

U.S. Adaptive Open

Wednesday, July 8, 2026

Rockville, Maryland, USA

Woodmont Country Club (South Course)

Sophia Howard

Quick Quotes

Q. Here with Sophia Howard, winner of her category. Sophia, this is your first win in your category. How does it feel?

SOPHIA HOWARD: It feels great. Obviously a little frustrated about how I played today, but overall it's been a great week. Just trying to think about all that and think about the positives and what it took to play well.

Just got job done, so overall really happy.

Q. You've been playing in this championship since 2022. What have your expectations been going into the championship each year?

SOPHIA HOWARD: Yeah, I think the first year I really didn't know what to expect. I knew Cathy a little bit and I knew Kelly. And a little bit of Zee. Like I knew a couple people in the field, but really didn't know what to expect starting out. Just wanted to play good golf and keep within myself.

Obviously as the tournament has grown and the same people come back, I think you can kind of put expectations on yourself and set up goals. This year I knew I had it within myself to beat Abby. The last two years I really thought I could, too. Just had a couple hiccups in the road.

This year I just really wanted to shoot some rounds in the 80s and see what that did for me and it obviously worked this week.

Q. Obviously big milestone under your belt now.

SOPHIA HOWARD: Yeah.

Q. Heading into next year and the future what are your new goals?

SOPHIA HOWARD: I was talking to my dad a little bit about it. I think if I could shoot consistent rounds in the 70s, like 79, whatever it is, if I could get to a 79 I think I could make a goal to be Top 5. Again, I think the goal will



always be to defend the title next year.

Q. I got to talk to Amanda a lot this week about you, Arizona Adaptive Golf. How has it felt having so much support from your teammates?

SOPHIA HOWARD: Oh, I love it. Golf is such an individual game, and even playing in high school golf, it still feels really individual. Going to college and getting to go put on the red, white, and blue and representing something bigger than yourself, and also knowing what we're doing is going to touch the lives of other people and hopefully help move things along in other colleges.

Also I get to play for the team and my friends. So it's something that is really inspiring and an honor.

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