

NL Division Series: Dodgers vs Phillies

Friday, October 3, 2025

Philadelphia, Pennsylvania, USA

Citizens Bank Park

Philadelphia Phillies

Cristopher Sanchez

Workout Day Press Conference

Q. Cristopher, a couple of weeks ago you said, home is home when it comes to Citizens Bank Park and why your change-up works so well. What is it about your comfortability in pitching here.

CRISTOPHER SANCHEZ: I think it's just fan support overall. And also knowing every inch of this stadium, I think those are extra motivations and just the support that you get when you're at home.

Q. You've said that Zack Wheeler is your favorite pitcher. This is usually a time where we talk to Zack before Game 1 of a series. What do you make of the responsibility of pitching a Game 1, starting a Game 1 and kind of taking the role that Zack usually has?

CRISTOPHER SANCHEZ: The responsibility of doing a good job and performing out there, it's always going to be there, whether it's a Game 1, 2, 3, whatever. That doesn't change on that end.

And as far as, we're focusing on ourselves right now. It's going out there, competing and giving the best of ourselves when we're out there.

Q. How much have you, if at all, have you talked to Zack since he's been away and kind of told yourself, like, I've just gotta be me; none of us can be Zack Wheeler. How much have you talked to him and what's been his advice to you?

CRISTOPHER SANCHEZ: He was here yesterday, actually, and we talked about a lot of things. He was really excited. He shared that he was excited for myself and for everything that's been going on with my career recently.

But aside from that, we talked about a lot of things. He asked me if I was ready. I said, of course I am. And as far as myself, I have to go out there and compete, keep the



best of myself while I'm on the mound.

Q. Are you excited to match up against Ohtani? And what makes him a challenge as a hitter? And what do you think it will be like to face up against him as a pitcher?

CRISTOPHER SANCHEZ: I faced him in LA recently. It was a beautiful experience. It was something great.

But right now I'm focusing on the pitching. And right now I'm focusing on controlling my emotions and performing out there.

And as far as executing the plans we have, pitcher/catcher and with the staff, as far as the hitting part goes, we're a team. We have guys who can do great things on the offensive side.

But it's just about our team effort and everybody just supporting each other on the mound and on the field.

Q. What do you like on game days? Do you have any superstitions? Do you get up at a certain time, eat something specific, anything like that?

CRISTOPHER SANCHEZ: I mean, first thing I like to do is eat well that day, have great nutrition during that day so I can feel strong and have a lot of energy.

I have my routine. I won't share too much about it. But I have my routine I do on game days. Because then they'll try to imitate that. (Laughter.)

Q. J.T. said in the pitchers meetings, pregame planning meetings, you have an aura of confidence about you. What do you think about that description, and what are you like in those meetings?

CRISTOPHER SANCHEZ: I think it's just about me trying to stay on the same game plan we have, both with J.T. and with the pitching coach. Now J.T.'s one of the best catchers in the game. As far as our pitching coach, he's one of the best as well.



I'm just focusing on trying to stay on the same game plan we have for any game day.

So they give me a lot of confidence and they trust me, and I just try to reciprocate that feeling. And I think that's a key, that's the key of it.

Q. You've talked a lot about J.T. and how he's helped you throughout your career, especially this year, all the growth that you've had as a pitcher. So just what has he helped you improve? And what has improved during this year?

CRISTOPHER SANCHEZ: I think it's experience. Experience is a beautiful thing that this game gives you. And throughout the years you gain so much. And just learning from experience and from the people that you have around you.

Q. Regarding pressure, how do you handle the pressure of such an important match-up as is the Game 1 of the NLDS?

CRISTOPHER SANCHEZ: I think pressure is always going to be there. So you need to handle it, just take it in, and nothing too much about it. I think the game will handle itself once you're out there performing.

Q. What do you think about your role this year compared to last?

CRISTOPHER SANCHEZ: I think it's just about experience. So many things happen and a lot of things change. Like, last year we pitched 180 innings. This year we're at 200 and counting. I think experience plays a big part, a huge part of it.

Q. You faced the Dodgers a few weeks ago. How big is it to maybe see your opponent sort of in advance? And is there anything specific you can take from that outing into tomorrow's start?

CRISTOPHER SANCHEZ: I mean, it has pros and cons because I matched up against him and I pitched against him. But at the same time, they took at-bats off me and they did their homework too.

It's about starting the opponent every time you're out there. Try to execute your plan and try to execute on the weaknesses that you may or may not see from the opponents. That's a big part of it.

Q. There's been talks about the Dodgers may be seeing Phillies as one of the main obstacles or one of the biggest opponents on a deep playoff run and

especially against that World Series contention. And basically how do the Phillies see the Dodgers from their end?

CRISTOPHER SANCHEZ: All opponents are dangerous. You've just got to go out there and perform. And you have to win the games. You have to play ball. You have to pitch. You have to hit and you have to get the outs necessary to win the game.

We have to win games and let the winning do the talking. Win first and then maybe talk about it.

Q. Your wife threw a pretty big first birthday party for your son earlier in the week. What was that like, and what did it mean to have many of your teammates bring their families and spend time with you?

CRISTOPHER SANCHEZ: I think that's the most beautiful thing that we have as a team right now and as a club. We're always together. We're always united.

The most special thing and the thing that I love the most about this team and the people that we have around us is how much support and how much we are together at every single point. It doesn't matter who it is. It's anyone there, everyone's there. It doesn't matter if it's me or if it's anyone else. We're always together. It doesn't matter who needs it.

Q. Is your wife a pretty elaborate planner? All the decorations looked incredible.

CRISTOPHER SANCHEZ: She's just great at that.

Q. Can you describe what you saw out of the Dodgers offense in their Wild Card series? And what did you make of the pitching that they went against?

CRISTOPHER SANCHEZ: The first thing you've got to think about when you're talking about this, they're coming from winning it all. They're one of the best teams out there. They're a very good club. Everything aside, they're coming from winning it all last year.

And as far as your question goes, it's just about their offensive performance, it's about limiting fly balls, try to keep the ball out of the air as much as you can, maybe.

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