

# FedEx St. Jude Championship

Thursday, August 15, 2024  
Memphis, Tennessee, USA  
TPC Southwind

## Justin Rose

### Quick Quotes

**Q. Curious how you felt about your game before Troon and how you felt after, and is this a continuation of that?**

JUSTIN ROSE: You know, before Troon coming off a bunch of missed cuts, not great finishes. But all year long I've been saying that I've been putting in some good work. I've been seeing signs on the range. I've been seeing signs in practice that I feel like there's moments where I feel like I'm as good a player as I've ever been, and obviously haven't seen that much in results this year.

Valhalla was cool; felt like playing on a big golf course in low scoring conditions and kind of my game showing signs of competing with the best players in the world was obviously still important for me to see. Same thing at Troon. I felt every bit as comfortable as I could have done or as I've ever been in that situation, and didn't put a foot wrong really. Just lady luck here and there kind of things, it could have been my week for sure.

Nice to know that's still lurking. Obviously I need to do a better job of just consistently getting it to the forefront.

Then yeah, this week, obviously took a couple weeks off, actually finally had a little bit of a fun. This year has felt like a bit of a grind; all my weeks off have been quite hard-working. So the last couple weeks I was back in the UK. It was my birthday. Took a little time just slightly away from the game. So playing the Wyndham and Greensboro I think was important just to get a few rounds under my belt coming into the Playoffs.

This morning, great start. I think playing in Greensboro, as well, very similar feel to this week, similar grasses, similar style golf course, similar heat. Coming from the UK, I think last week was important to get going for this week.

**Q. What were some of the signs that you were seeing that you're now maybe seeing on the golf course?**



JUSTIN ROSE: Just general ball-striking stuff, a bit more speed, body moving better than it has for a couple of years, things like that. Maybe a little bit more progression with my short game. That type of stuff.

**Q. How frustrating was it when you were seeing good signs on the range, practicing, but then you weren't seeing those results out on the golf course, and also, how much confidence when you get yourself back in the mix in those majors and getting those feels again, how much confidence does that give you going forward?**

JUSTIN ROSE: Yeah, for sure. Obviously this is a confidence-based game, no doubt. I kind of haven't been getting many looks, but I feel like when I have had my looks, I've hung in well. I've kind of competed hard. Still feel like my game gets better in the bigger moments, which is nice.

Yeah, they've been important weeks to just keep believing because obviously I do work hard. I make a lot of sacrifices. I'm 44, spend a lot of time away from home. Don't need to; want to. But you want to do it because you want to compete and believe that you can challenge for the biggest tournaments in the game.

This year there's been a pep in my step and gives me the belief that I want to continue to still work hard and make the sacrifices I need in order to play at that level.

**Q. The fun two weeks off, what did you do, and how much did you touch clubs?**

JUSTIN ROSE: Yeah, kind of played like two nine holes. That was it. Didn't really do much specific practice. Went to Portugal for a few days, saw some friends that when we lived in the Bahamas they were in Portugal so caught up with guys like that. Went to a Timberlake concert in Antwerp. Just did a couple things which were really, really nice.

**Q. The body, is it mostly from the recovery truck that has you feeling well or are there other things you're doing?**



JUSTIN ROSE: I'm just being diligent with my workouts. Touch wood, you never know what's around the corner, but I'm trying to tick as many boxes as I can, making sure I get my strength work in, my recovery work, obviously.

The bus has been definitely a benefit, I'd say, cumulatively for the last couple of seasons, but at the same time, I'm doing a lot more long haul flying. That's kind of why that's in place really, just to try to offset some of the stuff that is harder living back in the UK.

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