

# AIG Women's Open

Mixed Zone

Friday, 11 August 2023

## Ally Ewing



— WALTON HEATH 2023 —

**Q. Is there anything you haven't already been asked that we can ask you?**

ALLY EWING: Well, you haven't heard it so I can give it again, right?

**Q. Sensational, you must have done everything well.**

ALLY EWING: This golf courses requires you to drive the ball really well.

One, I left myself in good position off the tee for the most part of the day except for 18, and you know, I was able to hit really good iron shots into the greens, give myself a lot of looks, which you can have looks but you've got to be able to capitalise on them and I rolled them in which not all of them were super straight. I rolled in some breaking putts, which I feel like that's always a confidence boost to match up the line and speed.

So yeah, it was a very solid day.

**Q. How does it feel when you're in the middle of all that? Is it like a trance?**

ALLY EWING: Today, yes, I probably would say that there was that stretch, I didn't really -- I didn't really even know until I signed my scorecard that I had four birdies in a row, so I would probably say that stretch from like 6 to 11 is kind of a little bit of a blur but yeah, I was very in the present on all of those shots.

So it's not like I was just, you know, wandering around. It still took execution and being in that present form to those shots.

**Q. Do you know Brian Harman?**

ALLY EWING: Brian Harman? I don't know him personally. I obviously know his story, winning The Open everything and. But yeah, incredible tournament he played.

**Q. Can you take inspiration from that --**

ALLY EWING: Yeah, questionable, he's a Bulldog but he's a Georgia bulldog. I'm a Bulldog; I'm a Mississippi State Bulldog. I guess we have that in common.

But yeah, it's pretty cool, southern guy, I'm southern, just a little Mississippi girl. It is inspiring what he did.

You know, I think a lot of people, I wouldn't say they were rooting against him but a lot of people were rooting for other people. I can kind of attest to that in some sense but yeah, certainly happy with where I am through 36 holes.

**Q. Do you hunt?**

ALLY EWING: I actually do some hunting. Yeah, I know that's probably not going to be interpreted well by the media but I do, yes.

**Q. (On hunting.)**

ALLY EWING: There's that element, too, but there's also, you put food on the table that way, too. So there's -- I think people can spin it the wrong way for sure. It's a means to eat for sure.

**Q. What do you hunt?**

ALLY EWING: For the most part my family, my husband and I, we do mostly deer hunting, so venison. That's most of what we do.

ALLY EWING: Are we talking golf? I'm -- what's that?

**Q. Are you in the zone --**

ALLY EWING: Yeah, from the golf aspect, it's a lot of practise. There's the element of being confident in your game, knowing that you have the shots to execute. So for me, it's more of relying on past experience. I do have three wins on our tour, so kind of relying on being in that position before.

But it also boys down to execution. You hit shots and you want to execute the shot at hand, not really get ahead of yourself or anything like that, control your heart rate, all that kind of stuff.



**Q. I remember at Kingsbarns -- you were playing with Stacy Lewis?**

ALLY EWING: I was, yeah.

**Q. With the golf courses in the area -- where are you staying this week?**

ALLY EWING: Not really. I'm in an Airbnb in Reigate, so I kind of stumbled on one, and it's been great. I've got my mother-in-law and sister-in-law with me, and we're just kind of enjoying the small town life, finding some good food and just enjoying company.

**Q. Can you talk about having diabetes? What type?**

ALLY EWING: Yeah, sure. Yeah, type I. I found out right after I got my TOUR card on the LPGA. So that's a battle of itself.

**Q. Do you have to do anything to monitor it? Do you have to check when you're out there?**

ALLY EWING: Yeah, so I've actually got this device that I keep in my back pocket that I just scan every so often. And every day, I'm not one that's started using an insulin pump yet. I'm still doing shots by the mil, so that's kind of how I've gone about it.

**Q. Just chase their dreams --**

ALLY EWING: It's tough. Some days are tougher than others but it's manageable. The technology and stuff has progressed a long way. It's something that I have to be aware of on a golf course, not just my golf, which you know, can sometimes be a little distracting. I deal with high blood sugar, low blood sugar on the golf course. That's why I have to stay on top of it.

I don't feel spikes as much. The lows, I can feel pretty loopy. I can feel shaky. It honestly changes every time. Like I might not always feel like that. Sometimes I just -- I feel very fatigued all of a sudden, so it's something that I have to, you know -- I keep Gatorade in my golf bag, take six ounces or so to get it to come back up and stay on top of my snacks and stuff.

**Q. You're one of the last out yesterday and first out this afternoon, what are you going to do between now and your tee time tomorrow?**

ALLY EWING: I'm going to go get some food for sure. That's No. 1. Like I said, I've got my mother and sister-in-law, so we'll probably just go kick our feet up for a little bit. I might do a little laundry, we might go get a pastry

which is not recommended for a diabetic but I'm going to reward myself today. We'll see. I know there's going to be potentially a long turnaround with a late tee time but just try to go relax and be best recovered and prepared to tee off tomorrow.

**Q. You'll not think about anything?**

ALLY EWING: Yeah, I think you can't really suppress it. Like I'm going to know where I'm at obviously at the end of the day but mentally you have to be ready to regroup, because the past is the past. Like nothing that I've done through 36 holes can do anything for me for the next 36, so I'm just going to be mentally prepared for each individual day that presents itself. Each shot is going to be different. So yeah, I just really pretty much the day and the shot individually.

**Q. We've been asking people about the Solheim Cup.**

ALLY EWING: I've played in the last two. It's not something that -- I think you can talk to any player that's ever played in one. Once you play one, you do not want to miss another. So it's been in the back of my mind but obviously taking care of each tournament, each round, hopefully letting the golf speak for itself.

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