

**ROUND 1 QUICK QUOTES**  
**February 15, 2024**

**GARY WOODLAND (-1)**



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**Q. Good playing, Gary.**

**GARY WOODLAND:** Thank you.

**Q. Looked like you hit a lot of good shots and maybe didn't get quite as much out of the round as you probably could have.**

**GARY WOODLAND:** I did. That was the best I played all year. My caddie even said that when I got done. I saw a lot of things today that I hadn't seen. It was frustrating to three-putt 17, but I just did a lot of things well. Like I said, playing with T-Dub, really have to focus on yourself, you can't get too distracted out there. I think probably earlier this year I've been a little distracted. Just everyone's been so supportive, fans, everyone, I probably took into that a little bit too much. Today I was into myself, into my game and I was very pleased with how it went.

**Q. Are you finding the focus is returning to you in general as you go along?**

**GARY WOODLAND:** Yeah, it's coming. There's still -- after I got home from Torrey Pines I had a rough week the off-week, just wasn't there, didn't feel like myself again, which is frustrating.

Left the golf course on Tuesday last week. You know, my team's starting to talk a lot and communicate if they see something. My caddie's been great making me go home and I go into a dark room for a couple hours. I missed the cut. We stayed and he forced me to take a day off. It's hard for me, I want to get out and work. We've just got to monitor that a little bit still, which is frustrating. But today was a big step for me in the right direction.

**Q. Your caddie forced you to take a day off?**

**GARY WOODLAND:** Yeah.

**Q. When you say you had a rough --**

**GARY WOODLAND:** Just didn't feel like myself, very irritable, moody, just not all there really. When that happens, I've got to get into a dark room. Really concussion protocol more than anything, turn the lights off, no noise, no probably overstimulation, which last week there's a lot of stimulation going on. And you play with T-Dub, there's a lot.

So I was very happy and pleased with today with everything going on that I was able to stay



in it. Like I said, it was definitely the best day I had all year.

**Q. How do you go about rebuilding your golf swing or relearning those movements after the surgery?**

**GARY WOODLAND:** That's been a process. Butch has been huge in that step, Mike Walker, short game guy, and then my caddie. It's a community of all talking and trying to figure it out. Body wasn't moving very well the last couple months. Last week missing the cut, talking just -- I didn't get to work, but I was talking through the swing, sent some videos to Butch and we figured some things out. Today I saw some shots I just haven't seen in a long, long time.

**Q. What specifically did you --**

**GARY WOODLAND:** I was swaying, my body was moving, I wasn't turning properly, which is easy to do when you haven't played in a while and start to sway a little bit. Turning, my speed's up so now I've just got to make sure I finish things. I get a little quick, a little excited probably to be out there. Slow everything down a little bit.

**Q. Gary, the three birdies to start, I know it's very early, but what's the adrenaline like at that point and what are you thinking about?**

**GARY WOODLAND:** That was amazing because I haven't gotten off to a good start this year, so that's been a big deal. That was nice just to get some of the same feelings that I haven't had. I haven't played well in a long time, so starting to see some things just kind of validated that I'm doing the right things and I'm moving the right way. It was nice to see some putts go in. Outside of the three-putt on 17 and I made the double there on 12, I played beautifully, so I have a lot to build on.

**Q. Any feedback particularly after the start from Tiger, and I know everybody's doing their own thing, but --**

**GARY WOODLAND:** T-Dub and I are good friends and obviously J.T. and I are really close, so the energy was great all day. J.T. fought back great and Tiger I thought played beautifully today, putted it amazing. The energy was good between us all day, which was nice, and I think that helped calm me down a little bit as well.

**Q. Have you had any difficulty just trying to stay patient?**

**GARY WOODLAND:** That's hard, it is hard especially when physically I'm able to do everything. It's just mentally I'm not able to do everything yet.

But it's getting better and that's where the support team comes in. I rely heavily on my caddie and everyone on my team, if they see something, sit me down and tell me. Everyone's communicating together because me being in control of myself is probably not



the best thing right now because I would like to push through it and that's the worst thing I could do.

**Q. (No microphone.)**

**GARY WOODLAND:** Just because physically, you know, after surgery you expect everything's OK, now we can start moving forward and I'm still recovering, still going through MRIs, still going through that process, still on the meds.

But I'm just learning that. I just figured I'd come out and start playing great again. I struggled for a long time and figured out why I was struggling and what was going on. I figured OK, now I'll play great golf again. It's been a little bit harder than I thought, but it's coming. Today was, like I said, a big step in the right direction.

**Q. Do you remember the first shot you hit after surgery?**

**GARY WOODLAND:** Well, I putted, I putted two days after surgery, I remember that one. But yeah, the first shot, I was probably -- I was chipping in my backyard. I wasn't supposed to be outside, I could hide out there, nobody could see me and I could chip in my backyard probably a little quicker than I was supposed to be.

But yeah, probably two weeks after surgery I took a little swing into a net in the backyard. Almost fell over, but I hit it.

**Q. Do you have any limitations you've been told, like don't play three in a row or --**

**GARY WOODLAND:** No. The surgeon told me you'll be swinging four to six weeks after surgery, but you just won't want to play golf for a while. I've talked to a lot of people that have gone through what I've gone through and they're amazed that I'm even playing right now.

He told me I can do whatever my body can handle, so that's where I need people around me because I think I can do everything and I'm not able to do that. So having people to make sure I'm resting and slowing down, that's been a big deal for me.

