

ROUND 1 QUICK QUOTES
February 15, 2024

JASON DAY (-6)



Q. How would you kind of characterize the round? Bogey free around here is --

JASON DAY: Yeah, it's nice. Yeah, it's really nice. I felt like I didn't get myself too far out of position. When I was, you know, either in the rough, you know, I was able to get myself back into the green, make my par and move on.

Q. What was probably the best part of your game today?

JASON DAY: I have to have a look at my stats, but I -- even though some of the -- I felt like I drove it quite nice. Some of the drives were just off the fairway. But like, I mean, a lot of good quality shots into the greens. Yeah, I don't know. It was like I think overall collectively it was a good round from tee to green.

Q. You talked about obviously the body's feeling better the last couple years, able to work on the game a little more.

JASON DAY: Yeah.

Q. How important is that mentally to be able to kind of put the work in when you feel good?

JASON DAY: Yeah, 100 percent right. I think there were times where I would -- wouldn't really practice Monday, wouldn't really practice Tuesday, just try and get through the pro-am and just go, OK, if I can get through Thursday and Friday, then great.

To be able to kind of get that back in the rearview mirror now where I can kind of focus on actually practicing and putting good work in, it's been nice because for a moment there I just didn't know if it was really going to pan out for me and I thought maybe it's kind of like I'm at the end of it in regards to my playing days.

But it was nice to be able to kind of put that work in, see the body react the way it has and be able to practice and like through time and effort, that's when the good play starts to come back.

Q. Did that scare you at all?

JASON DAY: No, it didn't scare me. Like it was -- like to -- like because I'm fine like in regards to like I live well below my means and all that stuff, but I think it would have been disappointing for me to go out the way, if it did go out that way, to know that it was just an



injury and what if or what could have happened. Being 172nd or something like that in the World Rankings last year and finally getting back inside the top-20 is a good step in the right direction knowing I'm like doing the right things.

It would have been thoroughly disappointing to sit there and go, oh, man, like I felt like I've got more in the gas [sic] and that's kind of why I didn't quit on my body, it just took some time.

It's nice to be able to see kind of the light at the end of the tunnel and going through that process and that journey but getting on the other side of it now is even better.

Q. Stats are great across the board by the way, mate. Can you just run me through, I guess, the mindset change here over the last few years?

JASON DAY: Yeah, I think you kind of hit it on the head there, Benny. In my early days I disliked this golf course. Like it's very easy to dislike it if you kind of get out of position and you can't run something up to the green because it just kind of sticks at the front. If you're coming out of the rough and it lands on the green, it goes over the back. And if you don't, you get frustrated and you're like I don't like this golf course.

One of two things had to change, I either wouldn't play here or you just have to change your attitude a little bit. I think like you said before, I think changing that mindset and that attitude saying that this is one of my favorite stops on the -- of the year, because it is a tremendous golf course. Rich history from like some of the greats that have played the Tour have played here and won here.

And it is, when you get down to it, it's one of the golf courses that has held up over time, especially with kind of the land that we have.

So for us to -- for me to try and change that mindset, that attitude was huge. Obviously I've found some success, which is good.

Q. Adam Scott said in his press conference earlier in the week that he comes here and it kind of reminds him of Australia, just a stretch on the back nine there, there's a lot of gumtrees, the smells come back to him and he gets some comfort from that. How does that make you feel?

JASON DAY: Well, it doesn't smell like bermuda and sand greens where I grew up. (Laughs.)

Obviously when you do see the gumtrees it's obviously a very big Australian thing. But I can definitely see some of the looks and some of the ways that the holes look, even the grass that we play on this, stuff in Sydney that we play on, that's very close to this grass as well.

Yeah, I feel like Scottie's had a lot of success here so there's a lot of good memories for



him, and if it reminds him of Australia, it's even better.

Q. And you finished with 65 last year to finish in the top-10 and you start with 65 this year. Has that kind of unlocked --

JASON DAY: I don't know, I didn't even know I did that. I've got the worst memory in the world, though.

Yeah, first round, I'm not trying to get too far ahead of myself. I've just got to go back and get some rest tonight. I've got an early start tomorrow, so that's all I'm going to focus on.

