

The Chevron Championship

Thursday, March 31, 2022
Rancho Mirage, California, USA
Mission Hills Country Club

Sarah Schmelzel

Quick Quotes

Q. Really solid start to your week out here, 3-under 69 today.

SARAH SCHMELZEL: Yes.

Q. How are you feeling after a round like that?

SARAH SCHMELZEL: Yeah, really good. All the way around the course I hit it really well. Hit a couple loose drives right when I made the turn and was able to iron it out.

I think hit every fairway on the way in, so that was really nice. Wish I could have kept the putter hotter on the back nine.

All in all, can't complain. First round under par in a major, so looking forward to the next challenge tomorrow.

Q. What kind of confidence does that give you heading into the rest of the week here at Mission Hills, a traditionally tricky golf course to get around?

SARAH SCHMELZEL: Yeah, for sure. It's my fourth time here, so obviously every year learned a little bit more. It's fairly close to home, only three and a half, four hours, so I came early, as I usually do, about a month early; play a couple practice rounds.

Feel like the last time I came about a month ago I did some really, really good work that just gave me a little bit more confidence around the greens. You know, that made today a lot easier than it has been in the past.

So I'm looking forward to taking that into the next few days.

Q. Having watched you so far this season, I'm not sure -- I don't know what's changed. I feel like you're coming out here a lot more confident, and having that solo third at Crown Colony, T13 right after that, what's changed for you that you feel more relaxed out here?

SARAH SCHMELZEL: Well, I spent most of last year



thinking that my issue was my golf swing, but I think I was a little too prideful to admit it was more in between the ears.

I pretty much spent the whole off-season working on it with my mental coach, Bill. That's the biggest thing, just allowing myself to feel like I don't have to be perfect all the time. Mistakes are going to happen.

Be grateful to be out here. Enjoy the experience. Have fun with my playing partners. Have fun with my caddie.

Honestly, it's just been a huge mindset shift. I gained a lot of confidence from how much work I put into it, but I wasn't able to really add that when I was in competition.

So I feel like that's been the biggest thing, where I can actually take that confidence knowing that I work hard since I've allowed myself to not feel like I have to be so perfect all the time.

Q. The rest of the week here at Mission Hills, obviously a lot of memories, a lot of traditions at this golf course. What are you looking forward to most the next three days? Just walking around golf course enjoying it or...

SARAH SCHMELZEL: This place is really special. I feel like growing up watching the LPGA Tour, these are holes that I remember. These are holes that I wanted to be on one day, and so I think just really enjoying the rest of the walk out here and relishing in all the memories and history that's come along with it.

It's just really nice to be able to say that I'm here right now.

Q. Good golf doesn't hurt.

SARAH SCHMELZEL: Uh-huh, exactly.

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