

# RBC Canadian Open

Friday, June 12, 2026

Caledon, Ontario, Canada

TPC Toronto at Osprey Valley (North Course)

## Adam Hadwin

### Quick Quotes

**Q. I know it was a bit of a slow start, but what was working for you especially around the turn?**

ADAM HADWIN: Started driving it in the fairway, that was a huge help, not having to chip out and hit thirds from a hundred yards away. That was a big help. Yeah, I gave myself opportunities. Two good shots on 18. Two good shots on 1. Had good looks for eagle. Then just continued to put myself in a position to do good things. It was a nice bounce back. That round could have got out of hand early. Obviously I knew I had a lot of holes left to be able to come back, but given the way the first 27 holes, I probably would have bet against myself. But we're standing here now, so...

**Q. You were playing with two guys that you know really well. What's it like to get another round with Mac and Mike?**

ADAM HADWIN: It's great. Obviously Mac and I have played a lot of golf together over the years. And then getting the opportunity to play with Mike in these Canadian Opens, in these situations, just kind of being alongside our steward of the game really in Canada. So it was just a -- it's been good. It's been fun learning and just kind of hanging out for a few days.

**Q. I saw you doing the towel drill before your tee shot on 9. Was that the only hole or were you doing that all on your second nine?**

ADAM HADWIN: I've been doing that most of this week and honestly most of practice the last couple weeks, just trying to stay connected. Trying not to lose the connection more so my right arm, trail arm, with the body. Yeah, I mean it helps. Just a matter of trusting it.

**Q. Is that something you've done in the past or is that just come about lately?**

ADAM HADWIN: It's really only come about really the last month or so, but definitely something I've gone to in the past. Sometimes that right arm can kind of be thrown at



the golf ball a little bit and I lose my spacing and I don't turn. So just kind of trusting getting to that left side, around the left side, and then that towel just kind of helps me feel that.

**Q. Given your status, now that you've made it to the weekend, are you going to play more aggressive? Will you go at more flags and just kind of go for broke and see how many points you can accrue?**

ADAM HADWIN: No, nothing changes. Obviously you want to move up the leaderboard, but I think just -- I want to go out and try and be as mentally aware and prepared as possible. I want to see if I can make proper decisions for 18 holes. I don't think I've done that in a long time. I certainly haven't done it here this week. I've made way too many mental mistakes on the golf course. I'm okay -- I'm okay and can be accepting of bad shots, but I really, really get frustrated when I don't even allow myself to hit a good shot, if that makes sense.

**Q. So sounds like you're relishing the challenge to be mentally stronger.**

ADAM HADWIN: Yeah, I got to be better, flat out. I wasn't good yesterday. I wasn't good for a while today. Certain shots, I just, I got to go through the process and commit to a shot better than I have been. And I proved to myself today, I mean, I got to let go. I got to take a shot and hit it, and if I don't hit it, move on and get the next one. I just played scared, I played tentative, and it just throws my golf swing off.

**Q. What will the rest of your day look like in terms of rest or preparation?**

ADAM HADWIN: I'm going to go get some rest. I've got a couple sponsor obligations, and then I am mentally fried at this point. This golf course, with the wind and dealing with some of those indecisions and tentativeness and all that has kind of worn me down. So I'm going to rest up for this weekend because I think my swing's in a really good spot, I just have to trust it.

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