

U.S. Adaptive Open

Sunday, July 5, 2026

Rockville, Maryland, USA

Woodmont Country Club (South Course)

Cassie Sengul

Press Conference

THE MODERATOR: Cassie, so last year you found yourself in contention and held the lead a little bit in the championship. Looking back, what were you able to take from that experience and how has it helped you grow as a competitor and golfer?

CASSIE SENGUL: I learned a lot of just playing under the pressure. I feel like I never had that much attention on me while playing golf so feel like I just learned how to hold myself during those situations.

I have really table that into account this past year and kind of trained and like, okay, if I have this long putt, how is this going feel when you have a crowd looking at me.

So just really trying to familiarize myself with those situations and preparing myself for this year is really what I learned from last year's championship.

Q. And you mentioned preparation. So what has your prep been like for this championship and kind of what areas have you been working on?

CASSIE SENGUL: So I ended up transferring schools mid-year and I got a new coach and she really started instilling these new practice routines with us and I just really started taking those into account. I was hitting 300 putts a day, just really trying to get those reps in, and they were immediately contributing on the course.

So really just putting the time in, being out in the sun for three hours a day, just getting used to all this weather and heat up here has really helped me prepare the best for this championship this year.

Q. So you mentioned kind of some of those improvements. Would you say putting is the area you feel your game has improved the most?

CASSIE SENGUL: Yeah, I feel like last year after this four putt on 13 I just really was like, okay, I really want to get this putting. I ended up switching how I putt. I do a reverse hand kind of stroke. Just tried to implement a new



kind of system. My mom always talks about the growth she's seen in my putt asking just how much more confident I am in my stroke has really led me to where I am now.

Q. So looking to this year's championship, would you say your goals are more kind of result-focused or more like kind of process-based?

CASSIE SENGUL: Yeah, I feel like last year I just wanted to win. That was all I wanted to do.

Q. Okay.

CASSIE SENGUL: I feel like going into this year it's like I just want to play good golf and have fun out there. So it's really just being grateful that I'm out here and that I can compete with all these people instead of coming home with a trophy this year.

Q. Do you feel more comfortable it being the second year at this course?

CASSIE SENGUL: Yeah, I feel like I've really got tone play every type of variations this course has to offer. Putting myself in every situation I can and just trying to see if I can scramble some parts out there.

Yeah, just really trying to get as many reps in, playing 18 each practice round day, just playing every scenario I can out on this course to make sure I can score the best during those tournament days.

Q. Finally, is there anything you feel like you are learned about yourself as a golfer whether it's last year's championship, you mentioned transferring schools, over the last year or so?

CASSIE SENGUL: Just more like trust my gut. Like there is nothing you can lose by putting yourself out there so just go for every aggressive shot, take every opportunity, and I just learned from transferring schools like there is always something good out there waiting for you. Just go for it and it will be good in the end kind of deal.

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