

Sony Open in Hawaii

Thursday, January 15, 2026

Honolulu, Hawaii, USA

Waialae Country Club

Jordan Spieth

Quick Quotes

THE MODERATOR: Jordan, how would you assess your first round of 2026?

JORDAN SPIETH: Yeah, I saw a lot of good out of it. I've had a good week here this week. I've played in the wind and I feel like my ball striking has been pretty solid, and I've just been trying to get kind of that game-ready back. You know, just where you play rounds and you got match line and speed.

And, yeah, I mean, for how difficult of a day it was I felt like I was in position to shoot 5-under or so. Felt like I just didn't score as well, and that typically comes down knocking putts in. It wasn't easy when the wind was blowing, but I definitely hit a few that were a little bit rusty for sure.

Q. Is there one thing in your swing or your game that you're kind of focusing on this week that you've worked on in the offseason?

JORDAN SPIETH: Yeah, quite a bit. I mean, just I had a healthy offseason, so working on kind of my hand path. My hands had been not doing what they did when I was at my best for quite a while now, and now they kind of can.

It's a combination of how it carries the club and where it gets to in space. It's one thing to be doing it on the driving range. It's another today to do it when you're playing. It's another to do it in tournament play.

I felt like I was -- today was significantly better than a month ago as far as that goes, and I was able to be more outwardly focused.

I think it's only going to get better from here. I really, really was very pleased with what I saw today and I like what's coming. I just need to tighten it up on and around the greens.

Q. Did you feel like you were thinking about any of those things at all?

JORDAN SPIETH: Sure, but I've always liked to have a



swing thought. Luckily because of all that work it doesn't have to be as severe as what could make it more challenging to hit shots. If you're trying to make swings and you're in these conditions, that's a very difficult way to play.

So I've been working hard on trying get to a position where I can be very dialed in outwardly and it doesn't have to be perfect. If I can inch my way that way and start to see some shots that I didn't have the last couple years, then I'm going to gain confidence and it's going to get better day in and day out.

Q. What are you optimistic about this year and why?

JORDAN SPIETH: Well, structurally I should be better with my mechanics, and therefore I should be significantly more consistent. You know, I would imagine that the -- hopefully the worst -- I don't want to call it that, but the worst I could be would be week win and it should get better here forth. Like I have closure on exactly what I need to be working. And although it may not be all the way there where I want it in tournament play, each round as I continue to trust it should get a little bit better and better, and not caring about the result and just being dialed into the next shot is have I important right now because it allows me to free up a little bit more and I make better swings and hit better shots.

So trying to enjoy myself more, too. It was a bit of a grind of a last couple years, and if I'm not having fun out here -- I mean, I know ten years from now I'm going to wish I had these ten years back. I certainly wish I could go back ten years.

All in all, if you're not having fun, what are you doing out here? All that together should really help.

Q. Doesn't everyone wish they could go back ten years?

JORDAN SPIETH: Yeah, of course, but I'm saying if you're not being present and you're not enjoying the fact that you're living out your dream, and if it feels like a job hard work, and I tell you it has and it really shouldn't. There is just no need.



Q. How old are you, 32?

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JORDAN SPIETH: 32.

Q. Do you feel 32 as long as you've been out here, or do you feel...

JORDAN SPIETH: I feel really good right now. There are certainly days where I wake up and I'm like, I didn't like -- ten years ago didn't quite feel that way. They say once you hit 40 or so that changes quite a bit, too, and every ten years from there.

For the most part my body feels great.

Q. (Indiscernible.)

JORDAN SPIETH: Yeah. I have no restrictions. I think it's always going to be a little tighter when I wake up every day. I don't know when that will ever stop. It doesn't end up being anything that I think about 30 minutes after I wake up.

It's fun to be healthy and fun to be knowing I'm working on the right things and fun to be out here competing. I hit some cool shots today; I hit some shots I want back. I hit a lot of really fun, cool shots that I didn't have in August, so I'm taking that as a positive.

I think that, like I said, I think the consistency will be there. A lot of that comes down to rolling putts in on the greens. I didn't roll many in today, but I made a decent amount of birdies for the conditions that were given.

Frankly, just I put in a 3-iron like two days ago and it cost me two and a half shots, the shots I hit with that club. I'm going to go back to my hybrid and I'll be better off.

Q. What possessed you to do that?

JORDAN SPIETH: Well, I think a driving iron, it's just a driving iron course, like here and The Open. The problem is I had four months to get ready for this week and I dug five 3-irons out and I hit them the day before I came here and then I bought them all here and then I was trying to figure out which one I liked here and they were all good.

And so then I got to pick one, and it just -- I just haven't been playing with it, so I think I'm going to just go back to the hybrid.

Q. You guys are weird.

JORDAN SPIETH: Yeah.

