

JM Eagle LA Championship

Tuesday, April 14, 2026

Los Angeles, California, USA

Ingrid Lindblad

Press Conference



THE MODERATOR: All right, joining ahead of the JM Eagle LA Championship presented by Plastpro is our defending champion Ingrid Lindblad. Ingrid, just take us through some of the emotions you felt last year after your win and how it feels now to be back at defending champion.

INGRID LINDBLAD: I had a very rocky start to my year last year. I missed the cut after the Founders with one. Withdrew in China. Had food poisoning. Had a decent week in Phoenix so my expectations were not like, oh, let me just go out and win.

Then come out here and win, and I was pretty sure we would have a playoff, so like I was a little shocked whenever Akie Iwai made bogey on the last and missed out on a playoff.

And then -- but coming back here, like it's all just happy memories. It's been nice. I played nine today and nine yesterday. I'm like, I remember this hole. I remember what I did here. So it's been two nice practice rounds. Everything is very familiar.

Q. How do you think those happy memories, feeling comfortable and confident at this course will impact you or how do you feel like it's giving you a sense of ease this week?

INGRID LINDBLAD: I mean, it's always nice coming back to a golf course that you played before. I feel like the practice rounds have been a little less stressful because I know -- like whenever I played last year I hit drivers everywhere. We didn't hit anything that wasn't a driver off the tee box unless it was a par-3.

That was our mindset this week, too, so far.

Just trying to soak it all in.

Q. Obviously one of our newer players on Tour. Not a rookie, but still new around here. Are there any goals that you set for yourself or anything you're keeping in mind just being out here and obviously having already achieved a win?

INGRID LINDBLAD: I haven't thought that much about goals for this year. I had like a couple in mind. I actually don't even remember what I kind of thought about or wrote down beginning of the year.

Right now just trying to one tournament at a time. Just trying to feel good on and off the golf course, yeah.

Q. How did to win change you last year? How did it help you?

INGRID LINDBLAD: That's a very good question. I'm not sure if it changed me a whole lot. Just couple things that got easier after my win. Like I said, I was going to play four in a row last year with this one being the first one.

Went ahead and played four in a row and then had a U.S. Open qualifier scheduled Monday or Tuesday after the event at Liberty National. First thing I thought about was, oh, I don't have to go and play a U.S. Open qualifier.

And then it was a little bit easier with schedule. I didn't feel like I was forced to play everything. So in the summer I was able to stay a little bit more home in Sweden and played in LET back in Sweden. Kind of just was able to schedule more practice and a little less tournaments felt like.

Q. You were pretty open recently about the struggles you had with your game.

INGRID LINDBLAD: Uh-huh.

Q. Why did you want to be open about that?

INGRID LINDBLAD: Actually, I don't know. Like I wrote that post when I was sitting on the plane from Singapore back to Sweden. I was like, I'm just going to post it. Like I don't feel like I usually post when I've had a tough tournament.

I've got so many response after that one. Actually turned the comments off on that post because I kept getting more and more comments. I just felt like been struggling for a



while and I was like, well, I guess we're going to try to post about it. There is a lot people that asked me, do you need a new swing coach? Do you want to start working with someone else? I was like, no. That's not what I asked for, like...

Q. Given all the feedback that you got from that, obviously a lot of other golfers have gone through that as well; how can you say this has, I don't know if you want to say changed you as a person, but what has it been like going through the struggles and what have you learned about yourself?

INGRID LINDBLAD: I think I've judged myself a lot based on my score, so lately been trying to do things that make me feel good on and off the golf course.

Been trying to do like stats before I leave the golf course so I don't have to bring it back to the hotel room basically, and try to like do things that are like outside of the golf course just to kind of let it go.

On the golf course, just not look so much about the score, more kind of trusting, like especially driver. Like trusting the driver and like if we miss one, we miss one. It's kind of part of the process.

But just trying to not judge myself based on a score.

Q. And what have you been working on?

INGRID LINDBLAD: Had some big misses off the tee box so I've started to see things that are kind of far out from the fairway that I'm supposed to hit it to. It's been kind of like a lot of steering off the tee box. If I see something right I definitely can't hit it right. I just hit it left instead.

There is no way of playing golf like that. You can't steer away from everything. It's not going to work. So a lot of just like swings with full speed, just trying to see like the target and just accepting that there is water right or OB left, and just like if it misses, it misses.

That's part of it. You're going to miss a couple. You're not going to hit everything perfect. Just need to hit a couple better than the big miss.

Q. Following up on what Jill was saying about your post, do you feel like after that post and maybe with the comments there was a weight that was lifted off your shoulders because you got that off your shoulders, got it out there in the world? Do you feel like a weight was lifted off your shoulders?

INGRID LINDBLAD: Maybe a little bit, but also there was a

lot of people that were like oh, let me help you. I've coached this player through this.

I was like, well, now I feel like everyone just wants to be a part of it. I do feel like I have a swing coach I really like. We've been together for 20 years, like since I started golf basically. And I have some really good coaches that are helping me.

So a little yes and no.

Q. So in addition to the comments about do you need a new swing coach, are there a couple of pieces of advice or suggestions or feedback or discussions with either your fellow players or somebody from LSU that you really have taken to heart?

INGRID LINDBLAD: Yes, I speak to Linnea Strom. I think we talked last week for like an hour. When she came back to ShopRite she felt like her game was like -- it was -- she said -- I don't want to -- I don't remember exactly what she said, but she had been struggling with her irons and kind of very similar to like where I've been with my driver.

Just that she tries to find a spot where you can miss it versus like I'm going to hit it at the pin. I asked her a little bit, was it hard coming back to a tournament where you feel like you hadn't played great and she as like, yeah, it was really hard. Media was very tough on her. She thought like she came back and she -- I think she got paired with Jeeno Thitikul and she just was like I didn't -- I didn't feel great coming back in because obviously you want to play good when you come back to a tournament where you won it.

But it was nice talking to her and I think she -- I was talking to her coach as well. He is like our head of all the national teams in Sweden, so he was like, I'm very happy you're in this now where you have your winner's category and you can kind of take a week off and figure things out.

So it was very helpful talking to her and her coach.

Q. You mentioned about Linnea. She won ShopRite in 2025, or 2024. She talked about when she won how she got the -- from you and Madelene and all that. When you won last year and then moving ahead to this year and the struggles you've been going through, talk about the support from Linnea, Madelene, Annika, from the Swedish contingent.

INGRID LINDBLAD: They've all been very helpful. Linnea said when she moved through her struggles she was like, I really wanted someone to talk to but I didn't really know anyone who had gone through something like this.

So Linnea was like, I'll be happy to talk. She was like, talk to me the at a tournament, text me. Actually after Phoenix I think Madelene sent me a really long text message which was really nice.

So, it's been like they -- I feel like we look after each other, the Swedes. A little team.

Q. When did this start, the struggles off the tee?

INGRID LINDBLAD: I think I know exactly what tournament it started at. I think when we played KPMG last year it was really windy. I think it started with like I didn't trust the wind, so like if it was blowing a lot like right to left I kind of blocked it to -- for it to not like blow too far left.

Same thing going the opposite way. I kind of just like try to snap hook it into the wind when it's blowing left to right. I think that probably -- I don't know if it scarred me a little bit and I just didn't trust -- like just didn't trust the wind.

There has been a couple tournaments where it's been okay. Hit a few drivers at a couple events; it's been fine. Then I start seeing things and then it starts to go sideways a little bit.

Q. So where would you say you are now compared to your post after Asia?

INGRID LINDBLAD: No, I feel like we've been working on some good things. I had two weeks after Singapore when I went back to Sweden, and not going to lie, I came back to San Francisco and I was like, I'm hitting the ball so good I'm going to win this week.

Did not win in San Francisco.

But I had been working two weeks at home; didn't play anything because our course wasn't open. It was March in Sweden; not much is open.

But I was hitting the ball so good I was like -- then I came to Sharon Heights and I was like, whoa, this is scary. Trees everywhere.

Wait, what was the question?

Q. Where are you now compared to when you made the post?

INGRID LINDBLAD: I feel like we definitely are working on the right things. I did see a lot of good things when we played in Phoenix. Phoenix was more my putting that

wasn't great.

So that was actually nice to see that I drove it a lot better in Phoenix than lately. I think a lot of it is just like trusting the line off the tee and making a good swing at it.

I definitely think we're moving in the right direction.

Q. When you were kind of in the throes of it and didn't have confidence on the tee, what did it feel like in your body?

INGRID LINDBLAD: Like panic. Like are we going to hit this 50 meters right or 50 meters left? There was not a fairway to be found. I stood there and I was like -- I said to someone when we played Pelican, hole ten at Pelican -- obviously you're left of the driving range, but I said to someone when we played Pelican, I said, I pushed it because I was scared of hitting it in the water on left.

Someone was like, where is there water left on ten at Pelican? I was like, it's 50 meters left of the fairway. Why are you looking over there? I was like, well, that's where my misses have been.

So a lot of just trusting it. I'm still going to see things like on the side of the fairway that scares me. We're just going to have to accept that and just make a good swing at it.

Q. And then I guess lastly, now when you're on a tee box is there something that, I don't know, a mantra or something you try to think of to put yourself in a good place when do you see things you shouldn't be seeing?

INGRID LINDBLAD: We've talked a lot about like breathing and just feeling like it's okay to be scared basically.

But you can't make a scared swing. Like it's better to make a good swing and you hit it offensive line versus like, oh, shoot I can't miss it left. Let me just steer it right.

I would rather just swing at it and if it misses, it's okay.

Q. Thank you for being so open about all the struggles you're dealing with. Would you say this is the toughest stretch you've ever had in your career?

INGRID LINDBLAD: Definitely. I was actually thinking about this like last week. I was thinking back to like -- I had one bad college tournament in five years, and it was my last one.

But like I've never -- like I haven't played bad in like ten

years, which is actually very crazy like if you look -- like I played really well right before I went to college; played really well in college; came out on Epson, got my card in nine starts, my LPGA Tour card in nine starts.

So it's definitely the first time I've -- what is the word in English? I know it in Swedish. Definitely the first time I've encountered something that's like a gust into instead of down -- I don't know how you explain it, but the first time I've struggled, first time, little struggle bus, which is crazy if I look back at amateur and college.

Q. You feel like in way because everything came so easy for you to this point you were almost ill-prepared because you hadn't really had in I struggles along the way that you didn't know how to handle the situation as well?

INGRID LINDBLAD: Yeah, maybe a little bit. I think I was just trying to like play through it, too. Just be like, oh, it will solve itself next week. Obviously that didn't happen. Like I thought between Singapore and San Francisco, oh, I found something. And then this is actually kind of funny. So the coach I was talking about for the Swedish team, he was like, I heard you hit it great when you're back in Sweden, you hit it great in practice round, you hit it great in pro-am. He was like, I didn't believe it for a second that you would go out and play well.

He's right. So like he had seen it and I was like, okay, you know, we figured it out in practice, practice round and pro-am, but just got to take that last step and play well in the tournament, too.

Q. You said earlier you are planning to hit a lot of drivers this week at El Cab. Is that still the game plan? How are you feeling knowing you're going to be hitting this club so much?

INGRID LINDBLAD: Yeah, no, last year when we played the practice round there was maybe one hole we would hit a 4-wood not a driver. When I played a practice round yesterday and today I was like, I don't see anything. I think last year I was very aggressive, which it helps. It helps having your wedge instead of a 9- or 8-iron.

So I think that is still the plan.

And I'm just -- like mentally I feel like so far this is like the most comfortable I've been in this year, which is probably -- I don't know, could be good and bad thing. Just coming back here like made me feel really good in the practice round so far, and got the pro-am tomorrow to prepare, so...

Q. You think that post leaving Singapore, was that

rock bottom for this process you've been going through you think?

INGRID LINDBLAD: Yeah, I really hope so. I really hope so. Yeah, I played with Steph Kyriacou on Saturday in Singapore. I don't remember who the third one was. We were finishing up on nine and Steph was like -- because none of us had played great, Steph was like, oh, I'll see you tomorrow. I was like, I'm not sure I want to come to the golf course tomorrow.

I did, which I'm very happy about. But like it was hard. There has been times where I just don't want to play because it's in the great.

Q. Did you really think about not coming back on Sunday? What made you go back?

INGRID LINDBLAD: I mean, a little bit. Like I was talking to my coaches and they were like, I mean we wouldn't blame you if you don't play.

But I'm happy I did and it was a little bit of -- like it was hard because I was like I really don't want to hit drivers. Like there was a couple holes where I'm like I'm hitting a 4-wood out. I just want to get out of here.

That's not where I want to be on a golf course obviously.

Q. Thank you Ingrid. Have a good week.

INGRID LINDBLAD: Thank you.

Q. Couple fun questions. Walk me through the morning of a big tournament. Do you have any fun, unique rituals or favorite food you like to eat for breakfast, and what do you do before to get ready for the tournament?

INGRID LINDBLAD: That's a good question. These are very different questions from the other ones. I feel like I just like to sit down, have a good breakfast. Food here this week is great. Not going to lie.

The bacon this morning was awesome. But I don't know. I don't feel like I'm -- I feel like I just put some good music on when I warm up. Before I was a little superstitious. I listened to the four same songs before I tee'd off. I've tried to kind of let go of that control a little bit.

Q. What's one of those songs, or just a favorite artist?

INGRID LINDBLAD: I listen to the a lot of Coldplay.

Q. Nice.



INGRID LINDBLAD: Just I think two of the songs are Coldplay songs. Kind of like oh, it's fine, we can listen to something else. I think it was kind of like an OCD thing.

But just eating a good breakfast, putting some good songs on when I hit balls gets me in a good mood.

Q. What is the best club in your bag that you're hitting with right now that you're the most confidence with?

INGRID LINDBLAD: So I put a 5-hybrid in my bag last year. I play 14 clubs Ping, and actually I went to Ping in Phoenix and I was hitting my 4-iron I had and Jack, who we work with at Ping, he was like, I know you don't like hybrids, but try this 5-hybrid. I want you to try this hybrid. Don't look at the number on the club or the loft; just hit it.

I hit it and it was perfect. Exact number we wanted. I was like, oh, perfect. You're going to make one for me? He was like, nah, you're taking this one home.

That club has been in the bag since January last year.

So I changed up a couple things last year. I played -- used to play 3-wood, 5-wood, and then 4-iron, but now I play 4-wood, 7-wood, 5-hybrid, and then 5-iron, which it's been a really good change. That 5-hybrid is pretty good.

Q. Were the emotions coming from when you were talking about coming back to play the final Sunday round even though right when you were finishing Saturday you were thinking maybe you didn't want to?

INGRID LINDBLAD: Just I was like it was so hard to be on a golf course. Like I don't know what I'm doing here. I was like I'm in last place. I was like what's the point in me playing tomorrow?

Just like it's hard. I had been three weeks in Asia too so probably ready to go home.

Q. How do you feel about yourself having come through all this and continuing to play and continuing working out?

INGRID LINDBLAD: I definitely feel like I'm in a better spot. Like just trying to like know that people like me for me and not my score. Yeah.

Q. Following up on that, continued journey, coming here, talked about this at the top, coming here as defending champ. We kind of joked last time you were sitting in the chair you had the big trophy next to you. Coming into this week with all of that that you just

talked about, stepping here on the golf course, a lot of great memories from last year, talk a little bit about that, about how this is helping being here as defending champion to just level set and reset as you continue your journey?

INGRID LINDBLAD: I don't even know what to answer to that. We're just taking one tournament at a time. Obviously I won here last year. A lot of good memories. I think it may be hard to recreate last year, but I think we are just going to take one week at a time, one shot at a time, and like that's where we are at.

But, yeah, a lot of good memories out here.

Q. Your mom travels with you. Can you talk about what it means to have her out here regardless of who you are on the golf course, but having your mom just supporting you?

INGRID LINDBLAD: Yeah, no, she loves to travel to these tournaments. No, it was obviously really cool to have her here when I won last year. One of the security guys was like, same people working as last year he was like, is your are mom here? I was like, yeah, she's here.

So I feel like a lot of people know her now which is pretty funny. But definitely cool and then Scotty my caddie, he lived in LA so became a home game for him. Cool for him to win at home, too.

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