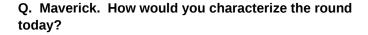
## Sony Open in Hawaii

Thursday, January 12, 2023 Honolulu, Hawaii, USA Waialae Country Club

### **Maverick McNealy**

**Quick Quotes** 



MAVERICK MCNEALY: It was really solid. I think it's a continuation of the wok I put in this off season.

It was a weird start. I don't know if I picked a weird range stall warming up in the dark. I the hit kind of the worst three shots, the first three swings of the day, kind of two blocked drives, block 6-iron on 11, and then another push drive on 12.

And then starting on 13 I just started striping it and hit it really nicely. Wasn't perfect, but don't really have to be perfect. Started to get a better feel with the putter. Had a lot of putts that just didn't quite drop.

I don't have as much experience on bermudagrass greens as a lot of these guys, but I do notice I putt better as the week goes on. I'm happy to see those putts tracking, and really happy the second nine today. I was trying chase down Chris all day.

# Q. You talked to us earlier in the week. Feeling like your game was a great spot coming in. You said it was kind of a continuation. Do you feel good about what went on out there today?

MAVERICK MCNEALY: Yeah, I feel really good just in general. I had four great weeks to really focus on getting everything in order. I was at home and in Palm Springs with my family. I just feel like everything is firing on all cylinders right now. Was physically able to workout a bunch and get my body as healthy as it's ever been.

Working on my pilot's license. Just not too many hours away from taking my check ride, which has been a lot of the fun. Just really able to fully focus on the things I want to do and the people I want to spend time with, and just been a super calm, peaceful, fun, productive focused off-season. Just had a great time at home.

#### Q. Is that somewhat different than off-seasons in the



#### past?

MAVERICK MCNEALY: Not necessarily, but sometimes you just get in a groove and you find things that are just going -- and I have best team in golf, too. Like everyone is performing at a higher level and contributing at a higher level than we were when we were here last year. There is no secret sauce I think at this point that's going to flip a switch and you're top 10 in the world.

It's just marginally improving everything. I made a lot of small but significant improvements in just about every part of my game this off-season. In my approach, nutrition, sleep, recovery, even mental focus, having a passion outside of golf that trains me and pushes me and challenges me in other ways in flying.

Yeah, it's been great.

## Q. That working out and everything, you sort of took that to a different level, and the nutrition?

MAVERICK MCNEALY: I did. I've been working at Great House Physical Therapy for the last two years. When I started there kind of end of 2020 -- it's ironic, because I'm about to go get drug tested right now -- but I was high 190s ball speed and Congaree in the fall I hit 185, which was a personal record.

But more than anything I'm able to practice and work and my mobility is way better than it's ever been. I've had the two best injury-free years of my golf career the last two years, and it just gives my the freedom to just be a better athlete. When I want my body to do something it's able to do it now, which is fun.

#### Q. How are you eating different?

MAVERICK MCNEALY: Working with Dr. Sprouse, Podium Sports Medicine, and I've done everything from wearing a continuous glucose monitor to see what type of foods spike my blood sugar, trying to put together a plan for putting on weight in the off-season and keeping it on in the season, which is a challenge for me. We're walking 50 miles a week. It's hot.

. . when all is said, we're done.

So that's been fun, trying to figure out what my body responds well to. Dialing in on-course nutrition and just everything. Looking at sleep, how do I sleep better and optimize the rest/recovery so I could push myself hard during the day. There is just a lot of aspects. Just trying to find that 1% everywhere I look.

#### Q. Any changes to your team?

MAVERICK MCNEALY: I've added a guy, Darren Reese. He's helping with my social media. I'm not the best on social so hopefully he'll be able to show some cool things there.

I added Dr. Sprouse and Podium Sports Med this summer. But really everyone has just been doing great. I'm still lucky to be surrounded by a group of people that they motivate me to be better because they're always looking at ways to improve themselves.

Yeah, I'm just really, really -- my brothers all live with me, so just a great situation to have back in Vegas, too.

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