



Women In Golf Foundation Inc.

Growing the Game of Golf for Women and Youth

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Inside the Ropes with Katie Robinson

How did it feel standing on the first tee box of your very first professional event?

The first tee, both days, were arguably the most nerve wracking moments in golf I've had in my years of being a golfer. Both days I had to take an extra moment before I hit the first shot that I needed to take a deep breath. The relief after hitting both of those first tees was something I don't think I could begin to describe to you.

How did you prepare for the tournament?

In order to prepare, I did a lot of practice. I had my swing coach from back home in California come out and help me prepare the way that we did back in high school. It was a lot of heavy range work, swing specific thoughts, and a little bit of playing. I also worked extremely hard on feeling as comfortable as possible with my wedges and putting. As a shorter hitter, I knew that stepping onto a professional level course, it would be a short game reliant week.

What surprised you the most about your experience?

I think I was most surprised by my composure during the event, and during the week in general. My sophomore year was a bit questionable with my comfortability on the golf course, so the last few weeks of the season had been all about trying to get comfortable and stay composed during a round. I worked with my coach on staying mentally level-headed during a round.

How did competing in the Women in Golf Foundation's Collegiate event help you prepare for this moment?

This event was arguably the turning point in my comfortability and confidence on the golf course. I never once felt like I was underprepared or uncomfortable on the golf course. I think it also helped to keep me level headed, as I led through the first round of the tournament. Overall, playing in the event was a big confidence builder before playing in the Epson Tour event.

What did you learn from the other players in the field?

I learned that there are a lot of different ways to play a golf course. Whether you're a long hitter, or you've got a solid short game, there are a lot of ways to be able to go low in a round. It was also great getting to know the girls and learning about them and how they grew through the game and moved through the different levels of junior to amateur to professional golf.

How did this experience help strengthen your game?

As a short hitter, I was also to work on my short game and strengthen my confidence with my wedges and my putter. I was also able to really gain confidence with my woods, as I had to hit them quite a bit into different greens. It was something of a hard point in my game, so gaining confidence with my woods was something I'm extremely happy to walk away with after the event.

What advice would you give a junior golfer who's about to compete in a major tournament?

One of the best pieces of advice I had heard throughout the week was that at the end of the day, regardless of the outcome, it's just golf. Whether it's a weekday practice round, or the final round, it's always just golf at the end of the day. It's really hard to get away from that, especially in the heat of things, but the best way to get through a rough spot or to just stay motivated to keep improving is to remember that it's just one round, and it's just one shot. Stay present and don't get too focused on the bad shots of the round.