

AIG Women's Open

Mixed Zone

Thursday, 4 August 2022

Gaby Lopez



Q. Take us through the round.

GABY LOPEZ: Yeah, today was a very just solid round overall. We hit beautiful tee shots with side winds, and into the wind, it's really easy to get this spiny ball. Yeah, hitting great tee shots and you know, that's exactly what I've been working on in the past couple weeks. I've been struggling with my driver and the tee shots, and being able to finally get that work to pay off, it's kind of nice.

Q. We were talking a little bit yesterday, but how important is it to embrace the conditions, to love the links, to be present?

GABY LOPEZ: Yeah, these conditions, I mean, they just bring more focus to the game and to every single shot. The conditions are tough when it's blowing 20, 30 miles per hour. So being able to break every single shot individually and make a block on every one of them and stay patient, sometimes you know, you get a funky lie and you've got to take your medicine and you've got to accept in a links golf is about sometimes a little bit of luck.

Q. The majors in general, but also I think there's a thing about you getting to know yourself better and better on and off the golf course, but these conditions make you challenge yourself mentally and in other ways?

GABY LOPEZ: Yeah, yeah, I feel that I've found myself falling into different struggles and up-and-downs, and during my career and this year has been just a very learning curve of what actually works out, is hard work.

And being able to embrace these conditions as much as you can and being able to come with a positive attitude, even if it's blowing and raining and cold, it's going to be tough for everyone, and we've got to be just okay with that.

Q. Can you describe a little bit your thought process, when things -- when you get that monkey mind, all that stuff, what do you do to stop it and to embrace what's happening?

GABY LOPEZ: Yeah, that's a funny question. I just try to

breathe. Sometimes when it's so windy and your mind, like you said, monkey thoughts can take over your mental space. You've just got to be able to kind of go back to your breathing and be able to control what you can control, which is every step you take, how fast you walk to the ball and being able to take control on the little, little things. All of a sudden, you can control the golf ball.

Q. Do you still use music to pace yourself?

GABY LOPEZ: I used to but I haven't sung anymore. But I might tomorrow.

Q. Question about technique, I understand your putting was really good today. If you didn't make it, you almost made it. Was that the feeling?

GABY LOPEZ: Yeah, I've been working a lot on my putting and being able to aim the correct way. You know, I changed my putter to this week, it's the same thing but a little different, changed the grip.

Sometimes when you make a little twitch to the club or to your swing or to your routine, all of a sudden you feel like a different putter or a different player. Sometimes I'm a little bit superstitious of, okay, let's change ball marker and let's change ball. I don't know, it changed a little bit the momentum to whatever you're facing.

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