

AL Championship Series: Mariners vs Blue Jays

Tuesday, October 14, 2025

Seattle, Washington, USA

T-Mobile Park

Seattle Mariners

Bryan Woo

Workout Day Press Conference

Q. First question, obviously, you had the live bullpen. Just how are you feeling after that and how encouraged were you by what you were able to do during that session?

BRYAN WOO: Yeah, the live went great. I think just slowly trying to build over the last couple weeks, like I said, do it the right way. Obviously, frustrating not being out there, but, yeah, everything looks good, feels good so far. Yeah, I'll be ready to go whenever my name gets called.

Q. If this was May, you would head out on a rehab assignment, get some work in before jumping in. You don't have that opportunity here. How do you try to build a routine, some sort of a factor to get yourself ready to jump into the middle of a postseason race to get ready to go and be the guy you want to be?

BRYAN WOO: I think it's just taking your reps throughout the week as serious and as game-like as you can. Like you said, usually the rehab starts to kind of fine-tune things. But you just kind of convince yourself you don't really have a choice. You got to just come out and have everything ready to go. If it's not, then you just figure it out.

Trying to take the work throughout the week and bullpens and the lives and all that stuff, like I said, I've been trying to take it as game-like as possible so there's not as big of a gap getting back into the games.

But, yeah, I'm excited, obviously. Just been itching to get back on the field the last couple of weeks and doing what I can to keep the energy up and bring good vibes in the dugout, but it's obviously not the same as being on the field.

Q. You were talking about building back up. Where are you on that path? Is there a percentage in regards to how well you feel? And what, if anything, is the last



box or two to check?

BRYAN WOO: I don't know if I have a percentage on it. I just know I'm ready to get in the game, and the last box to check is just to get my name called. I don't know. Yeah, I've done everything that I can the last couple weeks to handle my business in the training room, in the weight room, on the field, everything that I can control. I kind of put the rest in the hands of the trainers and coaches and whatnot.

So luckily we have a great staff that I trust with the rest of it, and the rest of it, I kind of just have to let go. Yeah, now I'm just ready to go.

Q. You mentioned it's been frustrating not being on the field, but at the same time, these have been two of the most exhilarating weeks in franchise history. What's it been like balancing those emotions, knowing you want to be out there but also being able to enjoy all of it?

BRYAN WOO: Yeah, I mean, it makes it a lot easier when you're winning, obviously. It's weird. I was saying you get kind of more antsy and nervous not playing because there's no way to kind of like let those emotions out. Yeah, I mean, you do the best you can. Obviously, nobody wants to get hurt, especially at the timing that it was. As frustrating as it is, you still have a choice to be the best teammate that you can be, put the rest of it aside, handle your business before the game. But once it's game time, be the best teammate you can be. Make a choice to make a positive impact on the game somehow, and that's all you really can do.

Q. Obviously there was the frustration with the injury being at this part of the year, but how has going through the past injuries you had last year kind of helped you understand and just stay the course in this recovery, not rush yourself, or do too much and just educate your process this time around?

BRYAN WOO: Yeah, like you said, the previous experiences I guess help. But I think it all comes down to trusting myself, my routine and then also just trusting the



training staff and knowing that they have my best interests in mind. And then control what you can control each day, which is just try to get better, get healthier, do what I have to do to just kind of inch to get back on the field each day. Just small steps. You don't try to do anything too big each day, it's just little by little. And then trust that when you're ready then you'll be ready and your body will tell you.

Q. These are two teams that are well matched as far as an offense that really doesn't strikeout a lot, and then a pitching staff that really preaches the importance of getting ahead with that first pitch strike. Having watched some of these battles so far, what are you kind of thinking about or seeing and how excited are you as somebody who really competes in the zone to get out there and do your thing?

BRYAN WOO: Yeah, it's exciting. I think most of it just comes from being a competitor and wanting to just play regardless. But it's an exciting time, I think, obviously. For both franchises, obviously, you know, it's definitely, I wouldn't say uncharted territory for both, but it's been awhile. It's a unique opportunity. But either way I think it's just the circumstances of the team, how well both teams have been playing, how much fun it's been to be a part of the journey here in Seattle. So like I said, doing everything that I can these last couple weeks to be ready and to be available. I think that's all that you can really do. But, yeah, I'm excited to get out there. You're itching, as a competitor, to want to contribute in some other way than just kind of being a good vibes guy in the dugout. There's a lot more to it.

Q. You said it last year, the education of going through those injuries has kind of helped you a little bit more this year. Is there something still that you are feeling, because that's always usually the last thing is just to be able to let it go out there.

BRYAN WOO: No. I mean, at this point in the year it is what it is. Everybody's hurting, nobody feels good. You just kind of, it helps to have such a good connection in the clubhouse with all the guys and the bond that everybody shares, that no matter how you're feeling, good, bad, anywhere in between, that you're playing for the guy next to you, and you know that they're not feeling any better than you are. I think that's the most important thing is that bond kind of carries you out, regardless of how you feel.

Q. You saw how loud things got here with Game 1, 2, 5, the fan base really being rabid. What are you expecting with you guys being up here 2-0? And the second part of that would be is, how is the team feeling to return to Seattle with kind of being in the driver's seat, being up in the series 2-0?

BRYAN WOO: Yeah, I mean, obviously it was big to go in there and get those two wins. I'm expecting to come back and experience as great as these fans have been all year.

The last series was so much fun to be a part of and experience. You can just tell from the energy and each pitch, each strikeout from first to whatever it was, 15th or 16th inning, that, you know, how excited and how supportive this fan base is. But I think everybody knows that we still have a job to do, this series is long from over. So we got to come in and be ready to go tomorrow, and not try to change what we've been doing. I think, as great as it is to come back home, don't try to change anything because we're at home or in front of our own fans or whatever it is. Just kind of keep playing the baseball that we've been playing, which has been, you know, great complementary, simple baseball. I think that's where we're at.

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