

Arnold Palmer Invitational

Friday, March 7, 2025

Bay Hill, Florida, USA

Bay Hill Club and Lodge

Jason Day

Quick Quotes



Q. I think that is a career low for you at Bay Hill.

JASON DAY: That's good. That's always good to know. It's positive. Moving in the right direction (laughing).

Q. How did the round go for you?

JASON DAY: It was good. We had a tough day yesterday. I think the guys teeing off in our morning wave probably got the brunt of the wind. That's golf. Obviously you take the good with the bad. It all averages itself out any ways. But it's nice to be able to come out, get under par early, so you're not really thinking about the cut line. No one wants to come here and miss a cut. That's just, we're all trying to play our best and to give myself like a good buffer after the eagle on 6, that was, I could not think about the cut line anymore and just start focusing on playing some really good shots. Just kept the momentum forward, which was good, and then, yeah, things, I didn't really think about too much, just a whole lot of time just kind of found the ball and hit the next one and add 'em up at the end of the day, which was good. Very positive day, which is good. I did a lot of work on my putting last week, I struggled with that this year, some setup changes with Cole, just had him come back on board, which was nice. Some old feels there. Things are looking really good right now.

Q. You say you talked to Cole?

JASON DAY: Yeah.

Q. When you say old feels like what would that entail?

JASON DAY: We just had some setup changes. I'm not saying that, Hey, I'm going to go back to 2015, 2016 putting, but some of the stuff that I was doing I was a little cramped, eyes too far over the ball. I've always been a person that has had my eyes on the inside of the ball, like a long way. Just some head, a head position change. A little bit further away. Hands, arms up a little bit higher so the shoulders can pitch a lot better or swing a little bit better. Speed has improved dramatically since then,

stroke's improved dramatically, and now I can start it on line without scratching my head going, Why did that not start on line.

Q. Did it feel familiar?

JASON DAY: Yeah, yeah. It's hard. He knows my game better than anyone, obviously, because we've had the history there. He's taught me since I was 13 years old. We had a bit of a break and now we're back together, which is nice. I'm looking forward to seeing the progression of my game going forward.

Q. When did you connect again?

JASON DAY: At the start of the year.

Q. How much time do you spend with him?

JASON DAY: Last week. Yeah, first time. But I've been chatting to him, so I was very fortunate that he was willing to come back on board. I know that's busy with his commentary stuff, and then also he coaches Karl Vilips as well, and he does some teaching on the side, so that kind of keeps him busy. But, long story short, we went on, we saw Rob Neal here at Rio Pinar, which is just down the street, and Gregor, who is the owner, we did SAM PuttLab, Rob Neal was there, a biomechanist that we went on and did some 3D bio stuff. The swing stuff is like moving in the right direction where we need to, just some subtle changes there. The putting I was more concerned about than anything else. That's usually my strength and it hadn't felt like my strength this year so it's nice to be able to get a really good putting day in.

Q. What prompted you reaching out?

JASON DAY: No, I can't see myself hit a shot. I can't see -- like it's very difficult to -- I can look at -- no matter how many videos I look at, I'm never going to know -- I know a lot of stuff about the golf swing, but I haven't seen -- Cole knows my game better than anyone, like I said. So for him to come in and give me a fresh set of eyes to say, Hey, this is what you liked in the past, this is what you did really good. We got to manage the health of your back, but let's



try and swing it this way and see how it goes. And then also change the putting stuff. That was nice, because sometimes when you're doing it by yourself it's very, very difficult to come up with the right answers. You need a good team around you to say, Hey, this is, you're not doing this correct, let's try and move back to this. So you're trying to give yourself some sort of parameters, or like bumper rails, I guess, you know, so you can just kind of stay in that and still perform really good.

Q. The best set of eyes.

JASON DAY: Yeah. Yeah.

Q. Good memories there, a little distant memories, but

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JASON DAY: Yeah, thanks. (Laughing). I am old, yeah. Thank you.

Q. Do you have good vibes around this place?

JASON DAY: I do. Well, I would rather have good vibes than not good vibes, so it's nice to be able to think about winning here, seeing replays of my win back in 2016. I was probably 10 to 15 pounds lighter, younger, didn't have as many grays. But I've got the experience, which is nice, so I'm looking forward to the weekend, so that's a plus.

Q. When you have a day like yesterday, how difficult is it to just put it away and start a fresh?

JASON DAY: It just depends on how your attitude is. If you are coming off the golf course angry and you've come off a stretch of some poor golf, you can be pretty down on yourself. But I'm very fortunate to have a good team around me, did some visualization work last night for about 30 minutes, trying to get ready for today. So that attitude adjustment is crucial when you have a bad day and you're on the outside kind of on the cut line wondering, like, how will you play today, that's always difficult. It's nice to be able to get off to a good start today and put that round behind you and get back in the tournament.

Q. And you say 6 kind of helped clear your mind?

JASON DAY: 6 got me it a point where I'm like, Okay, I got a buffer zone now, I can kind of just focus on hitting shots and not like have the -- because everyone thinks about the cut line. I don't care who it is, if you're on the cut line you're thinking about it. Some guys are better at getting rid of it and not thinking about it than other guys, some guys struggle with it. So it was nice to get a buffer there.

Q. What do you do when you do visualization? Are

you thinking about your swing or how to play the hole?

JASON DAY: No, it would be just like, Okay, the bad shots, let's go through and recreate good shots. And I get a lot of feels from my body on how to create that, so just trying to feel it through my body, visualize it through my body that creates the shot. The good shots, keep the good shots, but like, yeah, it can take a long time if you shoot 4-over, so had to recreate a lot of shots last night.

Q. It was a hard day.

JASON DAY: Yeah, it was.

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