

NL Division Series: Mets vs Phillies

Friday, October 4, 2024

Philadelphia, Pennsylvania, USA

Citizens Bank Park

New York Mets

Kodai Senga

Workout Day Press Conference

Q. When were you told that you were going to be starting Game 1 and what has this rehab process been like to get you back here?

KODAI SENGA: I was told on Wednesday, I believe, that I was going to start on Saturday.

And the rehab process, it's been up and down but recently it's definitely been turning the right direction and to bring me to this point it's definitely gone well.

Q. How did this come about in recent days?

KODAI SENGA: I think it's simply that they've been very transparent with me. Whenever you're ready we would love to use you. And I was able to get my physical and mental state up and ready to this point and they were able to plug me in.

Q. What did you need to feel physically and mentally to feel ready that you did not feel previously?

KODAI SENGA: Yeah, definitely feeling good physically and being able to control all my pitches. And there's a line inside myself, if I can pass that threshold I'm ready for a good weekend.

Q. What's that line?

KODAI SENGA: Just know -- it's being ready. I feel physically ready. It's a feel thing. But I feel ready now.

Q. How many pitches did you throw in your live BP and do you think you could match or exceed that tomorrow?

KODAI SENGA: I've been preparing myself to get myself ready for whatever comes and however deep we go into the postseason. And as far as tomorrow we'll see how the



game goes, and I think they'll make that decision how far I go.

Q. How many pitches did you throw in your BP?

KODAI SENGA: I don't really like speaking on that topic. If you could think more ahead and ask questions concerning tomorrow, that would be great.

Q. David Peterson was up there and we asked him what would be the challenge of only having one Major League start this season and he said the thing that's difficult to come back and getting back into the high leverage game situation. He's speaking generally, not about you, but just in general coming back in high leverage situations. For something like that are you able to draw from your experience or will that be a challenge getting that intensity back up for a playoff?

KODAI SENGA: I think if I thought it was difficult I wouldn't be ready. So I'm ready for tomorrow. And however much I can control my body and control how the game goes tomorrow is going to be big.

Q. I knew you said Carlos and David are going to make the decision on how many pitches, but how many pitches are you personally comfortable throwing tomorrow?

KODAI SENGA: I'm ready for whatever. If they say ten pitches, I'm all in for ten pitches. If they say 200, I'm in for 200.

Q. When was the last time you threw 200 pitches?

KODAI SENGA: Five years ago.

Q. Given how well the other starters have pitched for months now, were hesitant at all to some back and take somebody's job?

KODAI SENGA: The team believes in me and I believe in myself, and all I can do is go out and perform tomorrow.

Q. Over the past two seasons how much have you



followed the way that the crowds can get here during the postseason? And to find out you're starting tomorrow night how much have you thought about how the crowds can get in this ballpark during the postseason?

KODAI SENGA: I'm looking forward to it.

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