

PRE-TOURNAMENT PRESS CONFERENCE
October 21, 2026

BEN JAMES



Q. Like to welcome Ben James to the interview room here at the Butterfield Bermuda Championship.

Ben, your first impressions of Bermuda? It's your first trip here, I believe. What are your first impressions of the place?

BEN JAMES: Yeah, it's really cool. First, flying in you see the blue water and I'm like wow, that's amazing. Being from Connecticut, you just never see that and it's really cool. Like wow, this is what water's supposed to look like.

We're on island time this week, it's going to be great vibes. The course is really cool, hotel's great and everyone's been super nice around the island. Great first couple days here.

Q. Before coming here, had you spoken to any of the other players that have been here or tried to gather some knowledge about what this event is like before you arrived?

BEN JAMES: I heard you've got to hit it low, which I imagined so there's no secret to that. There's a lot of wind here, we're in the middle of the ocean. So controlling trajectory high and low, just dialing distance control with the irons.

Q. Do you enjoy playing in those sort of conditions and how much experience have had playing in the wind?

BEN JAMES: It's great. I was at Shinnecock this year. Think about college golf, we play early spring, it's pretty windy. That's a nice thing, we always played in wind in college. Definitely a lot of rounds in pretty windy conditions and obviously the U.S. Open was very windy the last couple days of the tournament. We're an outside sport, we play in wind, that's just how it is. Everyone knows how to keep it low, keep it high, that's why we're out here.

Q. I'm kind of curious, did you happen to catch any of this tournament on television last year while you were still an amateur?

BEN JAMES: Yeah, I watched it. I actually saw a highlight of Adam Schenk, just whatever he hit, just chipping that whatever down the fairway on 17. I hadn't played the course until yesterday. I kind of saw that, I was like that shot was unbelievable, two feet off the ground. It's pretty tight and it rolled out a lot. I was like that's amazing.

So watched a little bit. I saw it was really, really windy. I think I kind of remember I was



watching on my couch, we might have had the day off last year at UVA so I was just chilling, watching some golf. It's cool to be here.

Q. Did you recall seeing him putting one-handed at some points and what did you think of that?

BEN JAMES: I heard about it. No one cares out here. Whatever works, man. He got it done and he got the win, so whatever works, kudos to him. It was a great week. Just excited to tee it up. It's been a couple weeks for me so just ready to go.

Q. You mentioned that. Coming in here you've had three top-5s in the last three events you played, but now you've had a couple weeks off before coming here. What have you been doing and how do you retain that form coming in here?

BEN JAMES: Yeah, been doing the same thing. I actually did some corporate sponsor stuff, so learning how to be a professional and that stuff as well. Saw my coach Todd Anderson in Jacksonville, spent a couple days with him. Hung out at Jupiter, practice there. My dad came down and we got to work, and just normal couple weeks off.

Q. Do you kind of like and enjoy those off-course experiences and what can you learn from them that you might be able to bring to tournaments perhaps?

BEN JAMES: Yeah, you mean like off-course --

Q. Yeah, any of the things that you do, whether it's the corporate outings or whether it's just doing things that make you happy, watching sports or whatever.

BEN JAMES: Yeah, it's great. I don't do a whole lot. I practice, I work out every day and watch a ton of TV. Call all my buddies that are working hard in New York City, so obviously I miss those guys. But I'm just chilling, I don't do a whole lot. I do the stuff that I need to do to prepare for these weeks every day and once I do that, I just hang out and have time to myself.

Q. How many questions do they ask you about what you do and what your life's like, all your buddies?

BEN JAMES: Yeah, they knew it because I went to school with them at UVA so they kind of knew what I was playing for back when I was battling it out for PGA Tour U, so they all kind of had an idea. But they're all very jealous for sure because they're in an office from 9:00 a.m. till probably 1:00 or 2:00 in the morning. So they're all working hard in New York, but they all love following and they're always watching on Saturday and Sunday.

Q. And the FedEx Fall's pretty important for a lot of players, you included. You're just outside that 60 number. How important is it for you to get inside that number and to get access to those Signature Events early in the season?

BEN JAMES: Yeah, it will be great, but I'm just trying my best every week to get better and to kind of just continue working on my process throughout the week. Just play hard and just do the best I can. If I can do that and keep having a good attitude and keep enjoying my time on the golf course, I'll be just fine.

Q. Six months ago you were playing college golf, now you're arguably the favorite in this event. Is it kind of surreal how quickly life has changed for you?

BEN JAMES: Yeah, I guess it's changed a little bit but not really. I'm just playing golf. Maybe on a little bigger stage but just playing golf every day, every week. That's what I did in college.

Definitely learning a lot. There's more that comes with professional golf than just playing good golf. There's a lot of behind the scenes stuff that I'm learning, but it's cool, it's been great. Again, like I said, just trying to work on my daily processes and just win the day, that's all I'm trying to do.

Q. And you and Jackson Koivun are pretty tight, you play a lot together back home. When you guys play like money games and stuff, who usually wins and do you have any kind of stories from your matches?

BEN JAMES: Yeah, so we play every Tuesday. I was beating him early a lot, but I think the last three he got me. I'm sure -- we've probably played about 10 matches, he's probably won six of them I would say, but it's pretty even.

No, it's great. We both push each other play a lot. Play at home with Luke Clanton a lot, Nick Dunlap, Michael La Sasso, so we've got a good group of guys that we go out and have a good time with and get some games going.

Q. What do you think of the 16th hole and how do you plan to play that during the tournament?

BEN JAMES: Yeah, I just plan on hitting a good shot, there's nothing much else you can do. Really cool hole, beautiful hole. It's all depending on the wind direction. It's going to swirl pretty much all week and be different directions every day, just take what I can get and see what happens.

