

Epson Tour

Friday, April 15, 2022

Kendra Dalton

Press Conference

EPSON TOUR

KENDRA DALTON:

Q. So just kind of tell me about yourself, who you are, where you came from, how you got into golf.

KENDRA DALTON: Yeah, so I grew up in New York. Got into golf a little bit later, so I didn't really play much junior golf.

Kind of played -- high school golf is kind of when I got into it. So I went to high school in North Carolina. Had a bunch of like DII offers but I really wanted to play DI, so I actually went out to BYU. She let me walk on, so I walked on there and worked my way up there.

Got better pretty quick and decided -- felt like I was just getting started and I really wanted to keep playing, so turned pro, got full status out here.

Yeah, made it to final stage my first year and came up just a little short. I guess second year was COVID, so that was kind of a wash; not a lot happened.

Then last year played really well. I think I only missed two cuts until the end of the year, kind of missed a couple at the end.

Played well and then, yeah, I don't know, had a really good off-season. Excited for this year.

That's kind of my career in a nutshell. I don't know what else...

Q. All good. No, it's kind of abnormal for somebody to start in high school and really make it in golf. What's it been like with all these girls that are like, Oh, yeah, I've been playing since I was 4.

KENDRA DALTON: That's what's funny. A lot of them are like, yeah, like I played the Palmer Cup and the U.S. this and that and the junior national -- anyway...

But, so, yeah, I definitely had a different journey, and so I felt like the first few years playing professionally I've had a lot of learning to catch up on a little bit, like some

experience things.

But I feel like I've done a really good job learning the last couple years, and I really feel like I'm in a place where I feel like I belong on the LPGA Tour and I have the game for that.

Yeah, it's definitely been a process and a journey for me. I know some people had -- you know, they kind of come out ready to go. That's what's awesome about Epson. It gives you a chance to learn and progress and be ready for the Tour.

So...

Q. You have been out here let's say three years and COVID.

KENDRA DALTON: Yeah.

Q. What have you seen that's changed in the women's game and in your game personally?

KENDRA DALTON: Yeah, I'm just super -- like I'm excited for Epson. I think things really need to change. I mean, I think where our game has come in the last 15 years is huge, right?

But I think we're starting to see in other sports, too. It's starting to go change exponentially to grow and get us a little more equal to men, which I'm very passionate about.

So that's exciting. Yeah, right? Don't get me started.

And then, yeah, my game I guess -- I don't know. I guess it's just been a process of refining and kind of understanding me, especially the mental side. I did a lot of work on that this off-season, and I'm excited about that.

I started working with a new coach about a year ago and he's been super helpful, just really simplifying things. Feel like things are a lot more consistent day-to-day.

So, yeah. That's kind of where I'm at I guess.

Q. Tell me about your BYU experience, coming from

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east coast, your background.

KENDRA DALTON: Yeah.

Q. I'm sure that was a bit of a culture shock.

KENDRA DALTON: It was. It definitely was. I loved my coach, Carrie Roberts. I had a phenomenal college experience, a really great culture. And we played well. Winning was always fun.

We were always like I think ranked inside the top 30 or so, so it was a good program. But she helped me tremendously obviously come from kind of nothing to being able to play professionally. So I am really grateful for my years there and grateful that I had a really great experience that I look back on with good memories. I know some people don't love it, but...

So, yeah, and I fell in love with Utah. It definitely is unique, but I love it, so...

Q. Just out of curiosity, when you went to college what kind of scores were you shooting then and then when you got here?

KENDRA DALTON: Yeah, so when I -- so I graduated high school a semester early. Went out there, and I'm pretty sure I was averaging close to 80.

Yeah, I went out there a semester early and worked all through the summer with her and ended up starting in the fall and played.

But, yeah, I had a lot of catching up to do when I got there. But it worked out. I'm here. I got better pretty quickly, so it was fun. It was a fun journey.

Q. Good testament to your grit.

KENDRA DALTON: Yes. It's been a long I guess seven years now. A lot of work, but it's fun, it's good.

Q. So tell me about Kendra off the golf course.

KENDRA DALTON: Yeah, I don't know. Like in what way?

Q. What do you like to do, like if there are any cool things you've done in your life. Anything that a media member would find interesting, let's put it that way. People are always like, I don't have anything interesting. Sophia Schubert did that to me I was like, Girl...

KENDRA DALTON: What did she come up with?

Q. She was like, Oh, I love Pat Summit. I'm like, okay, so tell me. She was like, oh, yeah, this, this, this and this, and like one of her really good friends was the Texas women's basketball coach.

KENDRA DALTON: No way.

Q. Yeah. So anything you might think might be interesting.

KENDRA DALTON: I don't know. I am very, very passionate about gender equality. It's probably one of the things that gets me fired up most in life and something I hope as my career progresses that I can get involved with more, especially in women's golf.

Because it just like -- seeing especially like my progression, like I didn't come at the top kind of where things are -- come more easily. It's kind of just shocking in some ways how far behind we still are.

And I don't say that -- like I'm so grateful to companies like Epson and stuff that are getting involved and pushing it forward, but there is just still so far to go.

So I get really pumped about that.

Q. Let's go the -- how did you even get started in golf? Did anybody in your family have a background?

KENDRA DALTON: Yeah, my dad played. So I started when he was probably nine or ten in New York. Again, like not super seriously; it snows a lot up there. It get cold, so you play half the year. I just loved it.

Then we moved down to North Carolina -- this was before I started high school -- and I just became kind of like a golf course rat. Like I was just there all the time.

So, yeah, it was no -- there was no like pedigree in my family, but I got exposed to it and I just love the golf world. I love being a part of it.

Q. Do you have any siblings?

KENDRA DALTON: Yeah, an older brother and older sister.

Q. So what's that like, being the baby of the family?

KENDRA DALTON: Best spot to be. No, really good. I'm the only golfer. My sister is a -- she's a clinical social worker, so she like saves the world and I just play golf.

And then the brother, he's severely handicapped so he still lives at home. So that's played a big role in my life and something that a lot of people don't see, you know what I mean, that side of my life?

But for sure he's taught me a lot. So, yeah, that is kind of my family.

Q. Do you mind talking a little bit about him?

KENDRA DALTON: Yeah, for sure. So he has what's called Cry of the Cat Syndrome (Cri-du-chat). It's extremely rare. He's missing a piece of his fifth chromosome.

He's 28 and we've never met anybody else with it, so it's kind of crazy.

Basically he's like a toddler, like a two year old, so he's full-time care. My parents are kind of like the greatest people I know. They still care for him, and it's 24/7 care.

But, yeah, so when you grow up with someone like that you kind of learn to -- you learn a lot of things, a lot of patience, a lot of empathy. You learn to kind of grow up a little bit and it kind of changes your perspective on the world, right? It's not all about you.

And so, yeah, it's definitely played a huge part in kind of I think getting me to where I am today and where I'll continue to, so...

Q. What does he teach you, besides the obvious? Like him as a person, how he lives his life and goes through his life.

KENDRA DALTON: Yeah. I mean, I think it's really interesting. He's very much, yeah, like a toddler, but he has a little personality. It might be weird to say, but just like, un -- what's the word? Like a pure love, you know what I mean, that he has, and it's really interesting to watch someone so pure and special go through life like that.

It may sound weird, but it kind of changes your perspective of the world, and I think it gives you a greater ability for compassion and empathy for others. I think that's why I get really fired up about any kind of inequality. I just -- I don't know.

Q. You've seen it.

KENDRA DALTON: Yeah, I've seen it, and I just feel that people should be given fair and equal opportunity and everybody has worth.

So when I see women treated as if they're less than, that really kind of gets me. So, yeah. That's a big part of it.

Q. What's his name?

KENDRA DALTON: Alex.

Q. That's awesome.

KENDRA DALTON: Yeah, that's kind of my story in a nutshell.

Q. What was behind the move to North Carolina? Job change?

KENDRA DALTON: My dad is with the same company, but they were kind of ready to get out of New York, and then they also knew that it would be a better place if I wanted to be more serious about golf.

It really was. It was awesome. Having Pinehurst close by and being able to play year round, that definitely helped me a lot.

So, yeah.

Q. What part of North Carolina?

KENDRA DALTON: Wake Forest, just outside of Raleigh.

Q. Awesome. Never wanted to go to Wake Forest?

KENDRA DALTON: Yeah, well, it's actually a couple hours away. It's not in Wake Forest, but I wasn't good enough at the time. They wouldn't even have looked at me.

So, yeah. But it worked out, right? Everything works out. I ended up in a good place. So, yeah.

Q. Some of your goals for your fourth year on the Epson Tour.

KENDRA DALTON: Yeah, I think a big thing for me is just -- I think you put a lot of pressure and expectations on yourself, right? Like you want to move on, and of course my goal is to get LPGA status for sure.

But to go out and play with just -- play with confidence and just like enjoy, allow myself to have that joy. I think sometimes when you put so much expectation and pressure you kind of -- some of that joy and fun gets taken out of it.

I feel like I've done a lot of mental work and work on my game to where I can go do that this year and just kind of let

happens happen, you know.

But I feel really good. I feel really good about my game and where I'm at. I think I can accomplish my goals of getting some status this year.

So, yeah.

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