

# FM Championship

Friday, August 29, 2025

Boston, Massachusetts, USA

TPC Boston

## Azahara Munoz

### Quick Quotes

**Q. Okay, joining me today after the second round of the FM Championship Azahara Munoz. It was a crazy day out there today, a lot of delays. Can you speak about how you were able to stay in it and stay consistent in the home stretch?**

AZAHARA MUNOZ: Yeah, we were talking and I'm pretty sure it was my all-time record for stops and starts, three times. We just tried to have a good time out there in dining, tried to make the best of it.

My husband is here which is really nice. Just sat with my caddie and couple friends and make the best of it. We were hoping to get done tonight and thankfully we did, so at least I don't have to come back tomorrow early in the morning and I can get some rest.

**Q. Obviously joined by your son. Can you speak about what it means to you to have him out here watching you do so well competing against the best in the world?**

AZAHARA MUNOZ: Yeah, it's really nice. It's something that I've always wanted to do. Like I wanted to be a mom and be on Tour, and hopefully -- he's a bit young, but hopefully one day he'll remember being out here and watching me play. It was really nice to see him on the last cheering me on, so it's very special.

**Q. You finished your round very consistently, pars all the way through despite the stops. Do you think there is anything with your mental game that allowed you to go out and stay consistent even with everything that was going on today?**

AZAHARA MUNOZ: Yeah, I just played very solid, hit a lot of fairways, a lot of greens, didn't get myself in trouble. I guess so. It's easier to say when you're playing well. Things don't affect you as much either.

I feel like I'm in a good state of frame. I'm pretty calm. My husband is here, my little one is here. Like always just trying to enjoy myself out there.



## CHAMPIONSHIP

**Q. Do you feel like having your family here gives you extra mental strength, especially on 18 when it's been an incredibly long day and you can look over and see your son? Is that something that maybe gives you an advantage and gives you an extra boost?**

AZAHARA MUNOZ: To be honest they normally don't bring him out. Daycare is like almost not allowed to bring them out just in case they don't behave very well. So I was not expecting to see him on the last. It's been really nice. My husband doesn't get to come very often, and especially on days like today that's such a long day, it's nice to -- we were saying it sucks to have a delay but at least we're together. At least we can enjoy our time together.

So it definitely helps.

**Q. So you were able to see your husband during your delays?**

AZAHARA MUNOZ: Yeah.

**Q. What did he do during the delay?**

AZAHARA MUNOZ: Sat in dining, have tea, a few coffees, couple lunches. I feel like all you do is eat.

**Q. So you talked about it being one of the longest days you've had. How do you -- what is that mental frame and those ups and downs like, or is it more of just stay the course so to speak?**

AZAHARA MUNOZ: I try to stay the course so to speak. It's nothing you can do about. If you start giving opinion, some people probably start overthinking it, oh, we're probably going to go back to play.

It's out of our control. Obviously rules officials are trying to get us out there, and I wanted to get out there. Some people don't want to get out there. Everybody has different opinions.

So I don't know. I try not to overthink it. I go when they tell me and I don't go if they don't tell me.



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**Q. What does your warmup -- I mean, we had three delays. What does your warmup look like in each of those, and how does it differ and how do you try and stay fresh?**

AZAHARA MUNOZ: So obviously the first one, you don't warm up for that long I would say. I feel like I kind of stay already a bit loose, so like I'll hit a few shots. Not my normal warmup, just maybe ten minutes of balls.

My second warmup was probably five minutes of balls. By the time the last one came along I was just on the last and I only had to hit like a 5-hybrid and wedge, so I just hit a few 5-hybrids and wedges and off I went.

**Q. Now I have one more question. When you're warming up in these short intervals, are there clubs you find yourself gravitating to? If you do, are they based on what holes you're about to play?**

AZAHARA MUNOZ: So the last one, yeah. I knew what distance I had for my second shot and probably my third shot so I hit those two clubs.

On the other ones you kind of try to hit a bit of everything. At the same time, normally I would say I hit balls for 20, 25 minutes on a normal warmup, but sometimes you only have ten minutes before they tell you you have to go.

So just hit a few wedges, few 8-irons, 3-woods, and couple drivers. So you keep it pretty short but try to hit a bit of everything.

**Q. How do you keep your focus sharp and how do you stay mentally sharp during the delays, especially with three, and they were so long throughout the day?**

AZAHARA MUNOZ: I don't know. I guess you just try to -- at least me, I try to enjoy the time I'm in there, try not to think about it. When it's go time then you try to focus again.

So, yeah, I don't know what you do. I just -- you just do it I guess. I don't know.

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