

Omnium Banque Nationale

Tuesday, 9 August 2022

Montreal, Quebec, Canada

Nick Kyrgios

Press Conference



N. KYRGIOS/S. Baez

6-4, 6-4

THE MODERATOR: Nick, congrats. You won 13 of the last 14 matches. You're on a roll. How does it feel?

NICK KYRGIOS: Yeah, I'm really tired and worn out at the moment. After the singles final and doubles final in Washington, didn't get back to the hotel in Montreal till about 3 a.m., didn't practice yesterday.

Really impressed with my performance today. Sebastian is probably having the best year of his career. He's top 35 in the world. He's a great competitor. So I knew it was going to be tough.

I'm happy that I'm giving everyone what they want: Kyrgios v. Medvedev second round. See how it goes (smiling).

THE MODERATOR: Questions, please.

Q. How will you manage your energy? You have a lot of gas off the tank.

NICK KYRGIOS: Yeah, it's going to be hard, that's for sure. I know physically and mentally I'm not as fresh as I would like. But he also came off a title last week in Los Cabos. He's going to be feeling I think a little bit tired - I hope (smiling).

But I'm going to do everything right. I'm going to get good rest tonight, good physio, and I'm just going to give it my best shot.

Hopefully the weather can be a bit warmer than today so the balls can be a bit faster. I'm going to go out there and have fun and try and play the best I can.

It's not a bad result if you lose to Medvedev. Most of the world does.

Q. After your title in Washington, you said a huge transformation happened in yourself. Was there a specific turning point where you realized what you

could accomplish in this sport and what you want to accomplish?

NICK KYRGIOS: No, I feel like I've had some great accomplishments prior to last week. I just feel like, I don't know, my motivation, there's a lot more things around me that I kind of play for now. I feel like there's a lot of people who look up to me and I can inspire a lot of people with the way I play. I think that's a good driving force of why I'm playing the way I'm playing.

But just before Australian Open I really decided I wanted to train really hard, have a really good year. I kind of wanted to invent myself a bit more this year. I kind of wanted to remind everyone that I'm a really good tennis player and I can still play at the top level and win tournaments.

As of right now I just want to keep going with my good habits and just keep playing tennis.

Q. You talked about how you're more motivated recently. You talked about since the Australian Open even. We see the results on court. What are the little things that go into success? What are the good habits and the day-to-day? What kind of commitment does it take?

NICK KYRGIOS: Yeah, that's a great question. It takes a lot of work, just every day trying to wake up in a positive mindset.

I don't have a coach. I don't really have a person in Sydney that's driving me to train. So I have to, like, get up, organize my training, go to the tennis courts, go to the gym. I kind of have to push myself.

But it's just an amount of discipline. I'm sure everyone on tour, but for me personally, I'm trying three, four, five hours a day, making sure I am getting good rest, eating well. I'm doing that every day.

It's hard because even traveling now, my mum is in hospital at the moment, my dad hasn't been very well, my brother just had a baby, like I don't get to be there with my family when normal people would like to be with their family.

ASAP sports ...quand tout est dit, nous avons terminé.

It's hard being from Australia because we can't travel back and forth. There's a lot of things people don't see. They only see me exactly what you said, winning, losing, throwing a racquet, doing those things. They don't really understand the challenges that I face or what people on tour face, what's going on in their personal lives.

There's so many little things that we have to deal with on a day-to-day basis and also try to beat players like Daniil Medvedev. It seems impossible. It takes a lot of work. That's for sure. That's a great question.

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