

Cognizant Classic

Saturday, February 28, 2026
Palm Beach Gardens, Florida, USA
PGA National Champion Course

Jimmy Stanger

Quick Quotes

Q. Jimmy, second start back on TOUR from injury. How are you feeling overall, and how does it feel to be in contention into Sunday?

JIMMY STANGER: Yeah, it feels good. It just feels good to be back. It feels good to be playing a weekend. It's been a couple years. It's good to be healthy. It's just a cherry on top to be in contention here this week.

Q. Last night did you allow yourself a moment to appreciate that milestone of having made a cut for the first time in a couple years?

JIMMY STANGER: Yeah, definitely felt it walking off 9 tee. Finished on the front nine yesterday. Really trying to appreciate every moment. I think that's kind of the key I'm taking into this week is just let each moment last; enjoy it as it's coming; don't try to look forward. Really just be in time, and I'm enjoying that.

Q. Could you put in perspective where that attitude comes from and what has allowed you to have that attitude?

JIMMY STANGER: A lot of it's my faith. That's super important. I realize that ultimately I believe God is in control, and whatever is happening out here is not near as important as saying Jesus Christ is my lord and savior. That being said, I'm also just so thankful to be out here again after as much time sitting at home just wondering if I'll even be able to play again. It's really good to be back out here and playing some good golf.

Q. Could you go through, not too in depth, when you stepped away what caused you to step away?

JIMMY STANGER: Yeah, long story short, just basic elbow tendonitis. Didn't think it would be very long. Thought I would give it some rest and it would heal up. Every time I tried to return to hit golf balls, it would feel worse. Eventually found two bone spurs in there and had a great doctor go in. Got surgery last summer, and it's just been recovering from that.



But it's a 9- to 12-month recovery, and I'm about eight months in it right now, so we're pushing it to get back out here, but I'm excited to be back out here.

Q. Do you feel 100 percent?

JIMMY STANGER: It feels probably 90 percent. The PTs here are incredible; I couldn't do it without them. So shout-out to them. The whole PGA TOUR takes care of us super well out here. I'm confident that I can continue to get after it with that help.

Q. You mentioned not knowing if you'd be able to get back out here. What was the point when you wondered that?

JIMMY STANGER: Again, when you've had pain in the same spot for 12 months and the doctors are telling you it should go away, I don't know what's going on, that's a little disconcerting.

But again, like I said, we found a really good surgeon. We found some really good doctors, great PT at home, great trainer back home, and they've been super helpful just getting me through that, changing up the diet. Learning a lot about the body has really helped, as well.

But ultimately, just like I said, thankful to be out here. Thankful to be playing golf. Golf is not easy when you take that much time off, so we're ahead of schedule being back out here and in contention.

Q. Have you surprised yourself this week?

JIMMY STANGER: I think this week I've surprised myself in just how calm I've been. I'm enjoying it out there. The first event at American Express, the first couple holes, I was feeling electric. You could see on hole 13 my fourth hole I put three balls in the water in the same spot and couldn't really feel anything.

This week it's just been a lot calmer. I think the body is ready for competition again. I feel like I'm back where I belong, and it feels much more at home.



Q. Your parents got up at 3:30 this morning to drive here?

JIMMY STANGER: Yeah, it was funny, I was actually a little nervous. I didn't see them until about the fifth hole today. I actually heard my dad after I made birdie, and I was like, oh, they're here. I was wondering where they were at, just trying to make sure they were okay driving across the state. But it means a lot for them to be here, and it means a lot to have them and my wife out here and so many fans out here cheering along, as well. It's just a great atmosphere.

Q. Did you ever in those down times in the last year and a half let your mind wander to a backup plan of what else you might do, or did it not get to that point?

JIMMY STANGER: It's been there for sure. Eventually golf is going to end. I think that's where I kind of had to come to peace. Everybody out here, every pro out here, it's not an easy game even if you are healthy to stay out here. Just trying to be at peace with whatever happens, not trying to anticipate the future but enjoying where I'm at. That's a new perspective that I'm having. Not trying to protect it and just go out there and be myself and try and play some golf.

Q. So you'll appreciate tomorrow?

JIMMY STANGER: Yeah, I'm going to enjoy every minute of it. I'm going to enjoy every minute of tonight. I'm not going to try to get ahead of myself and really going to enjoy this process. This is awesome.

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