

PRE-TOURNAMENT INTERVIEW
May 16, 2018



BERNHARD LANGER

Q. Back-to-back defending champion of this event, Bernhard Langer. Of course, many time winner, including a number of majors. But Bernhard, you played here so many times, you've won a number of times, but today you teed off with Nick Saban, so what's it like to play with him?

BERNHARD LANGER: Yeah, it was actually a lot of fun. He's a real gentleman. I had the pleasure of playing with him many years ago, but his golf game has improved and he's just a great guy in the way he treats his fans, and the people that support his team is incredible. It was difficult for him to focus on golf with all the stuff that was going on; a picture here, sign this, babies crying, all sorts of things happening, but he handled it amazingly well.

Q. Wait, did he make a baby cry?

BERNHARD LANGER: No, no.

Q. That would have been breaking news.

BERNHARD LANGER: No, there were whole families coming out dressed up in the Alabama outfits and standing on the side of the ropes.

Q. How would you say the football fans compare to the soccer fans in your home country?

BERNHARD LANGER: Yeah, very similar I would think, yeah. Football is probably the most popular sport over here and soccer is certainly the biggest in Germany and many other parts of the world.

Q. Watched your group today. This is not meant to throw shade at the other groups, but I felt like your group was the most dialed in. You all would get to the hole, it was like business, let's go. Was that a tone set by you, was that Coach Saban, his intensity?

BERNHARD LANGER: I think it was the only time we could really kind of focus on the game was on the greens, because from tee to green it was all about pictures and signing autographs. You know, they asked me if I would read their putts, which I usually do anyways. They want to make some putts, they want to get some cheers and gain a bit of confidence, so I was trying to help them out.

Q. You won the Masters twice. To Alabama football fans, Nick Saban is like a 12-time national champion, a guy who's got Tiger and Jack and Arnie and you thrown in together. Do you follow sports over here very much?

BERNHARD LANGER: I do, yeah. I'm a sports fanatic and pretty much follow everything except baseball. For some reason, that hasn't caught on yet.

Q. You've won this thing back to back as well. What are the keys to winning here to maybe be able to do it again?

BERNHARD LANGER: Well, I love this golf course. It's very challenging and demanding at times, and then there's a couple of holes that are gettable. But there's some shots you really have to pull it off. You've got to be totally committed and hit really solid, proper golf shots, otherwise you end up in the water or even other places. It will show up on your scorecard. So for some reason I've done well here the last couple years and hopefully that will continue.

Q. Bernhard, you've played at such a high level for so long and there's an arc on the regular Tour and here, but you seem to like -- it's not affecting you very much. What do you attribute that to?

BERNHARD LANGER: Well, it's a lot of things really. You've got to stay healthy, otherwise you can't do what you want to do and how you want to do it.

You need a good team around you. I have a good coach, family, friends, just a support system, my caddie, my golf coach, all that.

And then you've still got to be committed to put in the work and be going through the process of being consistent, working on everything day after day after day and trying to improve.

Q. I guess you don't really want to help your comrades out here?

BERNHARD LANGER: Well, we help each other a little bit.

Q. From a fitness standpoint, at your age --

BERNHARD LANGER: Fitness helps. We all know it's 90 degrees out there and you're on your feet for six hours in a row, sometimes we walk hilly places, so fitness is certainly a benefactor to longevity.

Q. Well, he's in excellent shape as you can tell. I'm looking for a new workout plan, so what do you do? What do you eat, what's your meals like throughout a day, and also what's your workout plan?

BERNHARD LANGER: You don't want to go on my diet because I'm on the see food diet, so when I see it, I eat it.

Q. So do you have a serious diet or it's all work out to keep this fitness?

BERNHARD LANGER: There's no diet, I eat anything and everything and I just work out, live an active lifestyle and stretch a lot. But you're way too young, you don't need to do any of that. When you get to my age, you need to stretch a lot to stay limber.

Q. I like to stretch, that's about all I like to do.

BERNHARD LANGER: Yoga is good. But Gary Player's a great example, for instance. He's, what, in his 80s now and he can still make a full shoulder turn on the backswing, 90-degree shoulder turn. Most guys can't do that when they're 60. He sets a great example for the rest of us.

Q. What's your favorite food in Alabama? Have you tried any of the southern cuisine?

BERNHARD LANGER: Like what? Give me a couple.

Q. Barbecue, mac and cheese?

BERNHARD LANGER: Oh, yeah, I love barbecue. I'm not a big fan of mac and cheese, no, but barbecue, definitely.

Q. Growing up in Germany, what did young people eat?

BERNHARD LANGER: Well, potatoes, any kind of potatoes, mashed potatoes, fried potatoes. But we also eat pasta, spätzle, a little bit of red cabbage, that kind of thing. But I grew up with everything. I love fish, I love salads.

Q. When you were a teenager, what was the go-to beer for you guys?

BERNHARD LANGER: I didn't get to drink any beer. You're not allowed to drink until you're 18 in Germany. Some don't wait that long. I'll let you in on my favorite drink, okay? It's half beer and half Sprite. It's a shandy.

Q. I've heard of a shandy.

BERNHARD LANGER: I don't know why they call it a summer shandy. It's a shandy. You can drink it in the winter, too.

Q. I feel like a weight has been lifted off my shoulders, now I know I can drink a shandy any time of the year. I have not been to Germany, but I need to go.

BERNHARD LANGER: You need to go. You need to come to the Oktoberfest if you like --

Q. Laura at the Oktoberfest, she'd do that until Decemberfest.

Q. Yeah, I would never come back, that's probably true. I know you have better things to do than listen to us audition for American Idol.

BERNHARD LANGER: It's a lot more fun than practicing putting and hitting balls.

Q. Is that what's next for you now?

BERNHARD LANGER: Yeah, within the next half an hour.

Q. I guess it depends on what you did today, but how long do you usually practice putting after you've already played a round?

BERNHARD LANGER: All depends when it gets dark, but today probably not until dark, so maybe another hour or two of some of that.

Q. I hate to ask a favor, would you take her with you when you go putt?

Q. He's trying to get rid of me, okay? Here's the thing, I'm actually stuck to this chair.

BERNHARD LANGER: You're welcome to come with me and give me some putting tips.

Q. Yeah, I'm good at mini golf, so maybe I would be able to help.

BERNHARD LANGER: That's pretty close.