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STEWART CINK

Q. Stewart, thank you for joining us. This is your first time playing here at Hualalai. What are your thoughts being here?

STEWART CINK: Hualalai, it's a fun golf course. I've gotten to see it in about a 35-mile-an-hour wind yesterday and today most of the day was a pretty steady downpour, so I'm not sure I'm quite prepared on all the lines off the tee and where to hit it, but from what I can see so far, it looks like a real joy to play. This island has just got such a great vibe.

Q. I understand this is your first time on the Big Island ever. Did you do some exploring before you came out here to the Four Seasons?

STEWART CINK: We got here Sunday and we took a car on Monday, went over across the other side of the island to the Hawaii Volcanoes National Park and spent some time over there. We love seeing what the local places have to offer that we don't see in Atlanta, Georgia, where I live. So we thought that the Volcanoes National Park would be a great experience and it was. We spent half a day over there just looking around and learning a little bit about it all. It's a pretty drive. This place is fascinating.

Q. Last week you played in the Sony Open. How would you assess the way the week went for you?

STEWART CINK: I'd say mostly pretty good. It's always -- the first tournament of the year, unless I'm at Sentry, which this year I was not, so coming from wintertime weather to a place where it's warm and it's breezy and you've got to hit fairways, it sort of like snaps you into focus quickly. There's no real -- you can't ease your way into the tournament over there because it's not the hardest course of the year but it's a challenging venue.

I enjoy playing there for that reason and I'll keep playing there for a lot of years, I hope. I really enjoy it. I just thought that these two weeks back to back in Hawaii, one week in Oahu and one week here on the island of Hawaii, sounded pretty dang good.

Q. Safe to say you feel good about your game coming into this week?

STEWART CINK: Yeah, I do. As always, I'm constantly evolving. I made some changes and trying to work a few things into my golf swing that are hopefully going to be some improvements. Last week's the first time I got to play under competition with some of these little changes. Things were really good, I really enjoyed what I saw. I have a lot of belief, so I'm looking forward to testing it up this week and at the Farmers Insurance Open next week and just keep on going.

I'm a golf nerd, I love playing golf and I love the challenge of it. I love this type of season of my career where I'm like experimenting with some things that are new, identified some things that need to be changed I thought and was able to sort of spend a little time in the offseason doing that.

Q. So Torrey Pines next week. Beyond that, do you know how much you're going to balance Champions Tour and PGA TOUR?

STEWART CINK: Not exactly, but as of now I'm not in the signature events, so that's about 10 or 12 events off my schedule that I'd normally play in. I think that will probably dictate a few Champions events for me just this year being in events or not in events on the PGA TOUR.

I still love playing on the PGA TOUR. I'm still fully exempt for a little while longer, so I want to keep playing out there and keep testing myself out there against the very best, the younger ones, and see how that goes. I definitely see myself playing at least another four to six PGA TOUR Champions events, they're fun out here.

Q. On that note, do you make goals at the start of every year?

STEWART CINK: I don't. I'm terrible at it, I really am. I'm actually trying to focus a little bit on learning to be a little bit of a better goal setter, but I've never really done that that much.

One thing I'm not doing is I'm not putting myself into like a FedExCup or a Schwab Cup goal because I don't want to focus on the season-long list, I just want to focus on playing as good of golf as I can no matter where I'm playing and try to get into competition to win tournaments wherever that is. Those other things, those lists take care of themselves when you play well when you play.

Q. You mentioned you're working on some stuff in the offseason. What were a couple things that you were detailing on?

STEWART CINK: Well, without being technical, my swing plane tends to be a little steep, a little high and I've always struggled with getting it what they call laid down a little. Just getting a little steep into the ball and you have to make some directions on the downswing to flatten your plane out. I'm just working pretty hard on trying to get that plane a little bit lower so that I don't have to make those corrections, because when you swing the club fast like all of us guys out here, those little minute corrections you make in the downswing lead to inconsistent clubface angle and attack angle.

So we're trying to iron out some of that. The result so far has been really good and I've liked what I've seen in some windy weather the last couple weeks, especially yesterday. That's a big task when you can commit to it when it's windy. And certain wind directions make you kind of like freak out a little bit more, but just takes a lot of discipline and that's a part of the

game that I really love.

Q. What's your primary swing thought?

STEWART CINK: I think if I had to just narrow it down to one thing, I'm really trying, really working hard to be disciplined about keeping my rear end that way, like what's called deep in the golf swing, away from the ball. It just solves a lot of issues in my golf swing, in my pivot and my plane. So that's probably the main swing thought I have going right now.

Q. A little off topic, but if you have to give one piece of advice to an amateur trying to break 100, what would you say to him?

STEWART CINK: Trying to break 100?

Q. Yeah.

STEWART CINK: Well, that's a lot different question than trying to break 80. I think trying to break 100, you're just going to be -- if you play away from all the trouble and just try to stay safe with your shots, keep it out of the bunkers, keep it on the fairway as much as possible, it's hard for your score to add up that fast if you're not in trouble. That would be my recommendation.

Q. Got a dog in the fight this weekend with the NFL Playoffs?

STEWART CINK: I don't. My dog is fighting for a coach. I'm a Falcons guy, so we're in the coach race.

Q. Anybody you pulling for?

STEWART CINK: No. I mean, I just keep hearing Harbaugh is like our No. 1 guy. I'm not really a Michigan fan, but Harbaugh would be pretty good. He has a good record everywhere he's coached, so he's on a high right now.

Q. (No microphone.)

STEWART CINK: Need a quarterback, but he's coached good quarterbacks, so we'll see.