

PRE-TOURNAMENT PRESS CONFERENCE
July 22, 2025

FRANKIE CAPAN III



MODERATOR: Good afternoon. We would like to welcome Frankie Capan to the interview room here at the 2025 3M Open.

Welcome back, Frankie. You're making your second 3M Open start. Can you just share some opening thoughts on what it's like being back here?

FRANKIE CAPAN III: Yeah, it's phenomenal being back. I was fortunate enough to be back about a month ago. I spent four, five days here in Minnesota right before leaving for the Rocket Classic, and whenever I get the chance to be here back home it's really special, a lot of fun, see some familiar faces.

Really just grateful for the opportunity to compete this year. Last year unfortunately had to turn Mr. Welch and his team down for the sponsor's exemption, but very pleased and happy to be back here and looking forward to a fun week.

MODERATOR: You're a Minnesota native. Are you expecting any friends and family to come support you this week?

FRANKIE CAPAN III: I'm sure there will be plenty of family and friends coming out this week. I had a lot of support a couple years ago when I played and I hope it's somewhat similar.

MODERATOR: As a rookie, I imagine you're still navigating life on Tour. Can you just talk about what it's like being here and any expectations you have for yourself this week?

FRANKIE CAPAN III: Yeah, I think this year's been just a lot of golf. Been playing a fair amount of weeks, trying to learn as much as I can. It's been a lot of highs and lows and just trying to learn, like I said, learn what I can.

I don't have a whole lot of expectation this week, just try to do my best, have fun. I would like to put on a show for everyone here and do my best to represent the state.

At the same time, I feel like the results may not have been exactly where I might have wanted them to be at this point in the year, but I feel like I'm starting to -- starting to make some progress on a lot of things that I've been putting some hard work and time in on and just trying to get back to playing golf how I know I'm capable of playing.

Q. (No microphone.) Is that true for you?



FRANKIE CAPAN III: It has, yeah. You know, been fortunate enough to play a few of them, this being one of them, TPC Scottsdale, THE PLAYERS Championship, John Deere. But for the most part, 80, 90 percent of the courses I haven't played.

And then a lot of weeks like this it's great, I'm in the pro-am this week, was picked by one of the sponsors and looking forward to playing with them tomorrow.

But most weeks I'm trying to get most of my work done Monday, Tuesday and then have Wednesday kind of off, that's reserved for pro-ams. The better you play, the higher you get on the points list, then you'll get picked and you'll be in some of those pro-ams.

The way it's been for me this year is really just trying to get my work done Monday, Tuesday and then -- but yeah, like you said, you're really just trying to learn the courses.

I think for me, just trying to get back to some core fundamentals of who I know I am and how I believe I can play this game and really just trying to have some fun.

I think you miss a few cuts in a row, it's easy to get down on yourself. When I was with my coach and dad yesterday and they were saying, man, this is the best I've seen you hit it in a long time, I think you should have some confidence coming into this week, which is nice to hear. I think it's easy, you get in a little bit of a rut and you don't have your best results and you think the world's ending, but at the same time, just tweak a few things here and there and I think we're on the right track.

Q. What is something you're working on in your game right now?

FRANKIE CAPAN III: A lot of it is alignment. I had one of my close friends, Arron Oberholser, out there walking the back nine with me this morning and really just working on alignment, making sure that my perception of -- perception of where I believe I'm aiming and where I truly am aiming are the same.

It's easy to think a lot of things, you know, your swing's off, certain things here and there. A lot of it for me has been just kind of going back to some simple fundamentals, alignment, grip, ball position, things like that. I feel like when I'm able to dial those in, everything seems to just fall into place.

Q. You played this course, as you mentioned, a few of them already this year, but is there something to actually having played this tournament that's beneficial for you of just kind of knowing where everything is and the routine of it all?

FRANKIE CAPAN III: I think so. It's the first time I've played in a PGA TOUR event twice other than I guess the U.S. Open, but that doesn't really count because it changes venues.

Yeah, I think just being here on the grounds again having already played is a little more comforting already knowing the golf course. I was only able to get six holes in this morning



before having a few obligations that I wanted to take care of.

You know, on a normal week, if I'm not able to play the entire nine, I might want to go out there after -- you know, send my caddie out there to scout it. But I've played those holes six, seven, eight times so it's really not that big of a deal.

I think the biggest thing is just understand how the course is playing, just kind of refresh on some of the pins that we'll see throughout the week and really just, you know, dial a few things on the range and just get some rest, enjoy being home.

I think that's one thing that's been nice this week. This afternoon I'll be -- after this I'll probably practice for 45 minutes to an hour and then just go hang out at home, not do anything too special. Might hang out with a few buddies or just kind of get away from the course.

I think that's one thing I've learned. It's easy to work so hard and be at the golf course for so long, especially your rookie year. Like you said, you're trying to learn all these courses and do all these things. I find that when I'm playing my best, I'm incredibly locked in and enjoying what I'm doing when I'm at the course but then once I leave, I really just get away from it and am able to stay present in the moment in whatever I'm doing.

Q. And you have played a lot. How are you feeling physically right now just in the midst of a pretty heavy schedule?

FRANKIE CAPAN III: I'm feeling good. My body feels really good, which is great. I've been working really hard in the gym trying to dial in a few things. I think it's funny because I feel like where my game and where my body's at is a lot better than where it was like last year at this point in time being on the Korn Ferry Tour.

So I think it's just golf is such a fickle game and it's funny to where you see some really good results last year and then maybe not as much this year.

In terms of how I feel about my game and my body is really, really exciting and I'm really confident that I think you just have to stick to the process and believe in what you're doing, and then also once you press play, it's really all mental and you just go out there and take care of business.

Q. You mentioned Arron. You were a ring bearer at his wedding when you were 6.

FRANKIE CAPAN III: That's correct.

Q. What's the connection with him?

FRANKIE CAPAN III: It was through my dad. My dad knew his, I guess it would have been fiancée at the time, and she lived with us for a little bit when she was playing professionally



in Arizona, and then she also worked with Craig Waryan as well, who's my coach, too.

Q. What role did Kevin McHale play in your growing up?

FRANKIE CAPAN III: We were members at the same course here, North Oaks Golf Club, and I actually just spoke with him. I've spoken with him a few times on the phone the past couple weeks and texted with him here and there.

I think he's just been someone who's been incredibly supportive of my journey in athletics. I met him when I was probably 5 or 6 years old. He would be up at the golf club, you know, hanging out and come over to the chipping green and I'd be chipping or putting or doing whatever. You know, he would be asking me questions as just a little kid.

Yeah, I think that relationship has just grown over the years. Started playing some more golf with him. The last two years I've gone up to his land and gone hunting with my dad on his land, stayed there a few times. And then he also has a place in Arizona and whenever my parents go down there for the winters, whenever I'm there and he's there, we try and connect and play some golf.

I think I've just really enjoyed the perspective. He's one of the best storytellers that I've ever been around, and he's got some pretty neat stories from back in the day with Larry Bird, Robert Parish and just any NBA story you can really ever think of. He still knows a lot of the guys out there now, so it's fun for me to pick his brain. Just been a very neat relationship and I'm very thankful to have him as a close friend.

Q. How does he hit it?

FRANKIE CAPAN III: What's that?

Q. How does he hit it?

FRANKIE CAPAN III: He hits it pretty good. Yeah, he hits it really good. If he's able to get onto his left side, he hits it really nice. You know, playing basketball for that many years, he's got a bit of an ankle -- he struggles with his ankle a little bit getting around. But the last time I played with him he was hitting it really nice.

Q. I know you mentioned last year you turned down the sponsor exemption to Mike Welch. I believe two years ago you said next time you would be here it wouldn't be as a sponsor exemption, it'd be as a member. Have you had any time of reflection whether when you first came on site or anytime this week kind of realizing a goal like that was achieved?

FRANKIE CAPAN III: Yeah, that's a great question. Talking about that, I actually ended up watching my press conference from two years ago last night. You know, I don't -- I haven't given too many of these yet, so I just kind of wanted to refresh myself a little bit on it.



And it was funny because when I said that and listened to it last night, you know, it is funny to be here now, and I don't want to say ironic but I feel like so much has happened in the last two years from the first time I competed in this tournament as a sponsor exemption and now being here on the PGA TOUR.

But I think just being proud of myself for sticking to the plan that I had and just trusting myself throughout this process of playing two years on the Korn Ferry and now being a rookie this year.

And like I said, I stated in that first press conference two years ago that I wanted to be playing next year, which would have been last year, not as a sponsor exemption but as a member of the PGA TOUR. Unfortunately wasn't able to get my PGA TOUR card after that current season.

So I just feel like last year I had a mission and my mission was to get my PGA TOUR card so I wouldn't have to ask Mr. Welch for one this year.

I think really just proud of myself for just making the decision that isn't always -- like it wasn't an easy decision to make. I think sometimes it's really easy just to make the easy decision at hand. That was one that was very difficult, but sitting here today, very proud that I made that.

Q. With two weeks left in the regular season, do you have any goals that you're still hoping to achieve?

FRANKIE CAPAN III: Yeah, I think for me the results this year really haven't been, you know, maybe what I would have anticipated or expected, but at the same time I feel like I'm really learning a lot about myself and my game.

So I would say the biggest thing is just trust myself. I've really put a lot of work in the last, you know, month, month or two, and my two goals whenever I step out and tee it up is really just do my best and have fun.

I think that's why I've played this game from a young age is because I love it. It's a lot of fun being out there. I always want to do my best, and like I said, it would be awesome to have a great week and give Minnesota bit of a show. But at the same time I think it's easy to put a lot of work in and then step up on the tee and almost expect things to go your way.

But I think really just trust myself. I was able to see some really nice shots this morning out on the back nine. I think just getting some repetition and some on-course reps, it's fun to see some progress that I'm making.

Really, I think the biggest goal for me is just trust myself and let go a little bit. I think it's easy to be uptight when you might be struggling with a few things here and there, but the more freedom, the more freedom I can have, it's always seemed to treat me well. Now that I have



put a lot of that work in is really just trust myself and just let it rip.

Q. As you wrap up your rookie year, how would you define a successful season?

FRANKIE CAPAN III: That's a good question.

I think, I think no matter what happens, it's going to be a successful season. I think for me what I've learned about this game is whenever you're learning, you're really having success. It may not seem like the answer you might want to hear, but at the same time for me I feel like the more I learn about myself and the more I learn about this game, the better I am. Over time I just see that being more beneficial, the more experience and reps that I have.

I think it would be great to say something along the lines of making the Playoffs or keeping my PGA TOUR card or winning a tournament, whatever it may be. I think those are very outcome driven goals. For me right now I feel like I've spent a lot of energy and focus maybe trying to get certain outcomes as opposed to I remember just kind of how I started out the season, made the first three cuts, had a 12th place finish at AmEx. I was really just very excited to get back to competing after three months off. Took some time away from the game and after taking that much time off, I was just very excited to go out and compete.

I think at this point in the year it's easy to be a little rundown, it's easy to be tired. This will be my fifth week in a row and probably 10 -- I played 10 out of the last 12 weeks.

So I actually kind of forgot the original question, but I guess -- or in terms of the goal for a successful season is really just doing my best and having fun. Whatever we can -- we only have so many opportunities left and I think it's just very important for me to stay present and make the most out of each opportunity that I have.

Q. How would you -- you said you watched back that press conference. How would you grade or critique your one from a couple years ago?

FRANKIE CAPAN III: I was impressed with it actually.

Q. What did you learn from it?

FRANKIE CAPAN III: I was very impressed with it two years ago. I would probably give myself an 8 or a 9 out of 10.

Yeah, I think it's part of, you know, my job and responsibility to portray to you all what's going on in my head or what I'm thinking or whatever questions you ask, and I think just doing my best to, you know, help you guys understand what's going on in my head and, you know, just dictating that in the proper way.

Q. Well, we appreciate it. One other one. I guess how do you balance -- is it more difficult playing here where you have obligations and maybe a little more pressure



versus playing somewhere elsewhere you're not the hometown guy.

FRANKIE CAPAN III: When you say somewhere else, are you just talking maybe a different PGA TOUR --

Q. Just a different stop, yeah.

FRANKIE CAPAN III: I think there's give and takes to both of them. I think for me, like I enjoy doing stuff like this. Doing this on a weekly basis wouldn't, you know, it wouldn't scare me. I would -- I think for me, I enjoy reflecting and chatting.

I think every single week for whatever, 30 weeks a year at a certain point, yeah, I could see how certain guys don't want to come every single time. But at the same time, like I said, I think it's a bit of your responsibility. We have fans, we have sponsors, we have people that take care of us. I think it's just part of what it is. Especially for me this week, I think there's a few things that -- there's obviously a little bit more on my plate, but having played here already and overall just being very familiar with this area, it's really not much of a burden. I wouldn't even say it's a burden, it's more just an exciting experience and opportunity for me.

Q. Off the course, what are you looking forward to most about being home this week?

FRANKIE CAPAN III: I think my mom's got some nice dinners prepared for the next few days, so probably that.

We have a nice home about 15, 20 minutes away. I think sleeping in my own bed's been really nice. Hit the snooze button probably a few too many times the last couple mornings. It's nice, I'm like the only person that's in the basement. My two sisters and parents are upstairs so it's like a cozy little, it's like a little man cave down there.

I think it's been a while since I've been able to be in Minnesota for more than four or five days. It's fun. Like I walked into my room and saw clubs that I played when I was 4, 5, 6 years old. It's fun just to kind of think back to the memories and have some nostalgia there.

Yeah, I think really just being home, it's a hard feeling to describe. I feel like all of us know what it is. You travel a lot and you finally get to this one place and it's hard to describe that feeling. I feel like all of us kind of know what it is.

Q. One more question. I talked to your mom the other day, she told me that she's the most proud of you when you're struggling but still hold your head up high. In general, how do you keep that mindset when you're in the spotlight?

FRANKIE CAPAN III: That's a good question. I think for me it goes to my faith. I feel like everything that happens, happens for a reason and God doesn't give you anything you can't handle.



I also feel like I've grown the most through unfortunate circumstances or struggles.

I remember thinking back to my rookie year on the Korn Ferry Tour, I had 10, 15 of my buddies getting their PGA TOUR card and I was on the outside looking in and thought, man, I don't want to spend another year on the Korn Ferry Tour, but at the same time I think it just made me work that much harder and learn that much more about my game and where I needed to improve.

I felt like I was able to have a really good attitude last year. I think just realizing that not, you know, not -- I would say people, like things aren't happening to you, they're happening for you. I think no matter what it is, positive or negative, everything's happening for you for a reason. Just trying to get the most of whatever it may be, good or bad.

Q. Whenever we used to ask about a goal for a tournament, you always said it was to win. Has that perspective changed in your mind I guess just thinking about things like that and maybe, I don't know, going too much for a result? Has that shifted at all for you?

FRANKIE CAPAN III: I think so. You know, I would say in terms of like if I were to have a result oriented goal for any week, my goal is always to be on the top of the leaderboard come Sunday evening.

But I think it's very difficult to, you know -- I find it difficult to stay present in the moment and also, you know, for example when we tee off Thursday morning, I can shoot 59 and I'm not going to win the tournament, I could shoot 80 and I'm not going to win the tournament.

I think just realizing that you can't win it until Sunday afternoon. So if you put all this pressure on yourself Monday, Tuesday, Wednesday, Thursday to win the tournament, sure, yeah, all of us, there's 144, 156 guys in the field, all of us are going to want to lift that trophy Sunday afternoon.

But when I go hit balls in an hour and I'm working on hitting certain shots, let's say I'm hitting a 3-iron for hole 7 or picturing different pin locations, trying to hit certain irons or wedges to these pin locations, I'm not focused on winning the tournament, I think I'm just focused on preparing myself to the best of my ability and then just going out Thursday, Friday, Saturday, Sunday and just executing that game plan.

I think sometimes if you're in a rush to get the trophy, it's easy to get ahead of yourself and not stay in that present moment.

I think that's something I've learned a lot from Scottie Scheffler. I feel like he's playing really well right now and I think a lot of it comes from -- I'm not sure if many of you listened to his interview before The Open but he talks about a lot of things other than just this, but at the same time he's really just going out there and he was prepared and he's just operating,



playing that he and his team and his coaches have figured out what works best. He and Teddy are just out there having fun.

I don't think he's talking too much Friday afternoon or whatever it may be about winning the tournament. Obviously yeah, that would be my goal for this week or for any week that I tee it up, but I think the way you get there is by just sticking to your game plan and trusting your process and staying present and disciplined in doing that.

Q. Are you drawing anything from two years ago? You played here and then you did not have the results you wanted after that towards the end of the year. Have you pulled anything from how you felt or what you tried to do in that stretch of maybe what you learned about here's how I want it to go next time when things maybe aren't going in my direction?

FRANKIE CAPAN III: Yeah, are you talking about from what I played two years ago after this tournament --

Q. To Korn Ferry.

FRANKIE CAPAN III: Yeah, I think I started thinking a lot more about the results and just the points on the season. I think it's easy to think that especially when you're on the outside looking in.

That's a great question. I'm glad you asked it because if I can draw parallels to that feeling that I had then and the feeling that I have now because I'm kind of in a similar situation to a degree.

But yeah, I think just putting too much pressure on myself to try and achieve something that at the end of the day it's really not in your control. All I can do is my best and whatever that is, that is. I'm going to learn from it and hopefully get better from that.

So yeah, no, that was a good one. I think just like I said, as simple and as cliché as it may be, I feel like I've been working really hard on a lot of things that I feel like are going to set me up for success moving forward, and I think just continue to stay in the present moment, not get ahead of myself.

I think that's one thing that I probably did, and thinking back I definitely did towards the end of that Korn Ferry Tour season. Like man, all I have to do this week is finish third and I'm going to get my card and you're back to thinking about results as opposed to just enjoying the game for what it is, which is why I go back to always, you know, my parents would always have two things for me every time I teed it up in a tournament or whatever it may have been is do my best and have fun. If I'm able to do that, set myself up for success, be prepared and then just go out there and do my best and have fun, I think we'll start seeing some results in the near future.



MODERATOR: All right. Thank you for the time, Frankie. Good luck this week.

FRANKIE CAPAN III: Thank you. Appreciate it, guys.

