

PRE-TOURNAMENT INTERVIEW
November 9, 2017

SCOTT McCARRON



Q. Thanks for coming up here, Scott. It's a really big week.

SCOTT McCARRON: Big week, yeah, it is.

Q. Top-5, you've been No. 2 for a while now.

SCOTT McCARRON: Almost all year, No. 2.

Q. So we'll start off easy. Your initial thoughts coming into this week and what it means to you just to be here at No. 2?

SCOTT McCARRON: Well, it means a lot. My goal at the start of the year was to win a major and win three times and to win the Schwab Cup, so I put myself in that position. Bernhard Langer's had a great year, won five times and he won two of our Playoffs, so he's won seven times now.

Being No. 2 means a lot, so if I can win this tournament, I can still win the Schwab Cup. That's the position I wanted to be in going into the last event. So we're here with one goal in mind, to win this tournament and win the Schwab Cup.

Q. We just walked past Bernhard in player dining over there and you kind of ribbed him a little bit.

SCOTT McCARRON: Always.

Q. Have you been doing that a lot?

SCOTT McCARRON: I've been doing it as much as I can. Yeah, you know, again, he's really been the guy I've kind of looked up to over the last couple years. He works out hard, he practices hard, he takes apart golf courses in practice rounds. I've learned a lot just by watching him and being able to play with him as much as I have been.

But he's the guy I'm setting my sights on that I'm going to have to beat. He doesn't make many mistakes, so I've got to up my game and play well. When I do that, I feel like I can compete with him. When you don't, he's going to wear you down, he just doesn't make any mistakes. He's kind of like Tiger Woods back in the day. I always felt like playing against Tiger I had to play my best and he had to be a little bit off. It's not quite that way with Langer, but I still feel like I have to play some of my best golf to beat him. He's playing such good golf now at 60, it's incredible, and he gives me hope that I can continue up into when

I'm 60, and I'm still a lot younger than he is at 52.

Q. You said earlier your goals for the year, win a major, you won the SENIOR PLAYERS earlier this year. What would winning the Schwab Cup do to solidify your PGA TOUR Champions career?

SCOTT McCARRON: Well, you know, again, it would just be another feather in the cap. Do I want to win just one Schwab Cup? No, I want to win as many as I can. And it's really fun for me to be out here.

You can't take anything for granted and you've got to put the work in. This is not a tour where you go and just play and then go to the bar right after. These guys work hard, they work out, they stay in shape, and I want to win as much as I can and there's kind of an end in sight. When you're on the PGA TOUR at 25, 35, you don't really think about the end so much, but out here there's definitely an end, whether it's going to be at 60, it's going to be at 62. I don't know, but there is an end. So take advantage of this time you have, give it everything you've got and enjoy it.

I think that's one of the things I'm really enjoying being out here on the PGA TOUR Champions, not having a cut is big. I know when I'm coming in, I know when I'm going home, I'm not struggling just trying to make a cut like some of the weeks that I did on the PGA TOUR and it's fun. I'm playing with guys -- I mean, I played junior golf with a lot of these guys and high school golf against Kevin Sutherland and college golf, Brandt Jobe and I were roommates. So it's a lot of fun for me to be out here playing with guys since we were 10, 12 years old.

Q. What are your thoughts on the course?

SCOTT McCARRON: The golf course is good. It's a golf course that definitely favors a guy who drives it pretty straight. But the greens are in fantastic shape, so if I'm driving it well, I won't hit driver off a lot of the holes just because it's a little bit tight and the bunkering is really good off the fairways so you've got to avoid the bunker. So we'll be playing away from a lot of these bunkers. But I'll be able to take advantage of the par 5s. I can get to all of them and there's one par 4 I can drive, so for me that's a lot of fun to be able to go forward and make a bunch of birdies and hopefully make a bunch of eagles.

Q. Got any nice words for fellow player Tom Lehman on the redesign?

SCOTT McCARRON: Yeah, I never played it beforehand so I didn't know what it was like before, but this golf course is great. It just reminds me of an old-style golf course. You know, ones we played maybe at La Quinta Country Club when we played the old Bob Hope. It's a fun golf course to play. You've got to work the ball both ways off the tee. It's not a bomber's course, you've got to drive it straight. So from what I hear, he did a great job and I think this is a golf course that will stand the test of time.

Q. You mentioned that your wife kind of whipped you into shape. What did you do to improve your fitness?

SCOTT McCARRON: Well, she didn't use whips, but she is a triathlete and a fitness trainer, so she's always studying up on the latest and greatest training.

She hooked me up actually last year with a group out of Arizona called PFS, Greg McLane, and I started working with them. They set me up with about five or six different programs. I saw them for the first time right before the Schwab Cup last year and it's really been great for my strength and mobility. They're big into mobility, so a lot of things I'm doing, bear crawls on the ground, moving around, not lifting heavy weights, but everything we're doing I can do almost in a hotel room without too much equipment. It's been a lot of fun for me and I feel like I'm in some of the best shape I've ever been and chasing her around.

Being a triathlete, she trains all the time. She was swimming in the pool today, working out. So in our off time I'm swimming, I'm biking. And I'm not running quite as much as I used to, but I'll go out and bike 25, 30 miles while she'll go do 60 or 70. I can't do that much. I can stay with her for a little bit, then I'll just go home.

Q. And what did you work with -- work on with E.A. Tischler, what specifically?

SCOTT McCARRON: E.A. Tischler and I started working about three and a half years ago and he's a biomechanics guy. He and Mike Adams teach a lot of teachers how to teach. The biggest thing that E.A. and I did was getting me back to what I used to do when I was playing well when I first got on Tour. E.A. knew me in college. I didn't really know E.A. that well, but he used to watch me swing.

Just having better posture was a big thing, and also figuring out how my body works, how my arms hang. Am I a guy who delivers the golf ball, do I want to be on top, do I want to be side on or under? Now, these are biomechanic terms and I'm more of an underside golfer, meaning my arms hang a little bit more under, so as I deliver the golf club, my right arm needs to be under. I was being taught for a long time to be on top of it like a Ben Hogan. Whether that led to some of my injuries in my right elbow could have, so now I'm swinging more efficiently and swinging the way my body is built to swing.

Q. Is the ball flight different at all?

SCOTT McCARRON: Well, I don't curve it quite as much as I used to. It used to be big left to right. I don't curve it quite as much as I used to, but I hit it a lot farther because I'm hitting it more in the center of the clubface and not with a steep descent into the golf ball. So that's helped me quite a bit.

Q. So what's it going to take this week, do you think, on this course? People are going to go low?

SCOTT McCARRON: I think so. You know, depending -- I don't think we're going to get much wind, that's the only thing. It's going to be a little more defenseless golf course. And if the greens get a little bit firmer, that will make it a little bit tougher. I think anywhere, I don't know, 13 to 18 under, something like that. I think you're going to have to go low here. But again, it's not an easy golf course. You've got to be able to drive the ball straight, and if you don't, you're going to be fighting for pars.

Q. So the end is in sight, three rounds of golf left. Do you and Jenny have plans for after you're done?

SCOTT McCARRON: Yeah, we're playing a tournament next week for her. We're going to Pebble for the TaylorMade Invitational. We put a group together. She plays in it, and so she made me play last year and then I won so that was nice, so I'm going back to defend that. It's a great week for us. We get to stay at Pebble Beach at the lodge and we eat and we have a great time, so it's a little bit more of a vacation with a golf tournament.

Q. Have you ever considered some senior players to use a local caddie again?

SCOTT McCARRON: Yeah, that was -- Evan -- we still text quite a bit. Having Evan at Caves Valley, unfortunate circumstance with my caddie Rich Mayo and his father passing. Evan helped out quite a bit. And Rich and I had already done a lot of good work on the greens and how we were going to play it, but to have Evan on the bag with some local knowledge certainly helped and he's a great guy and he's a lot of fun.

Q. But you've been back to your normal guy?

SCOTT McCARRON: We're back, yeah. No more locals. Rich Mayo, my caddie, has been with me on Tour for six years. He's one of my best friends and he's a great player. He almost won the United States PubLinks, lost in the finals to Warren Schutte back in the day, so he almost got to play in the Masters. He played some of the Nike Tour. He can play. He's a great player and we work really well together and I couldn't have a better guy on my bag.