

Sony Open in Hawaii

Thursday, January 12, 2023

Honolulu, Hawaii, USA

Waialae Country Club

Maverick McNealy

Quick Quotes



Q. Maverick. How would you characterize the round today?

MAVERICK MCNEALY: It was really solid. I think it's a continuation of the work I put in this off season.

It was a weird start. I don't know if I picked a weird range stall warming up in the dark. I hit the kind of the worst three shots, the first three swings of the day, kind of two blocked drives, block 6-iron on 11, and then another push drive on 12.

And then starting on 13 I just started striping it and hit it really nicely. Wasn't perfect, but don't really have to be perfect. Started to get a better feel with the putter. Had a lot of putts that just didn't quite drop.

I don't have as much experience on bermudagrass greens as a lot of these guys, but I do notice I putt better as the week goes on. I'm happy to see those putts tracking, and really happy the second nine today. I was trying chase down Chris all day.

Q. You talked to us earlier in the week. Feeling like your game was a great spot coming in. You said it was kind of a continuation. Do you feel good about what went on out there today?

MAVERICK MCNEALY: Yeah, I feel really good just in general. I had four great weeks to really focus on getting everything in order. I was at home and in Palm Springs with my family. I just feel like everything is firing on all cylinders right now. Was physically able to workout a bunch and get my body as healthy as it's ever been.

Working on my pilot's license. Just not too many hours away from taking my check ride, which has been a lot of the fun. Just really able to fully focus on the things I want to do and the people I want to spend time with, and just been a super calm, peaceful, fun, productive focused off-season. Just had a great time at home.

Q. Is that somewhat different than off-seasons in the

past?

MAVERICK MCNEALY: Not necessarily, but sometimes you just get in a groove and you find things that are just going -- and I have best team in golf, too. Like everyone is performing at a higher level and contributing at a higher level than we were when we were here last year. There is no secret sauce I think at this point that's going to flip a switch and you're top 10 in the world.

It's just marginally improving everything. I made a lot of small but significant improvements in just about every part of my game this off-season. In my approach, nutrition, sleep, recovery, even mental focus, having a passion outside of golf that trains me and pushes me and challenges me in other ways in flying.

Yeah, it's been great.

Q. That working out and everything, you sort of took that to a different level, and the nutrition?

MAVERICK MCNEALY: I did. I've been working at Great House Physical Therapy for the last two years. When I started there kind of end of 2020 -- it's ironic, because I'm about to go get drug tested right now -- but I was high 190s ball speed and Congaree in the fall I hit 185, which was a personal record.

But more than anything I'm able to practice and work and my mobility is way better than it's ever been. I've had the two best injury-free years of my golf career the last two years, and it just gives me the freedom to just be a better athlete. When I want my body to do something it's able to do it now, which is fun.

Q. How are you eating different?

MAVERICK MCNEALY: Working with Dr. Sprouse, Podium Sports Medicine, and I've done everything from wearing a continuous glucose monitor to see what type of foods spike my blood sugar, trying to put together a plan for putting on weight in the off-season and keeping it on in the season, which is a challenge for me. We're walking 50 miles a week. It's hot.



So that's been fun, trying to figure out what my body responds well to. Dialing in on-course nutrition and just everything. Looking at sleep, how do I sleep better and optimize the rest/recovery so I could push myself hard during the day. There is just a lot of aspects. Just trying to find that 1% everywhere I look.

Q. Any changes to your team?

MAVERICK MCNEALY: I've added a guy, Darren Reese. He's helping with my social media. I'm not the best on social so hopefully he'll be able to show some cool things there.

I added Dr. Sprouse and Podium Sports Med this summer. But really everyone has just been doing great. I'm still lucky to be surrounded by a group of people that they motivate me to be better because they're always looking at ways to improve themselves.

Yeah, I'm just really, really -- my brothers all live with me, so just a great situation to have back in Vegas, too.

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