

The Chevron Championship

Friday, April 25, 2025

The Woodlands, Texas, USA

The Club at Carlton Woods

Sarah Schmelzel

Quick Quotes



Q. All right, here with Sarah Schmelzel after her she could round of the The Chevron Championship. Just a solid day today to be near top of the leaderboard. What clicked for you today?

SARAH SCHMELZEL: Yeah, it was more of a consistent and kind of steady day today. I struggled hitting greens especially on the front nine yesterday; was fortunate enough to just have a bunch of really good up and downs to start.

Then kind of gained some momentum. Hit more greens on the back nine and I feel like I really took that into today.

I had a really good birdie putt on 18 to make the turn with some momentum. Just felt like I kept it really kind of level today.

Q. How would you just sum up the year so far for you? What's been good? What have you been working on?

SARAH SCHMELZEL: Yeah, I mean, overall it's been steady I guess you would say. It's been a little frustrating because I've been in the top 10 going into the weekend and even Sunday a lot, and kind of just haven't really gotten over the hump as much as I would like to.

I have hit it really well at times; hit it not awesome at times. So it's just been kind of -- I don't know, coming out of the offseason or just some offseason changes still really taking form over a four-day golf tournament.

Overall I've been really happy with my demeanor and mental game on the golf course. I think that's been huge for me this year and why I've been so consistent.

So good and bad.

Q. You and your caddie obviously kind of stars on social media with your banter. Can you talk about what Sho does for you and how it seems like he really keeps things light and you guys have a lot of fun out there?

SARAH SCHMELZEL: Yeah, Sho is awesome, as you can see. But he's got this way of keeping me positive but not in a way that's kind of over the top. I would say he gets me get it out of my system.

I tend to run a little hot. He lets me get it out of my system, and then he almost backs me up in a way. Yeah, you're right, that was so unlucky. Let's go get a birdie. He's so good at shifting my perspective I think out there.

Obviously we laugh the whole time. You know, we talk about so much nonsense out there. But he's so good at locking into the moment. I think that's been so huge for me this year. When we're in a shot and trying to hit a shot we're really locked in. Away from that we're really just enjoying where we are.

He's grateful to be out here and I am grateful to be out here. It's just been amazing to work with him this year.

Q. You said on the broadcast that the Nicklaus Course is a true test of patience. I thought your birdie on 4 really illustrated that after the bogey on 2. Talk about keeping your mental composure after a bogey like that and getting it back pretty quickly.

SARAH SCHMELZEL: Yeah, I think this -- this is just a big golf course and bogeys are out there. I think as long as you keep the mentality birdies are out there as well, you can hit a good shot at any time on any hole. You can also hit a bad shot at any time.

I really think this place kind of just tests your patience. Tests your focus. Just it really makes you stay locked into every shot.

Like you said, you can bounce back with a birdie.

Q. Is there any experiences, the Solheim Cup, you've had eight Top 10s since the start of 2024; last year's U.S. Open. Any of those experiences you go pull from this weekend?

SARAH SCHMELZEL: Yeah, Solheim Cup was huge. I've



never played on a bigger stage than that, with that much adrenaline running through my body. I think up until that, even though I had had a good year, I wasn't totally confident if I could hit great golf shots in big time moments when I felt really nervous.

Being able to do that really proved a lot to me. I think I've just been able to take some of that comfort into every event I've played since then.

Q. When you're playing with someone like Lindy who also has it rolling, is that a big help or are you staying in your own bubble?

SARAH SCHMELZEL: It is. It's always nice to be around someone making birdies and someone in the same position on the leaderboard. You keep in mind like I'm trying to beat whoever else is in the field. Yeah, you're trying to keep up with each other.

She's awesome. I was pumped that she was playing as well as she was, too. It's always fun to feed off each other.

For the most part I can't control anything that she can control. I was a 6 and one time she was at 4. You kind of stay in our own bubble as much as you can and just see where it adds up at the end of the day.

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