

**PRE-TOURNAMENT INTERVIEW**  
**October 17, 2019**



**SCOTT McCARRON**

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**LAURA VESCOVI:** Scott McCarron, welcome to the interview room. Thanks for joining us.

**SCOTT McCARRON:** Thanks, Laura.

**LAURA VESCOVI:** Let's talk about your season first. You've had an incredible season and you've held the No. 1 position in the Charles Schwab Cup standings for 18 consecutive weeks, you have 14 Top-10s, three wins. What's been working for you this season?

**SCOTT McCARRON:** Well, it's kind of a continuation of last year. I mean, I had a few wins last year and a lot of top-10s. I started off, I got a hot streak in there. In a seven-week stretch, I won three times, which was kind of nice to get me to the top of the Schwab Cup. So I've had a couple near misses. Senior PGA, the Hoag Classic felt like tournaments I maybe let like slip away a little bit.

But I've been there quite a few times and I'm having fun. I'm in good shape and just been going out there and trying to win every week and be in contention and it's just been a lot of fun.

**LAURA VESCOVI:** Is it fun to be back here in Richmond at the Country Club of Virginia? You've won here before. It's obviously fun to come back to a course where you've won.

**SCOTT McCARRON:** It's always great to come back to a course you've won at. You come here with a lot of confidence knowing that you've played well. This is a golf course that sets up well for my eye. I can reach a lot of the par 5s. There's a couple par 4s I can be aggressive on, try to drive. So it's a really fun risk-reward golf course and it's in great shape right now. A little soft after yesterday's rain, which will play a little longer. Again, I'm trying to go out there and put myself in contention with nine holes to play.

**Q. How much fun is it being the leader rather than the chaser?**

**SCOTT McCARRON:** Well, it's always better to be the leader. I've played pretty well this year. Jerry Kelly's played some great golf in the last four weeks, won twice in the last four weeks to cut into that lead. He's coming in with a lot of confidence, he's playing very well. I knew that no matter what I did during the regular season, I would have to play well in the Playoffs, so here we are in the Playoffs and hopefully my game will rise to the occasion.

**Q. How would you handicap what we're about to see happen? These are three courses that you play every year. The newcomers may have more trouble not knowing the courses as well, but you know all the courses well. When you get into**

**this kind of situation, how much fun is it to be in a battle?**

**SCOTT McCARRON:** It is. That's why we play. We play to be in the hunt, and so whether it's nine holes to play to have a chance to win a tournament or being the leader in the Schwab Cup with three tournaments to go in the Playoffs.

Again, we've got double points coming here in all these three events, so somebody can come back from a million or more dollars behind. If they were to win two or three tournaments, they could catch up pretty quickly, so you've got to play well in the Playoffs.

Just to have a shot at trying to win the Schwab Cup is a lot of fun. There's some pressure in there, but you can't focus too much on the Schwab Cup, you've got to focus on the process, taking care of business each week, each day. People ask me what's my goal for the Schwab Cup. My goal is to go out tomorrow and hit the first fairway and go from there, try to really take it one shot at a time like we always talk about, not really focus on the end prize, because if I take care of what I'm supposed to take care of, the chips will fall as they may. They're going to have a good shot at winning or someone's going to play great and pass me. Either way, I know I've had a great year.

**Q. You mentioned kind of the course conditions with the way it's been. How do you approach a day like today one day before getting out there and really hitting the ground running?**

**SCOTT McCARRON:** Well, today -- I actually played the pro-am yesterday, Wednesday morning, where we had rain for nine holes and it was pretty wet and miserable, but we had a good time. Played with Tom Farrell from Dominion, we had a great time even though it rained all day. Today I'm not playing so I have a day off. Just a little practice session, kind of a light day, a little workout and get ready for tomorrow.

**Q. You said you're in good shape. What goes into being in good shape?**

**SCOTT McCARRON:** Well, working out. I've been working with a company called PFS out of Arizona, Greg McLean, and we've been doing kind of the same stuff for the last three years really. But I'm just in better shape than I've been in a long time. My body feels good and it's a long year and you've got to rest in your off times and work out and be ready to go. You know, it's everything. It's eating right, getting enough sleep, practicing, but when you're practicing, do it diligently, focus on every shot. I can't go out there and beat 2,000 balls a day anymore like I used to as a younger guy. So really be focused over every shot when I'm practicing and practice with a purpose. Every time I go to the range or the practice area, I have a goal in mind, I'm going to work on specific things, and then I'll change it up for the next day.

**Q. What's the typical workout between tournaments?**

**SCOTT McCARRON:** Well, I've got about six different workouts. I've got upper body

strength workouts, I've got lower body strength workouts, I've got upper body mobility, lower body mobility and I'll switch those up. I'll do two or three strength during the week and I'll do two mobility during the week, and then riding the Peloton. I've been doing that quite often. I've got one at home and then we've got two out here in the fitness trailer. Really been enjoying that.

**LAURA VESCOVI:** Any other questions? All right. Thank you.

**SCOTT McCARRON:** You got it, thank you.