

The Ryder Cup

Tuesday, September 23, 2025

Farmingdale, New York, USA

Bethpage Black Course

Team USA

J.J. Spaun

Media Conference

THE MODERATOR: J.J. Spaun joins us now at the 2025 Ryder Cup. J.J., welcome to your first Ryder Cup. What are your impressions of the Black Course so far?

J.J. SPAUN: Yeah, it's beautiful. There's an aura stepping on to this property. You feel the whole -- the core of the state when you get here. It's a great place to be, and I'm really excited to get the week started.

Q. I'm going to assume you've watched the Ryder Cup as a kid. Did you ever actually dream of playing in the Ryder Cup? What was that level of belief, and what was it a year ago?

J.J. SPAUN: Yeah, I did watch, of course, Ryder Cups growing up. Did I ever dream or think I would be on a team? No. I think that kind of stems back to self-belief issues and knowing my ceiling, what it could be. I just always took one step at a time.

But yeah, I'm just so honored to be here, to represent my country, to play alongside these great players, the best players in the world, and I'm really excited to get going.

Q. What did you do that you weren't doing before that got you here?

J.J. SPAUN: Definitely more self-belief. I think kind of taking a lot of pressure off myself as far as trying to achieve certain things or putting limitations on myself. I just tried to let go as much as possible.

I think once I had my first daughter, her favorite song was "Let it Go," and I think hearing it hundreds of times every day kind of osmosis or whatever, and it just hit deep into the soul. I just tried to go by that mantra.

Q. Can you sing it for us now?

J.J. SPAUN: "Let it go..."



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Q. This is a high-pressure event. We saw you cope with that brilliantly to win the U.S. Open. Do you have specific techniques to help you cope with pressure, and have you done anything in preparation for what you think might come on Friday?

J.J. SPAUN: Yeah, I've definitely thought about certain scenarios that I could be in this week. I think the best thing that I can do is rely on my experiences over this season. Some of the really close finishes I've had. Then obviously closing out the U.S. Open at Oakmont in June.

I hadn't been in those situations before, but it started in Hawai'i. I was leading going into Sunday; didn't go my way. Same thing with THE PLAYERS. Just kind of growing off each experience where I just kept getting closer and closer and closer, and then the U.S. Open I had it and finished it off.

I think the biggest thing in preparation for me leading into this week was kind of trying to remember that experience at Oakmont and knowing that I have done it and I can do it. That's kind of the mindset I've got to go in with this week.

Q. With regard to Bryson, do you guys go back much in California, and how well did you know him?

J.J. SPAUN: Not really. He's a few years younger than me. But he grew up in northern California, or central north kind of California and I was Southern California, and I didn't play a ton of national junior golf circuits and didn't see most of these guys really ever until I turned pro and got on TOUR.

Bryson I just know him based off of playing with him on the PGA TOUR.

Q. For a guy that he's not around you guys that much really, how would you characterize him as a teammate and how explosive can he be for you guys this week?

J.J. SPAUN: Well, I think what people don't realize, he's made a huge effort being a part of this team, flying to team dinners, showing up weeks that he's playing on the LIV to where we are on the PGA TOUR just to be a part of that



team, and he's done a great job. He's got his own thing going on, and it's easy for us to get together because we're all playing week in and week out together.

I think he's done a huge job of trying to insert himself on this team. Given his personality and his brand, he's great with the fans. I think that's going to be a huge attribute to the team this week.

Q. Xander was in here telling us about how you were asking him questions about previous Ryder Cups and stuff. What have those conversations been like with guys who have played in Ryder Cups before as you go into this for the first time?

J.J. SPAUN: Yeah, it's been great. A lot of these guys have played multiple Ryder Cups. Just trying to pick their brains. It's a new arena for me, first national team appearance pretty much ever in my career. I just want to know how they feel, just so I can kind of get an estimation of how I'll most likely feel.

But yeah, the common theme is, like, everyone is very nervous, so if you feel nervous, don't worry, everyone else is as well.

Q. Being the rookie, quote-unquote, I know you're all pros, but how do you find yourself on a team like this where you have veterans, people that have been in this tournament multiple times?

J.J. SPAUN: Yeah, I've talked to JT quite a bit, and he's like, you earned your spot on this team; don't feel like this is a handout or a pick. You have a major that a lot of us are very jealous of, and you deserve to be on this team.

I think hearing that has helped me feel like I fit in more as a core player than a rookie that is just trying to make some sort of impact. So I think that's huge for my confidence.

Q. Have you ever played in a golf competition where the fans are singing and chanting and there's a lot of humor and banter? And if not, how do you think you're going to find that experience?

J.J. SPAUN: I think maybe the closest thing would be like the Phoenix Open, Waste Management Open. But obviously nowhere near to the scale as this week.

Yeah, it'll be a fun experience. It'll be good to be on home soil and soak it all in.

Q. J.J., it feels like your golf career keeps exceeding your expectations. I wonder how you think this week is going to exceed those expectations and if it's

already happening.

J.J. SPAUN: Yeah, this season has been incredible, obviously a breakthrough year for me. I think missing in my career at least this season would be a team win, bringing that Cup home to America. I don't think there's any better way to cap off the season that I've had.

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