

Cognizant Founders Cup

Thursday, October 7, 2021

West Caldwell, New Jersey, USA

Mountain Ridge Country Club

Sandra Gal

Quick Quotes

Q. Sandra Gal, with a great round of 5-under today. It's been a little while since we've seen your name up there. You've got to feel good about how you played today.

SANDRA GAL: Yeah, I feel very good. I came into the tournament striking it really nicely and it's kind of been building up the last few weeks, but until you see the results on the course you just got to play, play, play.

Q. What have you been working on in your game that's really seemed to sink today?

SANDRA GAL: You know, I worked with David Whelan a lot on my setup and kind of hitting the three quarter iron shots.

I'm actually drawing the ball, which I haven't in a few years.

Q. Do you think that helped you out here on this golf course?

SANDRA GAL: Yeah, it sets up for my eye quite well and I played a charity event here like a bunch of times, so I came here and recognized the course later until I just got here.

I think it's all about hitting solid iron shots on this course. The fairways are fairly wide and there are all these pockets, and some of the pin positions today, man, were hard.

Q. Tell me about the round. Any particular highlights that stood out to you?

SANDRA GAL: I think I had a good start. I think I -- what did I make, three birdies on my first nine? Yeah, I had a good few putts and then I think the back nine I was proud of myself because I hit it in the bunker on one hole and got a really good up and down for par.

So I kind of saved the momentum. Then I almost holed it actually on No. 7, so that was probably my highlight, yeah.



Almost a hole in one.

Q. People haven't seen you in a while. How do you feel?

SANDRA GAL: How do I feel? Yeah, it's improving. I'm getting there. I think I've made a lot of -- put a lot of work into all areas of my game and just my mental health. It's a work in progress. I don't think you're ever really there. Everything is great, sunshine and rainbows. But you have a lot of great moments and then you have a few downs.

You just kind of got to ride the wave and take the good things with you and keep improving.

Q. Is there any part of the process that you can share with us where you're like, Okay, now it's time to come back out and play golf?

SANDRA GAL: That's a good question. Yeah, I think no. (Laughter.) I don't think it's like linear. It's not at one point I knew, okay, now I can go out. I thought I was ready enough to go play and I couldn't keep postponing it, because I felt like I just got to face and see where I'm at again.

Come out, play, perform and see where I'm at. But I think good markers are when I'm sleeping better, when I can sleep through the night. When I can have some good rounds in my practice sessions. When my swing feels kind of solid.

My mood is kind of generally better and up, so then those are probably -- if you want to hear markers, I would say those are the ones.

Q. How do you manage expectations after this period of time away?

SANDRA GAL: Yeah, you know, I had a really -- I had a career low round in Switzerland a couple week ago, and my expectations were so high and I had a really horrible round the next day.

So I kind of thought that I probably play better if I don't



have expectations and just kind of let it happen, enjoy each shot. I know it's so cliché, but you want to kind of visualize winning or visualize playing great shots, but at the end of the day you got to also be out here and enjoy the process.

I play better that way, if I just let it go a little bit and play for my own wellbeing, yeah.

Q. The Founders Cup is always a special tournament to you. I know you love seeing everyone out on the perch. This had to be great place to make this big comeback. What does this event mean to you?

SANDRA GAL: Yeah, absolutely. I have great memories connecting with Marilyn Smith a few years ago. She was my buddy and she was very close to Shirley, and I saw Shirley a couple times this week. She always has really nice words to say.

It's amazing that we can celebrate the Founders. Look where this tournament is. This almost feels like a major this week. The quality of the golf course, everything that's going on around. They got to be so proud of themselves as well coming out here and celebrating with us.

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