

Dana Open presented by Marathon

Friday, July 14, 2023

Sylvania, Ohio, USA

Highland Meadows Golf Club

Annie Park

Quick Quotes

THE MODERATOR: We're joined by the current leader in the clubhouse, Annie Park. Annie, 63, 8-under on the day. Just what was working so well for you.

ANNIE PARK: I just had some really good shots out there. Recovered well from bad shots. Overall I played really well today. I was pretty solid out there. Coming down the stretch I just wanted to beat my personal record and I told myself to not leave those putts short, just give it a chance. But left it short still (laughing.) So one day, my goal every day is to try to beat my PR, so to beat 8-under one day.

THE MODERATOR: 8 birdies on the day. Take us through, especially that stretch from 18 on to 4, just what was working so well in those specific holes and were there any that stuck out and were memorable to you?

ANNIE PARK: Yeah, I think 18 I recovered well for my second shot. I kind of pulled it to the left. I hit an amazing third shot. I had a solid putt for birdie.

1, I hit a really good approach shot into the pin, had like about a foot or two. Hit a really good shot.

3, I hit an amazing, a solid 7-iron. And hit a really another good putt.

And then on 4 I kind of just leaked it a little bit to the right, just off the fairway, and was trying to hit this punch/cut around the tree and kind of got lucky there. So just clipped the branch just a touch and had another two, three foot putt.

So, yeah, overall I hit some really good shots out there and some really good putts. Just trying to remember the good shots.

THE MODERATOR: Was there anything you took away from your opening round that you wanted to really emphasize and work on for this round and maybe even succeeded?



ANNIE PARK: Yeah, I mean my goal this week was to just focus on the good shots. Just play lightly out there. Whether it's a good shot or a bad shot it's still the same. Just a normal shot. So my goal was to not value the bad shots as much and value the good shots more. And that's what I've been trying to focus on this season.

THE MODERATOR: Has there been anything that's clicked differently for you compared to some of the other starts you've had earlier this year?

ANNIE PARK: Yeah, I mean, I've had a couple struggling tournaments, a couple rounds. And I just grinded, just grinded and stuck to my practice routine and told myself that one day it's going to click. So just trying to focus each shot one at a time out there and just not get distracted.

THE MODERATOR: Did seeing fellow Trojan Allisen Corpuz last week kind of give you any extra motivation?

ANNIE PARK: Yeah, it was so great to see her win last week. I turned on the TV and saw her coming down the stretch and it was just inspiring and also just so happy for her first win is a U.S. Women's Open champ. I'm so happy for her. I knew that she was having some really good rounds and good tournaments starting last year and it was just a matter of time.

THE MODERATOR: We'll go ahead and open it up.

Q. As far as the course goes, does it fit your game pretty well?

ANNIE PARK: You know, I always say if I hit some really good shots just fairways and greens and putt well any course is my course (laughing.)

Q. I've been asking a lot of players about how much fitness fits into their games and just staying in shape, being strong, fitness like that, how active are you as far as weight training or anything else?

ANNIE PARK: Well, I've had a lot of tournaments coming down the stretch, so my number one focus is not to get



injured. And I've had a bad injury coming into this year, I flared up my back again. So just trying to focus on not overdoing it during practice. And just eating well. I think just diet is as much important as fitness. So just trying to focus on eating healthier and having some plans with my diet here and there, just trying to focus on that as well.

Q. Does most of your workout stuff come in the off-season then?

ANNIE PARK: Yeah, I think if I really wanted to focus on something I would probably do it in the off-season. But every morning I do my rehab and warmups. I think warmups are the most important for me during the tournament weeks. So just focusing on that and making sure my body is warmed up before I play is my focus.

Q. How important is maybe weight training to getting distance off the tee and things like that?

ANNIE PARK: Oh, yeah, I think it's very important. When I worked out a lot or the most in my, one of my tournament career years, I hit it the furthest. And workout equals distance. So I remember that time when I would chunk a shot and it would still go the distance and I was like, I just got stronger. I guess this is very important. So, yeah, I think it's very important for fitness, for distance and for injuries.

FastScripts by ASAP Sports