

Rachel Heck – Round 2 Stroke Play- 2023 U.S. Women’s Amateur

You’re getting prepped and back in the groove for competitive golf after 18 days of Air Force Field training, can you just tell me a little bit about how you got back into it?

My mindset was that I can only control what I can control, and I need to focus on that. So much is out of my hands. We didn’t practice for 18 days and I haven't played a full tournament since last October with surgery and everything. So that's all out of my hands, I can't control that. I just took the week, I guess the four days I was home between this and field training, I was like, I'm just going to put my head down and work. I have it in me. I'm a competitor. I've played a lot of rounds of golf in my life, so I'm just going to dig deep and find that and know that it's in me even though it's been a while.

Were there any adjustments coming back off surgery earlier this year, missing a good chunk of your college season and amateur events?

I've really learned to be patient and take care of my body throughout all of this. My trainers and physical therapists kept getting frustrated with me before because I just wanted to jump back into it and push myself super hard, but I've learned to be really smart about it. Even coming here this week, my practice rounds, I just played nine and nine and practiced a little bit. I don't want what happened last year to happen again. I need to take care of my body and I need to prioritize my health and my rest. I think I've had a good approach going into it. I have a lot of perspective on golf now after everything that's happened.

Having played in six or seven of these, how do you carry over a strong performance in stroke from stroke play into match play?

I think the key to that is just realizing that you're completely starting over. Don't worry about what seed you are first or 64. If you get a spot in match play it doesn't matter what seed you are, the stroke play is over. I'm grateful to get that spot and now completely refresh, start over it's a new tournament, new day tomorrow.