

STEPHEN AMES

Q. Last year seemed like everything went right for you on Sunday.

STEPHEN AMES: The whole week, I guess. Yeah, I was actually looking at the scores because Damon was talking about it this morning. I didn't realize what I had shot, but 15 under winning by 4, yeah, everything went right.

Q. Is that your putter, does that take --

STEPHEN AMES: You know what, I think it's the same for everybody, the guy who's making the most putts is going to win usually every week on any tour itself. My putter definitely was working that week and I was hitting the ball very well as well, yes.

Q. You seem like one of the more consistent guys on the tour as far as making cuts. What's the key to that?

STEPHEN AMES: Well, one, there's no cuts on the Champions Tour. That's one, so that's easy. But I think overall the consistency is the fact of we're playing golf courses that we're familiar with. And then two, I probably characterize myself as one of the younger ones out here. I think that helps a little bit. So I still look after my fitness, I still try to eat properly and I still do a lot of practicing when I can, especially when I'm on this part of the continent. When I'm back in Vancouver I don't touch a club, which is going to be the next two weeks when I go home, I'm not going to touch a club for two weeks. It's unfortunate but that's the weather right now.

Q. Do you feel like you started the season, so far I think three top 25s?

STEPHEN AMES: Yeah, it's been shaky. Like I said, I've had times when I've been home and not done anything at all, and then there are times when I've come out and played and haven't quite gotten all the pieces working together.

So this is my first year I'm actually doing my own thing without a golf coach, a swing coach with me. So I'm going to continue that and I'm liking the changes that I'm producing, the things that I want to change. We've made a commitment this year that we're going to stick on the basics, which is my ball position, posture and those kind of things which have always kind of -- I've crept away from. Even my practice rounds and playing when I've played, it's been extremely consistent and that's the happy part, the part that's making me really happy right now is that part.

Q. I don't necessarily want to call last year a breakthrough, but just the fact that

you've been contending year in and year out and you finally get that win. How tough is it to win on this tour?

STEPHEN AMES: It's tough. I mean, guys like Bernhard, who's winning five and six times a year, and you've got Scott, who won five times last year as well, those guys have been playing very well. Then you've got the younger ones coming out like Mr. Stricker, who's coming out still contending on the regular Tour and playing out here. It's like get back on the regular Tour, would you? Give us a break. But I think he's also the last couple years has made a commitment to family and this is more relaxing for him being out here rather than being on the regular tour where it's 4:00 a.m. wake-up calls getting ready for a 7:00 a.m. tee time, which it's hard, it takes a lot out of you. I did it for 18 years and I'm like this is very nice, 10:00 to 12:00 tee times, that's awesome.

Q. What do you remember specifically about the course?

STEPHEN AMES: This one in particular I remember last year it was a little firmer. I think it was just obviously due to the weather. Coming into here we've obviously had a lot of rain but the golf course is in fantastic shape this year. It's nicely overseeded, the fairways are in wonderful condition, the greens are in great condition. Everything about the golf course is like usually the standard that the tour has. It's in wonderful condition ready to go again.

Q. What are you doing for the first pitch? You played baseball?

STEPHEN AMES: Well, I played cricket, so I know how to throw a baseball, yes.

Q. So you're throwing it like down?

STEPHEN AMES: No, I'm not doing a bouncer, no. I'm going to get it over the home plate or in the vicinity of it.