

Cognizant Founders Cup

Friday, May 13, 2022

Clifton, New Jersey, USA

Upper Montclair Country Club

Frida Kinhult

Quick Quotes

Q. All right, here with Frida. Frida, just take me through what these last two days have been like for you.

FRIDA KINHULT: It's been pretty solid. Yesterday I had a really good day on the greens; today took advantage of the par-5s a little bit more than yesterday and then didn't putt as good on the other holes.

Overall very happy with my game. Ball striking is pretty good. Had a couple rough ones off the tee box, but we're grinding it out and trying to figure it out. At the end of the round was pretty good.

I'm just happy with -- it's a ball striking course kind of thing, so just try to keep grinding it out, keep trying to hit greens and make some putts. I know putting was really good yesterday, so just getting that vibe back for the weekend.

Q. You talked a little bit earlier about taking advantage of the par-5s. What did they look like today that really suited your game?

FRIDA KINHULT: I mean, I hit fairway today, which is helpful. Yesterday I missed it in the rough, and like on 12 I had to chip it out, which is probably the shorter par-5.

Today at least I was in plat and I was able to go straight for it, which was fun. Also hit the green on No. 2, so it was two two-putt birdies, which is always helpful.

So no, just course in general, you've got -- there are a couple tough par-4s, but you can also have a couple reachable par-5s. It's good mix out there.

Q. You mentioned grinding. How did you finish overall all today? You said 7-under, right?

FRIDA KINHULT: Yeah, totally.

Q. 7-under total over the last two day. Has it felt like much of a grind or is the game feeling comfortable?



FRIDA KINHULT: A little bit of both I would say. It's been a little bit like a grind when I've been a little off to the left from the tee, but other than that, it's a course where you have to stay focused like every second out there. If you drop focus a little bit, anything can happen.

So try to be patient out there.

Q. And you mentioned playing in Morristown, New Jersey and being able to make it to the U.S. Women's Open. That qualifier felt like a good momentum starter for. What's it been like to carry that through in the first two days here?

FRIDA KINHULT: It's obviously a good confidence boost to get that early on in the week.

No, my ball striking over there was really good, so just trying to bring that into this course where you really have to hit the ball good.

No, it was just a good boost to have early in the week to trust your game and not have to worry about technical stuff and stuff like that so you can just get dialed in and target focused out here, which is very helpful on such a course like this.

Like you don't have to have too many swing thoughts and stuff like that, so it's good.

Q. It's nice when you're able to put those swing thoughts away. You talk about trusting your game. How much do you trust your game heading into the weekend? How comfortable are you feeling after the last two days? You've got feel a little bit more comfortable.

FRIDA KINHULT: Yeah, I mean, it's a great position going into a Saturday with. Just try to be patient, stay focused, keep doing my things, my routine, not do anything special, and we'll see where this leads me.

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