

JM Eagle LA Championship Media Conference

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Caroline Inglis

Quick Quotes

Q. Nice way to start your week out here. Started on 10 today, finished on 9. Walk me through your round. Had some really solid stretches of golf in there that were birdie, birdie, birdie.

CAROLINE INGLIS: Yeah, like my first nine that I played was the back, and I think I made like three in a row. I hit it to like four feet on 17, which is always really nice because that hole is pretty tough. So that was a nice added birdie.

But yeah, I was just hitting like solid, smart shots I felt like on the back, and then on the front I turned and I didn't hit my irons as well but finished with two birdies, made like a long putt on the last hole. That's always nice when putts drop, so it was a good start to the week.

Q. This golf course is really quirky. What did you find today? Obviously ball-striking is key for you, but how were you able to plot your way around this golf course and plot your way around these tricky greens?

CAROLINE INGLIS: Yeah, to me I don't think it's that quirky. It's kind of like old-school where I play a lot of those types of courses back home where the greens are like super slow back to front or undulating. I love this course. It's almost like favorite stop all year on Tour, of like regular-season events. But you just kind of have to -- I always say you want to COG it, like center of green. I feel like there's a lot of holes that me and Josh are like, this is a COG hole, you want to be in the center, because you can't get too cute with it.

Q. What have you been working on that maybe is showing up a little bit now, now that we're into the meat of the season?

CAROLINE INGLIS: Yeah, I mean, I had like a nice finish to the end of last year, once I reshuffled and got better status and started working just with a new putting coach last year. I feel like I have a really good team around me now. I have a new sports psych and trainer and just a good support system. Same with my caddie.



I feel like just same-ish things I'm working on, like speed training in the off-season, a little bit here and there, but I feel like really supported this year.

Q. Tell me about that sports psychologist. If you don't mind me asking, what do you work on or talk about that really helps you?

CAROLINE INGLIS: I talk to him about anything. He's awesome. I feel like I talk to him about random things, but mostly like process stuff. I like that he's not cookie cutter. Like a lot of -- like I do a lot of progressive relaxation, like meditation, and then on the golf course it's more just getting so into the process that I don't even know what I'm shooting or whatever. But it's like whatever the shot is at hand.

Q. What does that look like for you? Is that really dialing into numbers or stepping things off --

CAROLINE INGLIS: It's really taking in the wind, the shot, the lie, the distance, whatever, and then just committing and accepting the shot before you even hit it I feel like it almost the biggest part.

Q. Switch gears a little bit; I hear you're going to go see a little Taylor Swift. What was the process of that --

CAROLINE INGLIS: Last week at Chevron, the sponsor was nice enough to let like 10 or 12 of us into their suite, and so I went, but I went last week, and it was incredible. The best concert I've ever been to by far.

Q. You went last week?

CAROLINE INGLIS: I went last week, but Cheyenne Knight and I have been planning to go with my husband and her boyfriend. We're all going in Nashville next week before Founders, so she was kind of mad that I went without her last week, but I was like, I'm still going with you in Nashville, and I can't wait to see her again. It was incredible. I'm obsessed with her.

Q. What was your favorite part of the concert? I know



there's that bit that she carries a golf club around.

CAROLINE INGLIS: Oh, that was funny. I was like, this is so random, like why does Scheffler a golf club. Yeah, that was funny. My favorite part is like the "All Too Well," the 10-minute version. It goes by so fast, but that's like my favorite song. She goes for three and a half hours straight. It's insane. She's amazing.

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