

60th Annual Bank of America Colonial
Colonial Country Club
Forth Worth, Texas
May 19, 2006

Second-round Interview

AN INTERVIEW OF STEPHEN AMES

THE MODERATOR: Welcome, Stephen Ames into the clubhouse leader. 9-under for 131 for 2 rounds here at the 2006 Bank America Colonial. Stephen, a bogey free run today. You guys got out there it looks like before the wind picked up.

STEPHAN AMES: The last 9 holes we got some wind in here which is nice to see here at Colonial. It kind of cooled off the day as it was getting hot.

THE MODERATOR: This is going to be your fifth straight cup made here. You finished 3rd in 2004. The Colonial is a place you seem to like.

STEPHAN AMES: It's a shaper's golf course, should I say, where you have got to shape your ball off the tee and also into the greens. Especially when the wind is off of the left-to-right, and the pins are tucked. It's a classical golf course where you have got to do that. And somewhat the way I like to play more or less.

THE MODERATOR: It's been a good year for you so far.

STEPHAN AMES: It has, it's been a very rewarding year.

THE MODERATOR: We'll take some questions.

Q You were glad to get 9 in while the wind was down to add a few more birdies to the bag before things picked up, or does matter to you that much?

STEPHAN AMES: No, it didn't matter to me much. I'm striking the ball right now and I'm shaping it very good off the tee and also into the greens. The greens are very true, and nice this year. They are very full. I have never seen them this full. The whole golf course is that way. A lot of grass on there, and it's been fun the last two days.

Q You were starting off really low yesterday and got it really going and made birdies?
STEPHAN AMES: I did.

Q You came back a little bit. What was the big difference for you today being able to, you know, stave off that kind of thing?

STEPHAN AMES: Well, for me after Wachovia I went home and I didn't practice, which is normal. And then I came back out here and it's a matter of getting into the routine again. And yesterday I played three holes where I didn't trust what I saw or what I wanted to hit. And I didn't hit the shots, and I made some bogeys. I shouldn't say I made bogeys, I 3-putted one of the holes for bogey, and then I missed a 2 and a half footer for the other bogey. And the other bogey I had was a poor chip. But overall, the whole game itself was based on the fact that I was trying to step over the golf ball and be a little more confident to the fact of what I pictured beforehand to hit it. And I didn't do that a couple of shots. Today I did that almost on every shot today. Which is what we try to achieve when we are playing, hit the shot with confidence or committed to the shot we see at hand.

Q (Inaudible)?

STEPHAN AMES: The process of late has been no mechanics. It's more shaping the ball. When I'm shaping the ball or seeing shots beforehand my mechanics come out quicker that way. And I feel them quicker that way. Rather than trying to fit it into the mold. I would rather try to just let it happen and feel it into the mold. And there is something that we're trying to work on where I'm going to be a little capable of taking a week off and not practicing and come back out, hit a few balls by shaping it and my mechanics will fall into place. This is the second week we're testing it right now. It's fallen into place nicely. A lot quicker than if I was trying to do mechanics.

Q You sort of had to reschedule your thing with the whole Masters vacation thing and that. I'm wondering what you ended up doing for your vacation. What happened?

STEPHAN AMES: I haven't had one.

Q You didn't get away anywhere?

STEPHAN AMES: No. We spent six days at Disney. Instead of being the three, it ended up being the six. Disney gave us VIP treatment at spring break. We would jump into the lines in front of everybody and it was spring break. That was fun. That was big. So the kids had a blast which is nice. We got a tour guide so I didn't have to go on the rides. Which is even nicer. And then we from there we showed up to Augusta on the Sunday. So technically we haven't had one. But we're planning one at the end of the year after the Mercedes. That is going to be our break there, the kid's break.

Q Did you get the treatment because you mentioned --

STEPHAN AMES: I didn't realize I did. But, yes, you are right, I did. That is the reason I got it.

Q (Inaudible)?

STEPHAN AMES: No, it's not.

Q Stephen, you seem to be hitting your peak at a time when a lot of guys are playing good golf. Why do you think you have become the best golfer you have been in your career at this stage?

STEPHAN AMES: I'm 42, yeah, I am right. I think it's because I'm working with someone mentally that is letting me play to my abilities that I have which is seeing and playing shots. Before it was very much a mechanical trying to put it into the mold rather than just hitting it into the mold. That is what my gift is, is seeing the shots and playing the certain shots I need to play and see before I hit it. And that is something that has been a big factor for the last three years actually. 2004 was when we started work together and that was a big breakthrough there with the top 10. And then 2005 was a complete write off with the situation at home. It was very difficult to play golf, and then I came back out this year and I started working the exact same things again. Golf swing-wise it was always there. It was just a matter of checking to see that the setup was correct that is what we work on the hardest, and just going from there.

Q Stephen, did you have a big concern when you started this season that you would be able to find that place you had been in 2004? Because obviously 2005 didn't lend itself to your staying in that --

STEPHAN AMES: No, I didn't have a concern. In the past I have always used the West Coast for that. I never started on the West Coast. And I always used that playing aspects of it to get my mind and body into the shape like I said. Trying to fit that a little easier. Again, it's something we're trying to change for 2007 to get a quicker kick start, so we can get into this Fedex Cup race quicker.

Q How is your wife now?

STEPHAN AMES: She is doing very well. The last couple of weeks she is actually started back at the gym now. She is kick starting which is nice.

Q (Inaudible)

STEPHAN AMES: Correct. There still is. Now she is trying to push herself a little bit more, and when she gets tired she slows down. But she goes for a 20 minute or 40 minute walk every day. And then comes home and she does a little sit up and push ups and all of sort of things. It's a start in the right direction that she is feeling so much better that if she misses a day she feels it which is good.

Q When you beat that type of feel in that dominating of a fashion, I wonder what it does to you when you go out there to play now? Are you more just concerned about yourself and worry about who else is on the leaderboard because you know you have done it before?

STEPHAN AMES: Technically that is all we have control over is ourselves. You shouldn't be worried about anybody at hand or playing in the event. And that is the way I play golf, yes. It's myself and my golf course.

Q (Inaudible)?

STEPHAN AMES: No, not at all.

Q When you talk about working with the psychologist in terms of getting to play, just playing rather than being mechanical, is that something where you have a certain thought or two that you cling to when you go to a shot, or are you retrained in your total way of thinking?

STEPHAN AMES: Yes. It's more of a retraining of the way I was thinking. Before it was a mechanical feel that I wanted, in some sense. But now it's more I wanted to start it at the tree on the right-hand side of the green and draw it on to the flag on the left-hand side. And then I will pick a certain height I want to hit it at, and that is the shot I'm committed to. There may be one mechanical thing which is more on the follow through of the ball that I work through. But I try to feel when I make my practice, which is what make my practice routine is. It's full bore, commitment to the shot, and hit it.

Q You see a shape of the shot and feel like your body will then respond accordingly.

STEPHAN AMES: Correct. Exactly. That is how I do it.

Q Stephen, I apologize if this is a subject you would rather not go over?

STEPHAN AMES: Check.

Q I notice you have your yellow bracelet. I wonder if your family, have you become friends of Lance?

STEPHAN AMES: Sure. It was my wife is the one who actually brought up the idea. She recovered from cancer. She went ahead and bought some of the bracelets. I think 50 of them, maybe more. And she gave them out to all of the friends and family at home in Calgary. We have been -- all of us have been wearing it for the last couple of years.

THE MODERATOR: Let's go through your card.

[Scorecard]

Q Did you have any close brushes with a bogey out there?

STEPHAN AMES: No. Par saves out there. Pretty much strong. The only ones I didn't really struggle with is probably 5. I hit a great drive and didn't commitment to the second shot, and hit it in the trap right, and I had a bunker shot for a foot, or a foot and a half. That is probably the only one I struggled with. Other than that, no, I had birdie chances every hole. I think I had 4 putts on the lip. It was a good day.

Q Did you five years ago or ten years ago or whatever have a deep down belief that you could be this kind of player?

STEPHAN AMES: No. My belief has changed. My belief was you had to have a perfect golf swing to be out here. That was my belief. Now it's a little different. You don't have to have that golf swing.

Q (Inaudible)?

STEPHAN AMES: Yes, it has. Yes, the last couple of years. That is why my beliefs are slowly starting to change.

Q So even when you went to him you did not at that point believe that you could become --

STEPHAN AMES: That is the only reason I went to him because I didn't believe I was playing to my abilities. I felt I was playing at 1/10th of it. I think the last couple of years I showed that.

Q But I guess you were right, that you were not playing --

STEPHAN AMES: Yeah. What I felt I had in me. I wanted to know why. He was like you are playing mechanical golf, you are not playing field golf, which is what you are supposed to be playing. In a sense. I had too many mechanical thoughts going through my mind. I had to cut my head off and play with nothing. I see a shot and get on with it.

Q His name?

STEPHAN AMES: Alan Fine. We spent the last three days together.

Q F-I-N-E.

STEPHAN AMES: Yes. Inside Out is the name of the company from Salt Lake.

THE MODERATOR: Anything further guys? Thank you.

STEPHAN AMES: Enjoy the day