

Miami Open presented by Itaú

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Miami, Florida, USA

Nick Kyrgios

Press Conference



N. KYRGIOS/F. Fognini

6-2, 6-4

THE MODERATOR: Another good performance. What were you pleased most with today?

NICK KYRGIOS: It was just a tricky one. We all know what Fabio is capable of and how he can play and who he's beaten. I knew that I kind of had to -- it wasn't easy today before the match, all the social media platforms hyping up the game and expecting it to be fireworks.

I knew I had to go in with a calm mindset, head down and kind of let him bring all the flare and stuff today. I just had to keep my head down and just get on with business.

THE MODERATOR: Questions?

Q. You seem to be moving really well at the moment. Have you been spending more time in the gym or scratch basketball or tennis? How is that happening?

NICK KYRGIOS: Well, I was actually, last year on tour, I wasn't able to travel with my physio, wasn't able to get ample time in the physio room. They had restrictions on how long you get physio for.

The injury that I have and the way my knee is, I'm not able to play at the highest level without the right maintenance on it, without the right treatment.

I went back home after my trip last year and was able to put a good preseason in, able to get the treatment necessary, and I think it was just a combination of things. That was primarily the reason why my knee is feeling the way it feels.

But also, I think I have just been, you know, healthier, moving a lot. I actually did a lot more gym in the preseason than I have probably ever done. Have got a couple things probably that I've got to thank for that.

Q. Can you put a figure on how many hours a day you have to do on the knee to get it right?

NICK KYRGIOS: Treatment-wise, I need at least an hour a day on it, at least. It's not just the knee. It's other parts of my body that if they break down it's going to put more stress on my knee as well.

An hour at least. That's barring if I'm not playing or not. If I'm playing, probably a little bit more. But, I mean, it's just constant maintenance. It's something that's just symptomatic. Wake up one day, might feel stiff and really painful. Next day it's okay.

I can't remember the last day I woke up without pain whilst I'm walking on my knee. So it's just something I'm going to have to manage and deal with.

Q. You mentioned last time that you are feeling at peace. Do you perceive that you are playing the pressure points better, like breakpoints? And if so, why?

NICK KYRGIOS: I mean, I feel like I have always played big points well in my career. I mean, early on I guess that's why I transitioned so fast to the top of the sport is because I played those big points well.

But I definitely feel like more often than not for most players if they are feeling at peace off the court, they are probably feeling more mentally clearer on the court and being able to process high-pressure situations better.

So, yeah, I'd probably say that as of now when I'm in those high-pressure situations and the breakpoints are coming, I look at my team and I find motivation and peace in playing those big points. I definitely put more into those points effort-wise. And, yeah, I guess there is definitely a correlation.

Q. What's kind of brought you this peace that you speak about? I'm wondering if that whole doubles experience in Australia kind of helped flick the switch a bit?

NICK KYRGIOS: I don't really want to talk about it over and over again. I was going through my own problems that were bringing me into some dark places that everyone kind



of deals with, I think, at some stage. I guess it was a combination of everything.

You know, I remember I did a podcast with Naomi, Billie Jean, and Mardy Fish in New York, and we spoke about how Naomi kind of pulled the pin at that French Open when she was dealing with all that negative kind of emotion, and, you know, when she just kind of pulled the pin, I related to that.

I felt like I constantly played so much under that mental stress and negativity that I genuinely just couldn't function anymore with the pressures. I couldn't function with the negativity.

Every day was just constant negativity from you guys, from eventually my family, eventually from my friends, from everyone. There was no positivity, and it was just eating me up and I just genuinely hated my life.

So, you know, it's taken a long time, and obviously I'm just towards a point where I'm just happy now. I don't take anything for granted. I've got a beautiful girlfriend. My best friend is here. I'm playing some great tennis. I just try and stay in the moment, stay on my feet or in the present. I think of all those mistakes that I have made prior. There is no time for regret for me, and I just get on with it now. I just try and be positive, try and help others, and try and uplift.

That's it. I understand I'm a bit of a role model for the younger generation, so I'm always trying to be better in that sort of part of my life as well. But, I mean, it took a while. Like I had to fix it myself, you know. There is always people kind of there that never left that were trying to put me right back on track, but it had to come from me. I had to fix a lot of relationships and just live a healthier lifestyle.

Sounds simple, but it was hard.

Q. You talked about being at peace and all that. You have always talked about how you don't really care that much about being No. 1, Grand Slams. Now that you are at peace and happy, you seem really content on the court, do you think that's still in your reach? Do you want to win Masters and slams, or just play day by day and have fun?

NICK KYRGIOS: Yeah, I mean, I just play it day by day. You know, look, it wasn't always easy. I kind of always felt that wasn't my biggest goals was to win tournaments and to become No. 1 in the world. That's just not something I valued.

I felt like when I was young I wanted -- my sole purpose

was to get on the tour and show people that someone like me could compete at the highest level and beat all the best players in the world doing it my way.

I think that athletes always think when they are young that there is always a certain way to do it, like you have to be so professional, you have to do this, you have to do that, but you really don't.

I think I've paved the way. I think that's why a lot of people relate to me on the court, because they're saying, Well, if this kid can do it, then they start believing.

But it wasn't an easy conversation to have. I had to look myself in the mirror and say, Well, are you actually really okay with not winning these tournaments, something you've dedicated your whole life to? I was okay with that. It was hard, but that's just not me.

But, no, it's a matter of perspective for me. Like I have seen -- I have lost loved ones that I'm not going to get back. My mom has been in and out of hospital. It's not a big deal for me if I lose a tennis match. Do you know what I mean? It's not really a big deal.

Q. (Off mic.)

NICK KYRGIOS: No, I mean, I'm a competitor at heart. Don't get me wrong. I'm not going to get to the top of the sport and achieve what I've achieved if I didn't care about winning. I love winning. I think everyone does. I think everyone who doesn't like winning is just definitely lose more often than not.

But, yeah, I'm not some player that beats myself up after losses anymore. I just appreciate it. Like today I'm not going to be like, boasting to everyone, Oh, man, did you see my match today? It's gone. It's done. We forget about it and move on to tomorrow.

Q. I wondered, I don't know if you have watched the Formula 1 Netflix program, but when the concept came up in tennis, is that something you had to be talked into, or were you quite keen to show people a side of you behind the scenes?

NICK KYRGIOS: Well, I don't think -- I mean, they were very interested to be following me around. But I think I was quite interested because I think tennis culture is changing. I think there is a lot of -- I mean, there is no hiding it. Tennis is a very White privileged sport. I loved the fact that I was able to show my path and the way I go about it and how I connect with people.

I think it's a very different side to how people would



perceive most tennis players. I think it's a special thing for other colored athletes that do want to play tennis to see myself, you know, you have Tiafoe out there right now, Osaka, us doing it the way we are doing it.

I think it's cool. I think it's a great idea I think for the sport. To grow the sport, it was definitely needed.

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