

# Travelers Championship

Friday, June 24, 2022

TPC River Highlands

Cromwell, Connecticut, USA

## JT Poston

### Quick Quotes

JT POSTON: A lot of pars, birdie and bogey. Yesterday we had a lot of good numbers and was able to give myself a lot of good looks. This round it felt like it was the opposite, where didn't get too many good numbers.

So hitting a lot of pretty good shots but just hitting them to 15, 20 feet and just didn't make much.

#### **Q. Is it frustrating sometimes when you can't get there, or you just kind of shake that up to golf?**

JT POSTON: It's just golf. I mean, when you get it going -- it's not going to go like it did yesterday every day. I kind of talked about it a little bit yesterday, trying to look at it as 72 holes.

If I had told myself I would be 8-under after two rounds I would feel like that's pretty solid, so I can't get too frustrated with it. But definitely going to go work on some stuff after the round.

#### **Q. Anything specific you feel like you need to work on?**

JT POSTON: Not really. Just some ball striking. Same stuff I've been working on with the golf swing, kind of my feels the last couple days. Just trying to keep sticking to that.

#### **Q. If you had to focus on one thing going into the weekend, mentally or physically, what do you feel like you need to focus on to be there in the end and have a chance to win?**

JT POSTON: Yeah, it's probably more mental, just trying to not get too ahead of myself and not pay too much attention to where I am on the leaderboard.

Just try and go out there -- I've put myself in a good position probably going into the weekend, and I know if I play well the next couple days and shoot two good scores I'll have a chance.



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Just trying to focus on that.

#### **Q. Just want to ask your opinion on the new FedExCup format with Top 70 getting into the playoffs, just what you think about that.**

JT POSTON: Yeah, I think it's great. I think a lot of guys out here probably would say they would like a little bit more off-season, and I think my biggest takeaway with the new format is that the season starts in January instead of in the fall.

Sometimes -- you can have a great year and go deep into the playoffs, and you feel like a week or two later you got to start right back up again and play well.

If you don't, if you take that time off, then you start in January and feel like you're way behind. So I think it'll be good. I think it rewards the better players throughout the season.

I think sometimes it can be easy the way it was set up where if you can squeak into that 125 and have one good week, and all of a sudden you're top 10, 15 on the FedExCup.

I wouldn't say that's the best representation of who has had the best season, so I think those changes are good.

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