

AL Division Series: Red Sox 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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