past. It's definitely one of those -- when I saw that it was elevated, it's definitely one of the ones that I had circled on my schedule for the year. It's one of my favorite events. I've played well. I'm just excited to be here.

Q. A couple extra people traveling with you this week for the first time?

J.T. POSTON: Yeah, I've got my wife and our newborn baby Scottie here, so it's their first week out on the road since she was born. Maybe that has something to do with it. Maybe she's a good luck charm.

Q. What's that been like having them around?

J.T. POSTON: It's been great. It's definitely an adjustment. I think my wife and I were figuring it out. My mom is here. She's helping us out, too. So we've got plenty of help. We're just kind of figuring it out. But it's good to have them here and sort of takes away the pressure of -- I'm not worrying about golf when I'm at home. I'm trying to change diapers and take care of her.

Q. Some guys will have an extra hotel room so they can get some extra sleep. How are you attacking it?

J.T. POSTON: We've got a two-bedroom condo. My mom is staying with us. We've got her in her little setup. Last night my wife was great, she got up in the middle of the



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night a couple times when she was ready to eat or being fussy and let me sleep, so maybe we'll keep doing that.

Q. You played so well on the West Coast, form not quite as good since we've come back east. Anything you feel like you need to improve on based on that stretch?

J.T. POSTON: It's definitely more tee to green. I came out of the gate this year hitting the ball really well, and my strength has always been the putter and kind of around the greens. That part of my game still feels very good. I just haven't quite hit it as well as I did at the start of the year.

I'm not really sure why. Just that's the way I feel like golf goes. It's a long year, and it's hard to hit it really good every week. I'm definitely going to go hit some after this and try and feel like we can just get a little bit more consistent.

Q. Has anything changed time management-wise since you became a father?

J.T. POSTON: Not necessarily with like a golf schedule but definitely more cognizant of I need to be productive with my time away from home. My wife has been great. She knows this is just how it is. We have to spend some time on the golf course. I've got to work on my game. I've got to stay sharp. She's been awesome giving me the time to do that, and I'm not taking it for granted. I'm trying to be productive and get back home when I can help.

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