



Augusta National Women's Amateur

Wednesday, April 3, 2024

Kajsa Arwefjall

Quick Quotes

Q. Second ANWA. How was today? What's it like being back here?

KAJSA ARWEFJALL: It's super fun being back here. Everything is so nice. So nicely organized. It's the best tournament I've ever played so it's super fun.

Q. Finished even on the day, yeah?

KAJSA ARWEFJALL: Uh-huh.

Q. What was really working for you out there today?

KAJSA ARWEFJALL: I was hitting it quite good today so I had a lot of the birdie opportunities. Hopefully I can get a little closer tomorrow and make a little more putts.

Q. Rain this morning, windy. Were the conditions a factor for you today?

KAJSA ARWEFJALL: I've grown up on a course that's very windy, so the wind wasn't really something I'm not used to. I actually like playing in the rain, so, you know, it was fine.

Q. I love it. Last question: I heard you were a champion jump roper.

KAJSA ARWEFJALL: Yes.

Q. How has that affected your ability to be patient with golf and how do you think jump rope has helped with your game?

KAJSA ARWEFJALL: I did it until I was 17, so I did it for quite a while. I think -- so we practice for two years only to jump like one minute and 15 seconds.

The mental aspect of like having to do good just right at that moment, like practicing for two years and then doing good for just one minute, it's a lot of pressure.

So I feel like the mental aspect has really helped me.

Q. What do you tell yourself to remain calm in those moments either jumping or out here on the golf course. What's the mentality for that?

KAJSA ARWEFJALL: Well, usually I like just talking, so I don't really think about stuff too much. Then I just keep my mind on other things, talking about, yeah, whatever. So, yeah.

FastScripts by ASAP Sports