

**ROUND 1 QUICK QUOTES**  
**September 14, 2023**

**LUCAS HERBERT (-9)**



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**Q. Lucas, what a round of golf out there today. You got it in the zone there for a while there, didn't you? Six in a row.**

**LUCAS HERBERT:** Yeah, found a little groove there. It felt like anything I did poorly seemed to work out nicely for me and the good shots got rewarded as well. Yeah, I didn't feel like I played bad, felt like I played OK and just got a lot of good breaks, and yeah, capitalized on chances as well.

**Q. A lot of good breaks, like 144 feet in putts, Not surprised, you are a very, very good putter. Was there anything, a little adjustment, grip, ball position? The hole had to have been huge to you.**

**LUCAS HERBERT:** Yeah, I just took seven weeks off, so I've only been back on the Tour about a week now, so everything kind of feels like an adjustment out there at the moment. Still feel like I'm knocking the rust off a little bit.

No, look, I just tried to play the shot rather than the context as much as I could out there today and that was probably just the difference I felt like. Yeah, I didn't sort of let the score or scoreboard worry me too much and just played nice and freely, which I was really happy with.

**Q. We were a little curious about that break because you haven't played since The Open Championship. We're not aware of any injury that you had, 152nd in the FedExCup points and you took two months off.**

**LUCAS HERBERT:** Yeah, 152nd in the FedExCup, golf's been getting me down pretty hard this year. It was just a tough stretch there where I had a lot going on both in my life and on the golf course as well.

Yeah, I missed the cut at The Open, I didn't really want to think about golf or talk about golf for about a good month there, just needed to get away from the game and refresh everything. Yeah, it sucked, I'd love to be here or up on the FedExCup standings as we speak, but hopefully taking that good break, refreshing, have a little reset gives me a better chance to play well in the fall season and get some better results and get into the bigger events again next year.

**Q. Was your break planned or did it just kind of come about? How do that materialize?**

**LUCAS HERBERT:** It was planned for a couple of weeks. I felt like heading to Europe for the Scottish and The Open, if I wasn't probably inside the top 100 after those two events, I wasn't going to try and bother chasing the Playoffs. I just knew that I needed that mental reset.

Yeah, from the outside it doesn't look like the greatest decision to make, but I really needed the reset. Yeah, I was just able to get away from golf for a while.

It was nice. I went and spent some time around people where I wasn't the main focus of everyone's life for the day. I was able to go and be a part of other people's lives, which is something we don't get to do as golfers.

I feel like coming here this week I was ready to play again. I think for a while there it felt like if my flights got canceled to a tournament and there was no other way to get there, I would have been happy to go home, like, oh, good a week off. I feel like if that happened this week, I would have been upset, I was ready to go. That sort of tells me I was back in a good frame of mind to be able to come out here and just deal with adversity when it comes on the golf course.

**Q. Was it your golf that was getting you down?**

**LUCAS HERBERT:** It was a lot of stuff. I just think a lot's happened for me this year. I've had to deal with a lot off the golf course and it felt like I was kind of idling at 80 percent when I did get on the course. Just didn't have any space for things to go wrong, I didn't have any space to deal with that.

Yeah, it was good just to get away from the game a bit, take care of some of that stuff in my life and feel like I was able to bring that back maybe a little lower so I was able to function a little easier.

**Q. Did you go back to Australia?**

**LUCAS HERBERT:** No. I considered it, but it was beautiful weather over here in the States and it was freezing cold back in Australia, so decided to stay over. I've been back -- I mean, I started the year there and I went back in April, so I didn't feel like I was really missing people too much. A few of my crew that travel with me most weeks are Australian as well, so I do feel like I do have sort of an injection of friendship from Australia there most of the time. Yeah, it would have been nice to get back, but it didn't end up.

**Q. If you're not playing golf, what were you doing?**

**LUCAS HERBERT:** So I hadn't met most of my girlfriend's family and friends and whatnot. She's from up in Maine, so I sort of went up and spent a lot of time with her family and friends. I've never been to Maine, just spent some time up there. Yeah, kind of anything just getting away from the game. A kind of like music so I played a little bit of music. I'm not

really that good at it.

**Q. What instrument?**

**LUCAS HERBERT:** Guitar. And I bought a house earlier in the year as well, so just there's always jobs to do around the house as well, so I was getting a lot of that kind of sorted. I played so much that it felt like I'd be home for a week and I couldn't get anything done. You spend two days on the couch and then you're practicing for the rest of the week. Jobs here and there just couldn't get done and things couldn't get organized, so it was nice actually to kind of cross a few of those projects off, too.

**Q. People talk about taking three weeks off, when they come back they're not quite in tournament competitive shape. You obviously took a little bit more time coming here. What were expectations? What did you think about where your game was at when you came here?**

**LUCAS HERBERT:** Extremely low. I'm going to go do a bunch of practice now because I don't think I really played that well today, I think I got really lucky. It felt like every time I missed the fairway or missed a shot, it seemed to finish in a decent position where I could kind of recover. Obviously made a stack of putts out there which helped, but yeah, I still feel super rusty after today. Yeah, it's funny to say that after shooting 63, but yeah, I still feel a long way away from where I'd like to be.

**Q. When did you pick the clubs up again?**

**LUCAS HERBERT:** What's today, Thursday? So it must have been -- it was two weeks ago tomorrow, two weeks ago tomorrow. Yeah, Friday two weeks ago.

**Q. Lucas, it sounds like to me you feel like you're a more well-rounded person than you were now before the break. I'm wondering how does that help you on the golf course, perspective, things of that nature?**

**LUCAS HERBERT:** Yeah, I mean thank you. I'll take it as a complement. Yeah, I think I'd become probably a bitter and spiteful person. Not over the top, but I didn't like the version of myself I look back on and see at The Open Championship. I think I was wound up pretty tight and kind of lashed out at people around me too quickly, too easily.

I think, yeah, the break was a good chance for me to be able to get away and reset, just get away from this life. I just think you're under the pump so much, so much pressure on you externally and internally to play well. Yeah, to be able to get away from that, you're sort of able to kind of find yourself a little bit again.

I was speaking to one of the rules officials earlier in the week, I felt like if I could just come out here and be like a better person, the golf game's kind of the next thing, but like just being a better person I think to the people around me, my relationships, you know, family, friends,

that only benefits. And yeah, that was sort of maybe all I cared about coming here this week. And it's really nice to shoot 63, but I'm going to do my best to go out there with the same attitude tomorrow and that is the main focus of the week.

**Q. Were you just too hard on yourself?**

**LUCAS HERBERT:** Yeah. I mean, you come from winning twice in 2021, third start as a member I win on the PGA TOUR straight away, you're into the biggest events against the best players, I think it was just whether it's pressure from external or there's just expectations internally that you're just going to keep going up, keep getting better and keep producing the same results against better fields. It doesn't take much for you to be off out here. When you don't get a few of those results, it just compounds and it compounds and you put more pressure on yourself, and it gets worse and very quickly you can go down a slippery slope.

It's pretty hard to take any time off in the middle of the season. Go and tell me to miss Memorial, I'm never going to do that, it's such an amazing event, but it was probably what I needed at the time. I just didn't have the ability to go and do that. It sort of got to a point, a sort of breaking point, I just had to do it. Didn't really watch a lot of golf. I think I watched maybe the playoff hole when Lucas Glover won in Memphis and I think I watched the last two holes when Viktor won in Atlanta, and that was the only golf I watched for six weeks. It was just lovely to get away from the game, to be honest.

**Q. (No microphone.)**

**LUCAS HERBERT:** I mean, feels like they're all tricky out here, but no, it was like a 15-footer. I hit a pretty good putt, just didn't break as much as I thought. Yeah, I wasn't -- again, feeling like I'm in a better place, was able to deal with that a lot better and just able to move on to the next hole and not play the situation any differently, just play the shot that was in front of me.

**Q. (No microphone.) Like you say, you were able to just shake it off and move forward. You obviously had a great back nine. In the past version of you, would that maybe have lingered a little bit longer?**

**LUCAS HERBERT:** Past version, you make it sound like I'm two different people.

No, yeah, I think me two months ago, I probably wouldn't have shaken that off as much and I would have been a little harder on myself. It felt nice, it felt free to just not sit there and just beat myself up for that.