

Palos Verdes Championship presented by Bank of America

Sunday, May 1, 2022

Palos Verdes Estates, California, USA

Palos Verdes Golf Club

Lydia Ko

Quick Quotes

Q. (In progress.)

LYDIA KO: You know, I've got a week to kind of refresh. For lots of my golf I thought was good. I think over the last couple days I didn't drive it good, so considering like where I put myself in some positions, it's not bad.

I think this week I stayed really patient out there. Even if I was out of position or over par for the day, I tried to not give up and believe that I could make it up on the next hole or the holes coming.

So, yeah, overall a lot of solid golf. I feel like almost two different people, a person, off the tee from the first two days to the last two days. Hey, it's not easy out there and I know there is still a lot of good, so focus on that and polish it up for the Founders.

Q. You asked for Chris to come out and give you a little physical therapy as well. Is that a concern moving forward?

LYDIA KO: I hope not. It's that time of the month. I know the ladies watching are probably like, yeah, I got you. So, when that happens my back gets really tight and I'm all twisted. It's not the first time that Chris has seen me twisted. I felt a lot better after he came.

Yeah, there you go. I know you're lost for words, Jerry. Honesty it is.

Q. Lydia, we just got off the course here. Just overall your reflections over the past four days here at Palos Verdes?

LYDIA KO: I played a lot of good golf. I think the last few weeks was like -- I think I lost a little bit of confidence just in my game. I felt like there were weeks that I was heading into the week that I thought I was going to have a good week, and then it didn't end up being that way.

This week a lot of the things that I had worked on were



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good. A little disappointed with just the way I drove it around the course the last couple days, but other than that, just to see like my ball striking from the first couple days was a bit of a confidence booster.

I've got a week off to refresh, work on my game, and just see what I can do to polish it up for the Founders.

Q. You talked a little bit yesterday about hitting it left, and you said a couple times how it just kind of went left. What do you think was behind that low left hook that you had?

LYDIA KO: Just -- I don't know. If I knew I think I would've fixed it. But sometimes just the time of the moment. Like when -- I have a tendency to get quick, I think most people do, then get slow. So I think just a little too fast and quick sometimes.

You know, I think the first couple days was actually really good and probably the best driving I had in a really long time. I'm going to focus on that. Just shows that things I been working on have been good. Just got to keep taking it shot by shot, and hopefully more and more consistence.

Q. And you talked a little bit about it with Golf Channel, but we saw the physio a couple times today on the tee. How are you feeling and what is there to continue working on with the hip?

LYDIA KO: It's kind of that time of the month. I get a little bit just tightness, and due to that, sometimes I have pain. It's a pretty hilly golf course, so I wanted to get around and still finish strong. I felt like if I see the physio it would make me feel better.

So, yeah, Chris helped out a lot. I'll do a lot of strength and conditioning stuff to hopefully get that better for that next time of the month.

Yeah.

Q. First of all, I love this color on you. And the Lulu clip, I don't know if they sponsor you, but big fan.



LYDIA KO: Thank you.

Q. Anna Davis is out of here this week at 16 years old. Did that bring back any memories of her being in your shoes?

LYDIA KO: Yeah, I obviously am not an ANWA champion as she is, but she played amazing golf here to make -- I don't know if this was her first LPGA event or not.

Q. It was.

LYDIA KO: For her to make the weekend just shows what type of player she is.

I'm sure this is only the start of her amazing career. I guess every player is different. For me, I didn't play collegiate golf. I don't know if that's the route she's taking.

You just got to believe that whatever route you are taking is the right one.

Q. If you could go back to 16 years old, what would you tell yourself?

LYDIA KO: When I was 16, turning 17, I was on tour. I think I probably know a lot more things now. In some ways maybe I was a little bit more carefree then just because I don't have a lot of experience, so I'm just out there trying to make the most of it.

So there is good and bad I think of being that age. I would just say enjoy it. Sometimes you won't expect the bad, and when you do, it may hit you harder than you think.

You just got to keep working at it and know that like Julie Foudy this week told me this week this is -- like golf doesn't make us, it's what we do. I think that's such a big thing for me to keep learning and embracing for the rest of my career.

Q. And then you just had a birthday. Happy belated. Almost been on tour for ten years. What are some of the biggest lessons?

LYDIA KO: Just patience. You know, you're going to win some, you're going to lose some. Some losses are going to be wins as well. So just enjoy the journey and. And, yeah, quarter of a century. Here I am.

Q. Last one. How do you think your golf game has evolved since you turned professional?

LYDIA KO: I've had my up and downs. Everyone's up and downs are different. You're trying to make those

increments not as big between the two.

I feel like I'm probably able to handle the pressure a little bit better now. Just like I think when I was younger I didn't love playing in front of the fans because that wasn't what I was used to.

Especially after COVID, when we didn't have spectators, it's nice to see them and it's nice to see them be excited that our tour is there.

Yeah, I'm still in progress of my learning journey.

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