

U.S Senior Women's Open Championship

Thursday, August 25, 2022

Fairfield, Connecticut, USA

Brooklawn Country Club

Helen Alfredsson

Quick Quotes



Q. Helen Alfredsson, 3-under 70. How did the course play today?

HELEN ALFREDSSON: It's a U.S. Open golf course. I mean, it's just something. It was kinder today, I think, if I dare to say that. Just today, because the tees -- I had played the back tees most of the week, so there was some tees that were up, so I hit instead of a rescue, I hit an 8-iron in, so that was a big difference.

Q. You played well; what was working in your game?

HELEN ALFREDSSON: Well, just hitting fairways and greens. That is always a key in the U.S. Open. So that's what I did today. I made a few putts, which was nice.

Q. You were saying that the one thing you obviously can't replicate at home is pressure. What did it feel like on the first tee, nerves cranking, and as you got into it?

HELEN ALFREDSSON: Well, you know how it is when you're practicing. You have a few things to practice, and when you're on the driving range, your mind is all clear. You just think, okay, I need to do this and this and this, and then it's all a blur. It's like you don't even know where to -- which one was the first thing I was supposed to think of, and then the next thing. Oh, which one was that? That's the big difference when you practice working on something and then come out -- it might not fully be there because we don't play as much. Also we don't know what's working under pressure. It's very easy to play just for fun, and under pressure you get tense, you get a little bit uncomfortable, so you don't know exactly where to focus on.

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