

The 151st Open

Press Conference

Friday, 21 July 2023

Justin Thomas



Q. How concerning is your current form?

JUSTIN THOMAS: I played really well today. It was very, very tough out there. I thought I -- I used today as a good opportunity to get ready for next week, and I felt like I did that. The golf in Minnesota is obviously slightly different than here in Liverpool.

But I'm hitting a lot of good shots. I'm just making so many bonehead mistakes and crazy things happening, and I'll be fine.

Q. You had said at Travelers, right around that time, that you were kind of working on some things that you needed to trust it and then you had that really low round. Is that the same kind of stuff you're wrestling with right now?

JUSTIN THOMAS: It's hard over here to me to play too much golf swing because it gets so windy and you have to hit so many shots, which I like. It kind of gets me away from golf swing thoughts.

But you've still got to be smart and not short-side yourself. Making two doubles and a quad, that's eight year old, nine year old kind of stuff, not someone who's trying to win a British Open. You just can't do stuff like that. But I'll be good.

Q. Physically do you feel healthy?

JUSTIN THOMAS: Yeah, I feel fine. My wrist was a little sore because I hit it in the fescue and bunkers so many times yesterday, but it's fine.

Q. (Inaudible.)

JUSTIN THOMAS: Yeah, I wish I felt worse so I could say I was doing nothing.

Q. Are you concerned about the Ryder Cup, a place in the team?

JUSTIN THOMAS: Am I excited about it?

Q. Concerned about it.

JUSTIN THOMAS: Yeah, obviously. I want to make the Ryder

Cup more than anything. I'm probably honestly trying too hard to do it. It reminds me a lot of my first or second year on TOUR.

I've tried so hard to make that team for the first time. I'm in a very similar position.

I've been trying to make it easy on Zach and get in the top six, but I seem to not want to do that with my golf.

Have a couple events left to try to get in the Playoffs and then make a little bit of a run and try to prove a point.

Q. How difficult is it to not look at the big picture? Because obviously the Ryder Cup is in play, you haven't won as much as you want to, and that's frustrated you. What's the difficulty in trying not to look at the big picture and to get too consumed with that?

JUSTIN THOMAS: I mean, I'm trying to look at the big picture. I'm trying to not focus too much on days like yesterday. I'm trying not to dwell on it or just -- you never want to do it in any event, but it just sucks when it's the first round of a major and you have no chance anymore.

But I mean, everybody has their waves, their kind of momentum and rides and rock bottoms, whatever you want to call it. I just keep telling myself, this is it, I'm coming out of it, and I unfortunately have surprised myself a couple times with some bad rounds. It doesn't mean a day's good play like today doesn't get a spark going. I don't know. All I can do is try to be in the frame of mind for it, too.

Q. With you uniqueness of the relationship with your dad, what's this slow period been like for you guys?

JUSTIN THOMAS: It's been tough. He feels bad as a coach. He hates it for me as a father. He could probably answer that question better than me.

Neither one of us want anything to be bad when it comes to my golf, but we're working hard. We're trying as hard as we can.

There's nobody that shot 82 that hit some of the quality shots that I did yesterday. It doesn't make sense.



I'll hit shots like a No. 1 player in the world, and then I'll make a 9 on my last hole of the tournament.

I don't know if it's a focus thing or I'm just putting too much pressure on myself or what it is, but when I figure it out, I'll be better for it.

Q. Away from the golf, how excited are you to be involved with Leeds United and what do you hope to achieve?

JUSTIN THOMAS: Yeah, it's cool. It's definitely the most -- probably the most cheers I've gotten over here. I definitely need to learn some songs and some chants because I heard quite a few the last two days, or I guess the last five days, practice rounds included.

Hopefully my knowledge will be a little bit higher next time I come here because I'm not going to be that guy that acts like I know a lot because I do not, so I'm just trying to get there.

Q. Are you going to come watch them?

JUSTIN THOMAS: I'd like to, but I've got to figure this sport out first.

Q. If you don't qualify for the Ryder Cup by right, what do you think you'll have to do to convince Zach to pick you?

JUSTIN THOMAS: I mean, it's not like I'm going to write him a love letter or anything. I mean, whatever -- yeah, I would like to think that my record is my best argument. I love the team events. I thrive in them. I just enjoy it. Playing with a partner could kind of ease me a little bit, relax me.

Yeah, like I said, I don't want to put him in this position. I hate even having to hope for a pick. This is the first time since I first qualified that I've had to rely on a captain's pick, and it's not fun, especially when you're trending the wrong way when other people are trending toward it.

But I'm just hoping that I can finish this year out strong and my record speaks for itself, and I can, sorry, but bring the Cup home.

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