

## Aberdeen Standard Investments Ladies' Scottish Open Q & A Webinar with Carly Booth (Scotland) and Julie Engstrom (Sweden)



### Questions from: Louise Martin

Home Club: Gullane Golf Club

Handicap: 20

### **What do you eat before playing a round of golf and when you are on the course?**

**Carly:** it varies depending on the time of day you're playing but it's important to stay fuelled and hydrated for a round. She said she likes a large breakfast but doesn't eat too much before playing or anything too heavy so as not to feel sluggish. During a round Carly keeps going with protein bars and fruit.

### **How did you get into golf and who was your role model?**

**Julia:** her family play and she made a group of likeminded golfing friends. Being Swedish Annika was a huge role model and Rory McIlroy on the men's side. Julia said its important to also have interest out with golf to take your mind off thinking about golf all the time.

**Carly:** also comes from a golfing family and her role model was her brother Wallace Booth who is caddying for her at this weeks competition. Carly is really looking forward to spending time with her brother this week and having him caddy was the perfect solution to the covid guidance. Carly said her other role models were Rory as it's amazing what he's done and also Gary Player who she's spent a lot of time with.

### **What is your favourite course to play?**

**Carly:** in her 11 years as a Pro she been lucky to play so many amazing courses that choosing just one is difficult. In the UK however she would have to choose Loch Lomond and further afield it would be Pearl Valley which is near Augusta.

### **My favourite club in the bag is an 8 iron, what is your favourite club?**

**Julia:** her driver without questions but also her 7 iron

**Carly:** definitely her driver but also she likes doing lots of different shots with her 9 iron Both thought an 8 iron was an interesting club to choose as a favourite!

**Do you think there should be mixed opens where you play against players like Bubba Watson and Tiger Woods etc.?**

Julia: she thought it would be fun and a great way for women to profile to a larger audience. She played the Jordan Mixed Event last year.

**What do you prefer, match play or stroke play?**

**Carly:** As a Tour Pro she doesn't get to play much match play however as a junior and amateur Carly loved the match play format at her club and while playing for her country.

**If you weren't a professional golfer what would you like to do instead?**

**Carly:** she loved all sports growing up so would definitely have ended up doing some in sport. She also loves gymnastics and swimming but having discovered a love of driving not just on the golf course she might have been a race car driver!

**Who is the hardest opponent you have played against?**

**Julia:** every time she plays in a tour event she's up against the best women golfers in the world so it's not possible to pick just one opponent in stroke play.

**Question from: Megan Fallon**

**Apart from natural talent and hard work, what else would you say helped you become a professional golfer?**

**Julia:** surrounding yourself with likeminded positive people that share similar dreams to you.

**Questions from: Lucy Hall**

**Home club: Gullane Golf Club**

**Handicap: 9**

**Which is your favourite hole at Renaissance?**

**Carly and Julia:** both said the 4<sup>th</sup> as it has a great view of Scotland Golf Coast.

**How old were you when you started playing golf?**

Carly thinks she was 5 when she started playing golf in Comrie, Scotland but Julia thinks she started even younger in Sweden and was only 4 years old.

**What route did you take to get into Professional golf?**

**Carly:** her Dad drove her round playing in lots of open competitions growing up. She got a scholarship to go out to the states when she was 14. She also played for her country and qualified for the tour at Q school when she was 17 and has been a professional ever since ... which is 11 years now which makes her feel old!

**Julia:** similarly, to Carly she also played from her home country, Sweden, before turning Pro.

**What was your longest round?**

**Carly:** rain delays such as the one at last year's Scottish Ladies Open can mean stopping and starting which can result in a round taking all day. Carly said as the saying goes, maintaining a healthy body helps to maintain a healthy mind, so nutrition and working out in the gym are important for her.

**How are you feeling about playing with no spectators there this year and how will you keep your spirits up?**

**Carly:** the Ladies don't get such big crowds as the men so it will be easier for them to manage but she'll miss the home crowds support. She enjoys her family being there when she plays at home but has Wallace which she's really happy about.

Good luck to Carly, Julia and all the women playing in the week's ASI Scottish Ladies Open on Wednesday 12<sup>th</sup> August - Sunday 16<sup>th</sup> August. Thanks for making the time to chat to us locally here in East Lothian it was great to meet you both. Although we can't be there to support you in person we look forward to watching you on TV and hope the Scottish summer weather is kind to you all.