

Mizuho Americas Open

Thursday, May 7, 2026

West Caldwell, New Jersey, USA

Mountain Ridge Country Club

Amelie Zalsman

Quick Quotes

Q. Joining us after the first round of the Mizuho Americas Open is Amelie Zalsman. A great round. You're currently clubhouse leader. Can you just talk about what was going well for you out there?

AMELIE ZALSMAN: Yeah, I would say really just try to stay patient. Especially with the slopey greens and some of the pins today you can't be really too aggressive, so I kind of went out there, try to keep it stable, you know, play to short.

I mean, didn't really try to over-club anything because, I mean, once you get past a lot of these pins you're probably not going to make par or just going to be really difficult.

And the greens being rock hard kind of helps, too, with playing it short and everything running up, so I was just able to give myself a lot of opportunities today.

Q. You've played in some big events before. You played in the Augusta National Women's Amateur. You've made a start on Tour before. Can you talk about how you think those experiences have prepared you for an event like this where you just have a lot more eyes on you?

AMELIE ZALSMAN: Yeah, I remember my first start back in August. I didn't know what to do, what was going on. Then also just playing in front of the crowds. I mean, it's just something that I've gotten a bit more used to, just being out here knowing how to navigate my way around.

So, yeah.

Q. This is a very unique event where you get to play your friends on the AJGA and you also get to be around the LPGA Tour players. How do you feel like that kind of helps you to have a level of comfortability that might not have if you're just a sponsor's exemption into an event?

AMELIE ZALSMAN: Yeah, I mean, I think it's a bit more comfortable just because I'm not in like the actual-actual



tournament trying to grind and make the cut. I think I could have a bit more fun out there and take a bit more relaxed path compared to the pros out there, so kind of helps me free up my game, so that helps a lot.

Q. Do you think that helps you play better? Do you think you just kind of stick to your game plan week in and week out?

AMELIE ZALSMAN: I mean, maybe a tiny bit, but, I mean, in the end like I'm hoping to be out here, so just trying to get used to playing in these events really helps and kind of in the atmosphere just to prepare me for the future.

Q. At Augusta National you had some really fun nails that week.

AMELIE ZALSMAN: Yeah.

Q. You wanted to match them with your dress for the...

AMELIE ZALSMAN: Yeah.

Q. Any fun nails this week? Planned anything fun?

AMELIE ZALSMAN: No. I'm not going to lie, after Augusta my nails, they kind of broke. This week I'm trying to regrow my nails so in the future I can have some nicer ones, yeah.

Q. And then to the golf of it all, what are some swing thoughts that you've been having this week to keep yourself super grounded? Because this is a business deal.

AMELIE ZALSMAN: Yeah.

Q. So some of the things that go on with your mindset.

AMELIE ZALSMAN: Yeah, I think honestly taking my time and thinking through every single shot, not trying to go too fast, even with my swing. I kind of have a swing thought, you know, just moving steady. I mean, I try not to think of too much, especially out there, and get too technical, especially, again, how I said how hard the course is playing. But, yeah.



Q. Obviously we've heard from you and several fellow players the slopes are a kind of a big issue.

AMELIE ZALSMAN: Yeah.

Q. Have there been any parts of the course you've been focused on like, okay, I got to remember those for the days to come?

AMELIE ZALSMAN: Yeah, no, for sure. Like you said, there a lot of run-offs on the sides of the greens that you just really cannot be, depending on where the pins are.

So you have to be very locked in and focused. It's really a second-shot golf course. Off the tee it's not too demanding, but you just have to make sure you leave yourself in the right spot and play to the bigger sides of the greens.

Q. Yeah, definitely. Happy to be done with day one?

AMELIE ZALSMAN: Yeah, for sure. Still got three more though.

Q. Definitely. Thank you very much.

AMELIE ZALSMAN: Yeah.

Q. Can you share who your LPGA mentor is and maybe about some of the conversations or time you spent with her this week?

AMELIE ZALSMAN: Yeah, so I had Madelene Sagstrom and she has been on the Tour a while, so she was really able to give me some insight into what works for her and what works for other players, kind of how she navigates her way around the golf course.

I was also fortunate to play a practice round with her. I just played nine holes with her, so I was able to kind of see how she plays a practice round, how she goes about just her day even in general.

Even her caddie gave me some good insights on like maybe certain things to notice on the course, just to look out for during the tournament.

Q. We saw you and Lily kind of laugh a lot on the course today.

AMELIE ZALSMAN: Yeah.

Q. Any fun stories or conversations you would like to share?

AMELIE ZALSMAN: I mean, we just talked about random stuff. I don't even really remember. I mean, hot topic was we just wanted to be done. It was such a long round. I was like, oh, my God, like we're walking up 18. It had already been five like hours. I'm like, I'm so ready to be done and get some food.

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