

# AL Division Series: Yankees vs Blue Jays

Saturday, October 4, 2025

Toronto, Ontario, Canada

Rogers Centre

**New York Yankees**

**Trent Grisham**

Pregame 1 Press Conference



**Q. You have Gausman going on the other side today. What are some of the challenges in facing him?**

TRENT GRISHAM: He's a veteran pitcher, start with that. Mixes his pitches well, has a good splitter, and can locate his fastball. I think all those components make him tough.

**Q. As a guy who does have a good splitter, what's the key in facing someone like that?**

TRENT GRISHAM: Don't swing at the one that's a ball.

**Q. As you look on the other side, what are the challenges of facing this team?**

TRENT GRISHAM: They put the ball in play 1 through 9. They run hard out of the box. They're aggressive. Yeah, and they've got a bunch of good players over there.

**Q. What have you enjoyed most about playing behind Max Fried?**

TRENT GRISHAM: I think just playing center field behind anybody who has the ability to mix pitches and really locate and throw to each quadrant of the zone, and I think he does that just about as good as anybody.

**Q. You talked a lot about how mentally you felt in a better place this year. Is that the biggest difference for you, more so than any swing tweaks or anything else?**

TRENT GRISHAM: Definitely. I've just been able to think better, more consistently this year, and that's kind of what's helped me. I didn't make any swing tweaks or anything like that. Just more worked on the mentality.

**Q. It's turned into the best season of your career, at least statistically. Do you feel like that's kind of the player you are now, you can build on this?**

TRENT GRISHAM: I think I'm definitely building for sure. I think you can always get better as a baseball player. Yeah, time will tell.

**Q. How would you describe Ben Rice as a hitter?**

TRENT GRISHAM: He hits the ball really hard, knows the strike zone, and puts together good at-bats. Those are the three things you want in a hitter. He's showed that he can do all those things.

**Q. Some guys on your team have started wearing T-shirts that say The Big Sleep. Just wondering what your reaction was the first time you saw that?**

TRENT GRISHAM: Giggled, chuckled. That's about it.

**Q. What do you think of that nickname?**

TRENT GRISHAM: Nicknames are given. You don't really pick them. I think I've said it multiple times, whatever they choose as long as it's not crazy, that's fine with me.

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