**2021 U.S. Mid-Amateur Championship**

**Monday, Sept. 27, Round of 64, Sankaty Head Golf Club, Siasconset, Mass.**

**Josh Nichols, of Morrisville, N.C., def. Stephen Hale, 19 holes**

(on how he won on the 19th hole)

I hit it through the fairway into the left bunker [on hole 1] and had 74 yards. I hit a chippy 60-degree [wedge] to a foot. He gave it to me and he missed his 15-footer.

He was 3-up at one point and I hung in there. I talked to my wife [and caddie Kayla] and we worked it out mentally. We reset, quieted the mind and refocused. He missed some putts he should have made and I made some putts that maybe I shouldn’t have made. I just clawed my way back to even.

(on not playing as much since being the 2017 U.S. Mid-Amateur runner-up)

That tournament I had a realization that I don’t really want to do this as hard as I have been doing it. I had a shift of perspective. So I took a couple of years of not playing much, not practicing much. So I said this is my third and final year of exemption. I want to finish top eight so I can be in next year. I have put in a little more work than I have because I know it is still there. I still have the good golf.

(on what is working better)

It’s total mental. If I can just chill out what’s going on in my head. If I can quiet the chatter and the noise and just say, trust your swing that it’s good. It tends to be pretty good when I do that.

(on whether he is still a wedding caterer)

Not as much as I was back then [2017]. I am actually helping some other golfers, I am doing some mental coaching. I am helping my parents with a refrigeration company. I am still wearing all the hats, just trying to make a buck. I am catering a wedding this Friday. I am still doing it when I can, it’s good money.