

What a day! So much has happened that I am not sure where to start. As I write I am on the team bus on our way back to home base.

The alarm woke me up out of a deep slumber at 4:40 am this morning (yes, 4:40 am) and here we are at 6:55 pm and still going strong. Long days are inevitable in this format but you have to spare a thought for the players who have to walk and perform under the spotlight all day long. I had the comfort of Annika's cart – nice!

Key notes from this morning were very interesting. Allegedly, Jessica Korda threw up on the first hole after she teed off. Also, we heard reports that Ms Kerr ripped her glove open when Aza Munoz was teeing off at the first. Game on indeed! After a staring match between the two, it was more than pleasing for Aza and Karine to hand Kerr and Creamer an emphatic whopping – welcome to the Solheim Cup. You got to love it.

As you can imagine the mood in the locker room after the morning session was very encouraging. Captain Lotta's message for the week is " Carpe Diem" and to stay in the moment. If the players can do that, I truly believe we will make history this weekend.

The noise was so loud out there initially, but later this morning and for part of this afternoon, I said to Annika "listen to the silence". As they say, silence is golden and it certainly is when we do not hear the home fans celebrating.

I have to share with you this very special Solheim Cup experience. At the moment we have all the Spanish players dancing up the aisle of the bus! Some very Spanish music is blaring out of the loud speakers and it's moments like this why I love the Solheim Cup. It's pure joy and pure team unity.

Back to the afternoon play. As expected the Americans came out strong. Somehow we managed to pull out a win in the lead match after rookie Carlota Ciganda struggled out of the gate. After a wee word or two from Annika on the 5th hole she settled down and played the golf we know she is capable of. This, coupled with the super competitive Suzanne Petterson, proved to be the right combination to take care of a very strong pairing in the shape of Lexi Thompson and British Open Champ Stacey Lewis.

I know our own Catriona Matthew will be disappointed to have two losses chalked up against her impressive Solheim Cup record after today. She admittedly said she was a little off with her iron play this morning and it was a tall order to have her guide the baby of the team, Charley Hull, to a victory against Wie and Kerr. It was not for lack of a valiant effort though and I know Charley will have learned from this experience.

Let's hope for more of the same tomorrow from Team Europe. The weather is supposed to get hot which may favor the Americans, who play in high temperatures

all the time. However, think about this -- if we can draw each session from now on in, we'll take back the cup and that is the ultimate goal.

5-3 after day one is an excellent start but as Captain Neumann says, we have to stay in the moment. Tomorrow's foursome session will go a long way in determining the final outcome, but if the Captains can get the formula right, we could be in a great position to put a lot of pressure on the home team.

These matches are awesome to be part of and even better when you are winning!
Can't wait for that 4:40 alarm to go off manana!