

ROUND 1 QUOTES
January 24, 2024



NICOLAI HØJGAARD (-5)

Q. Got to be happy with that first round 5-under 67 at the South Course. I heard it was your first look at the course. Just give us an assessment of that round.

NICOLAI HOJGAARD: Yeah, I played really well out there today, I felt like I was doing a lot of good stuff, a lot of good work. I wish I was a few more shots better, I felt like I gave myself all the chances on the back nine as well. You can't complain when you shoot a 67 on the South Course.

Q. You came from Dubai, you were just telling Steve the challenges you've had. What's that been like, that travel and getting here with a Wednesday start?

NICOLAI HOJGAARD: Yeah, it's definitely a long travel and in different time zones, 12 hours difference. So there's definitely some stuff to be aware of and trying to push yourself during the day to stay awake and to change the rhythm a bit.

Overall it's going all right. I mean, obviously I feel like at the end of the rounds I'm getting tired during the day, but in the morning I feel fresh. And you probably can see a bit on the score as well, coming out fresh in the morning and then slowly drops a bit in energy. In the end it's, yeah, I'm just excited to get going. I've been looking forward to starting the season here in the States and doing it at this iconic golf course, these two iconic golf courses is pretty cool. I'll just push myself until we feel like the jetlag's gone.

Q. I heard you over there say here for the next three months. How are you kind of now membership on both tours kind of focusing on the States for a while?

NICOLAI HOJGAARD: Yeah, I definitely am focusing on the PGA TOUR until the season stops or ends, that's the goal. We'll come to Europe around Scottish Open and The Open. Still play a little bit, but then I'll play in the Fall Series in Europe. There's a lot of good events and I love playing there, but this year my focus is here and this is where you want to play golf. You're playing on a golf course like this, this is what you want to do.

Q. Do you have a home base now in the States?

NICOLAI HOJGAARD: I don't, actually. I'm kind of using this year to figure out where I want to go, probably in Florida. I'll take it day at a time and figure out what we're going to do.

Q. So you're just going hotel to hotel basically?

NICOLAI HOJGAARD: Yeah, but we're probably going to find some houses or apartments



to stay in as well. You get tired sometimes of hotels. Got a few friends over here now so I'll probably stay at their houses.

Q. You said you played nine holes yesterday. Was that on the North Course or on the South?

NICOLAI HOJGAARD: I played back nine on the North yesterday. Caddie was out walking the course and kind of trust his eyes and his notes. It's pretty much in front of you out here, but you still got to know certain things when you play. I think sometimes you can take advantage of not knowing the golf course and you're just thinking about your execution. I felt like that was the only thing I was doing today. We might see the next few days if that changes.

Q. We've seen other guys after they make a first Ryder Cup, kind of the confidence it can give them. We've seen it with Scottie Scheffler, we've seen it with European guys. You played the Ryder Cup and then you win obviously a big tournament over on the DP World Championship. How much maybe self belief or confidence did kind of being wrapped up in all of what was the Ryder Cup give you moving forward?

NICOLAI HOJGAARD: Yeah, there's a lot of things you, learn from that week. You see the best players in the world, how they work in a week like that, how they prepare. Even though it's a team event and you want to be together all the time, you have to do your individual preparation and do your stuff because in the end it depends on an individual performance from each player.

It was pretty cool to see them up close. There's definitely some things I probably was missing a little bit in my approach to the game. I just learned a lot that week and kind of was a turning point last season.

Then in the end I was really focusing on myself and my team and what we were supposed to do instead of, you know, spending too much time with all kind of different things. Just go internal. I felt like that's something I'm going to carry on this season. It's very important that you take care of your own stuff and all the stuff you can control yourself you do 100 percent, at least you try to do 100 percent. I feel like that's the approach now not because I wasn't doing it before, but I'm just a bit more aware of it now.

Q. You mentioned you arrived on Monday in a total washout. Were you able to get out on the golf course at all, take a look around on Monday or were you just on Tuesday out there?

NICOLAI HOJGAARD: I was just in the bed whole Monday, super tired, sleeping a little bit and picking my girlfriend up in the airport, but that's pretty much it. Tuesday went out for a bit of practice, get some reps in and then played nine holes and that's about it.

I came over for after a good week in Dubai so I kind of knew where my game was at, but it's



just different when you're on a plane to here and it's a 12-hour difference. The swing, the body, mind feels different, it just feels different. You've got to try to find a way. I feel like we started the week nicely with a couple good gym sessions and got into a rhythm now.

Q. When you can't get out on the golf course are there things that you do off the course to try and glean information here, there, watch highlights of past tournaments perhaps, read things?

NICOLAI HOJGAARD: Definitely seen some highlights from the last few years and also from the U.S. Open playing here.

Yeah, it's about trusting your own execution as well. You can see so much about a golf course and you can see how players play it, but if you see something else when you get there, it's different. For me it's about going out there and executing as good as I can and then trust my caddie's eyes and his notes.

Q. I heard you mention to the PGA TOUR Radio before you came into quick quotes here that you're a basketball fan, that you enjoy playing basketball. Do you watch the sport at all? Do you have a professional team that you keep track of?

NICOLAI HOJGAARD: Yeah, I watch a little bit here and there. I support the Lakers, obviously a big Kobe fan and also LeBron fan. Yeah, I've got something stamped on my wedges, Lakers colors and some Mamba stuff. Yeah, I love it. I mean, certain individuals I really like and sort of gets me to follow a bit.

Q. I wanted to ask you, are you a cold plunge guy and have you tried the cold plunge here yet?

NICOLAI HOJGAARD: I am a cold plunge guy, yeah, I use it a lot. I do it back home. I'm doing it in the ocean as well back in Denmark. I really like it, I like the kick, I like the effect also, the mental challenge of doing it. I think that's probably more about it, pushing yourself and sitting in the water. You want to get out, but you kind of tick a box by just being in a bit more aware of stuff and you're just trying to sit there as long as you can.

Yeah, I enjoy it. I'm going there this afternoon.

Q. Will it be your first time?

NICOLAI HOJGAARD: That will be my first time this week.

Q. How great is it to have that kind of service available to you given how much you guys go through out here?

NICOLAI HOJGAARD: I think it's a great thing. I think it's a very important thing. There's certain things you do going into a golf tournament, you can practice on the range and do all



that stuff, but there's a lot of stuff as well that's about preparation after rounds, in the mornings and stuff.

For me it's been a big part of the end of last season and something I've carried on in Dubai last two weeks and three weeks. Now here it's perfect with the setup. It doesn't get any better. I think for everyone it's a thing where you can tick another box. You can do your stuff golf-wise, but can you do all the wellness and recovery stuff also. I think you tick another box and that will obviously help your performance.

Q. The ocean, how cold is the ocean when you go in it?

NICOLAI HOJGAARD: It's pretty cold at the moment, it's been freezing a lot back home, but I haven't been home for four weeks. When I was back home it was probably five, around five, so pretty cold. A bit like the cold plunges here so I'm used to it, but it's been minus quite a bit back home now so it's been really, really cold.

Q. How long do you sit in the plunge generally? I haven't experienced one.

NICOLAI HOJGAARD: If it's five degrees, I sit there five minutes. The temperature, just do it in minutes, so seven degrees, seven minutes. I think that's like a rule to go about it. Around four, five minutes I think is the best, so that's what I'm going to do this afternoon.

