

Aberdeen Standard Investments Scottish Open

Thursday, 8 July, 2021

North Berwick, Scotland

The Renaissance Club

Jon Rahm

Quick Quotes

Q. Happy with your day's work?

JON RAHM: Of course I am, yeah. You know it can be difficult to follow a tournament after accomplishing something big like I did. I did take some time off after the win and getting back into it, it's a little bit easier in Arizona when it's warm, the body is warm and very low air density, the ball goes very straight and very far. It's a little bit easy to get into it. It can be a challenge, long flight, but it gets a little tight coming to a course where the wind will move the ball a lot and you know, little mistakes could be magnified quite a bit, right.

So I didn't have my best feel out there, but after the first tee shot, which was probably about as bad a tee shot as I can hit, feeling-wise, as well, I just told myself really trust the visualization process, see the shot, trust the shot and trust that your body can do it, and it really worked out. Sometimes you've just got to get out of your own way.

Q. What's it like coming to the abrdrn Scottish Open as world No. 1 and U.S. Open Champion?

JON RAHM: It's great when you have this weather, right. It's about as tropical as it's going to get out here. Feels great. I'm not going to lie. I think I might have missed that first tee shot because I'm there sitting with Rory, great player, J.T., great player, and I get announced as world No. 1, Race to Dubai leader and U.S. Open champion. They just said Rory McIlroy, J.T., so I was just a little surprised by it. I didn't expect it. My ego might have got a little too big, tried to hit a little too hard on 1.

It feels great. It's a great way to start my trip to Europe and the U.K. and a great way to start my first time here in Aberdeen.

Q. A couple of weeks off; what have you been doing?

JON RAHM: Well, Monday, Tuesday and Wednesday I spent with my family. My parents left on we had. After that is when I did a lot of media commitments, a lot of



A Rolex Series Event

interviews Thursday, Friday, Saturday, Sunday and Monday. I think it was after Monday when I slowly started getting into it. I did start working out earlier to have my body ready, but those seven, eight days, I took as much advantage as possible to be with my son and Kelley.

But the previous three weeks, I couldn't really spend much time with them, the whole COVID situation, and being in a major championship, right. Took advantage of that. Changed a few diapers. Tried to stop a couple cries and keep him happy. Again, it's one of the most wonderful feelings in life.

Q. As a great links player, would you like it to blow?

JON RAHM: I would like it to be as similar to Royal St. George's next week, whether it's windy or not, I hope it gets as close. I highly doubt we are going to have four straight days with these conditions. I doubt it. I know it happened a couple years ago but I hope we get at least one day of wind, hopefully Sunday, where the pressure is a little higher and things matter a little bit more and hopefully we get a windy day to get us ready for The Open.

FastScripts by ASAP Sports

