U.S. Girls' Junior

7/15/2025
Johns Creek, Ga., USA
Atlanta Athletic Club

Arianna Lau

Q. 3-under today, walk me through your round.

Lau: Today I just played really consistently. I just tried to hit greens, same strategy as yesterday. I made very little mistakes today, really consistent with four birdies and just one bogey, so I'm happy with how I played today.

Q. On those birdie holes, were you sticking them close? Did you have long putts?

Lau: I think two of them were about 5 yards, so mid-range, and then the others were stuck pretty close.

Q. Third U.S. Girls' Junior, how has that experience helped you in preparing for this week?

Lau: Yeah my first was two years ago, so I can see how much I've improved each year. That keeps me motivated, I just want to do better than last year. So that's my goal this year. Also, events like this really help me prepare for college golf – I'm going to university soon, and the course conditions, the format, the challenge is very useful. I think this is a very meaningful experience.

Q. Do you feel like you learn a lot from a USGA setup?

Lau: Yes, definitely. The greens are pretty fast. It's just a really nice championship setup, and I'm really grateful that I get to learn from it.

Q. You mentioned feeling like you've improved since your first Girls' Junior to now. Is there anything specifically where you've really noticed that improvement?

Lau: I think it's my mentality, because over the past two years I've played in many overseas amateur events, and that's really helped me become more mature, think positively and stay patient on the course.

Q. How would you describe the difference between playing in yesterday's afternoon wave versus today in the morning?

Lau: I think it easier to check, spin the ball in the morning today. The green may be a bit slower, and it was not as hot as in the afternoon, so it was easier.

Q. Do you feel like the heat is a factor for you? Do you manage it well?

Lau: I think I manage it well.

Q. Anything in particular that you're looking forward to about the week?

Lau: I'm looking forward to match play. My goal is just to do better than last year. Match play is a very fun format for me, and it's also a very good experience getting to play different formats with different people.

Q. Speaking about the format, do you change your game or your approach to things when it comes to match play?

Lau: I think just play my own game, stay patient and do the best I can. The biggest competitor is myself, not my opponent.