

**Viking Classic  
Annandale Country Club  
Madison, MS**

**Sept. 29, 2010**

**Pre-round quotes:**

### **INTERVIEW OF TREVOR IMMELMAN**

MARK STEVENS: I'd like to welcome Trevor Immelman to the Viking Classic. Trevor, you just got done playing your Pro-Am, if you'd like to start off talking about the course. This is obviously your first time here. And then we'll take some questions.

TREVOR IMMELMAN: The course was fantastic. It really is beautiful. Beautiful golf course. Very, very well designed. Every hole has a nice little feature to it. Every hole is slightly different. And the course is in absolutely beautiful shape. Greens are really pure. And so, you know, you really couldn't ask -- as a professional, you really couldn't ask much more from a golf course.

MARK STEVENS: Also, you're obviously exempt for the Majors next year, but you're beyond the 125 on the money list and kind of moving down the world rankings due to your injury. Coming into the fall series, you do have a lot that you're playing for, though, for next year's World Golf Championships. Has that entered your mind, or are you just trying to get into a rhythm coming off your injuries?

TREVOR IMMELMAN: You know, I haven't paid too much attention to that. It's just I've had such a frustrating time with the injury, but I think that's behind me now. So at this point basically, I'm just trying to create some momentum going into next year. I'm really trying to use these tournaments as a platform to, you know, work on some stuff and get things ready going into the next season. And be nice and fresh and ready to play a full schedule for the first time in a while.

MARK STEVENS: Thank you. Questions?

Q. Will you play all of the tournaments in the fall series?

TREVOR IMMELMAN: I'm going to play as many as I can. My wife is due in seven weeks, so I'm kind of, you know, just going to take it day for day and see how she responds. You know, how things go with her, obviously, if I have to get the call if she gets going, I'll be back home.

Q. And I'm sure you've recounted this before, but take us through -- you used the word frustration, of being injured and coming back and what it's been like for you. I know you've played

since March this year was your first tournament back. Just take us through what it's been like and where you are now in your game.

TREVOR IMMELMAN: Well, it's been a long process, and frustrating is the right word to use. You know, I think where I went wrong is that I played, you know, the last, I would say, third of '08 and the whole of '09 with this injury. And in hindsight, you know, that was the worst thing I could have done. But, you know, it is what it is. So making those mistakes has set me back a little bit.

I would say for the last six or eight weeks, you know, the wrist has started to feel back to normal, back to full strength, and, you know, I'm able to start practicing the way I would want to. Like I said earlier, I feel like the injury is behind me now. I think forever I'll have to keep an eye on it and make sure I'm doing the right thing, but, you know, I feel like the injury is behind me now. And that's why I feel like I'm trying to use these tournaments to get going and just be ready for next year, be ready to come out here and play between 20 and 25 events without having any problem.

Q. In looking back, why did you continue to play? Was it just a nagging injury as opposed to an I can no longer swing the club injury?

TREVOR IMMELMAN: Well, it started off as a nagging injury. Like I said, towards, I would say, September '08, starting with the playoffs in '08, and it was nagging, and we were trying different remedies to rest and rehab and cortisone and all those

kind of things. You know, that was our first course of action before doing surgery. So none of those worked, and then eventually I had to pull the trigger on the surgery.

Q. And what -- you had a torn tendon. Is that what it was? Or a torn ligament?

TREVOR IMMELMAN: I had torn cartilage and some bone and tendon issues on the side as well. So three things they had to go in and fix up.

Q. That wasn't bothering you at the Masters or anything like that the year you won? You were completely healthy then?

TREVOR IMMELMAN: Right. Like I said, it only completely started in the playoffs of '08.

Q. Your thoughts on your game going into this tournament then. You're trying to prepare for next year. Can you win a tournament like this? Is your game at that point right now?

TREVOR IMMELMAN: Yeah. You know, my practice has been good the last few weeks. I think this year has been really a year of trying to get out of the bad habits that I got into playing injured. I think that's been the frustrating part. I feel like I'm sort of scratching away at that and starting to get better and better with every tournament I play.

Look, I know my best stuff is good enough. It's just a matter of getting out there and getting off to a good start and continue to build on that momentum. So I'm looking forward to the week and looking forward to any tournament I play really.

Q. How much -- you've lived it now. How much did you see other players deal with injuries before you were hurt, and how much does it play a role in you guys' careers out here that maybe the common golf fan doesn't notice?

You see a football player go down, blow out his knee, you know it happened, but we don't see golfers get hurt, per se. How much do you guys live with this and other guys you see out here every day, stretching this, stretching that, putting ice here or there? Is it very common on the tour?

TREVOR IMMELMAN: Yeah, I think you can walk up and down the range, and everybody is going to have something that's bugging them. You know, we're not running into people, but it's a pretty tough spot on the joints and on the body, you know, knees, hips, back, wrist and shoulders. I mean, everybody out there has either got a wrist or a shoulder or something that they're busy trying to work on.

And also, to be honest, I don't think the media that covers our events focuses and harps on it as much as some of the media in the other sports. If you look at football, if you've got -- you know, those guys have got between 12 and 20 weeks a year that they're competing, and so like I said too, it's such a huge contact sport that, if one of them get injured, they've either torn an ACL or broken a leg or something like that. Obviously, that is quite a big deal with some of these franchise players that are getting paid so much.

Whereas, you know, we've got 156 guys playing every week. If one of those guys goes down and is injured, there's another 50 behind him that are trying to get into the tournament. So I just don't think that as much attention is paid to it when it comes to the PGA Tour. Like I said, it happens, and it's hard. It's hard to deal with because, as you don't play, your world ranking slips and stuff like that. You know, you obviously -- none of us are guaranteed money like these other sports. We've got to be out here playing to make a living.

Q. Do you worry about the quality of playing, as you get older and you're not quite as young? Does that affect you long term to worry about how to get over sports injuries?

TREVOR IMMELMAN: I don't, no. Purely because, you know, part of my routine as an athlete to, you know, work out hard and have the right team around me to try to prevent as much of this as possible. So, you know, we're always working on trying to do exercises and rehab that could maintain and make my career longer. So I feel like I'm covering that base as well as I possibly could. So to be honest, that's not something that I'm too worried about.

And you know what, hey, if that were to happen, what can you do about it? We've all just got to be out here playing and trying to play as well as we can. What will be will be.

Q. What was a bad habit you got into with the injury? You said you've been spending this year trying to work out of some of the bad habits. Did you start swinging the club differently?

TREVOR IMMELMAN: Right. Just technical errors that crept into -- just not being able to swing the club the way I wanted to because of pain and fear, to be honest, fear of pain. And that, you know, just kicks off a whole host of issues.

MARK STEVENS: Thanks a lot, Trevor. Good luck this week.

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