

AL Division Series: Yankees vs Blue Jays

Tuesday, October 7, 2025

New York, New York, USA

Yankee Stadium

New York Yankees

Cam Schlittler

Pregame 3 Press Conference

Q. Cam, can you just kind of describe what your last four days or so have been since walking off the mound after eight innings in Game 3 of the Wild Card series?

CAM SCHLITTLER: Yeah, obviously that night, it was good to celebrate, get to Toronto, enjoy the off day. Obviously the last two, three days haven't been what we've been looking for as a team. Again, moved on from that and focusing on this series.

Q. Both the workload and the intensity of the pitches that you threw in that start were both pretty high. I'm curious, has it been any different recovering from a night from an outing like that than some of the other ones you've had this year?

CAM SCHLITTLER: Again, in the minors, you don't really go above 95 pitches. Again, velo was a tad bit up and the workload was up. For me, again, bounced back pretty good. This late into October and kind of the farthest I've gone in my career, just making sure I'm staying on top of my routine and recovery in the training room and weight room.

Q. What enabled you to lock in so much that you did in that game with all the pressure on your shoulders? What enabled you lock in the way you did?

CAM SCHLITTLER: I think just being confident in the team and the situation we were in and being confident in myself. Again, it was just another day for me, just showing up and making sure I was staying within myself and obviously some external factors.

But at the end of the day, I knew what I needed to do and the team knew what we needed to do, and we were able to go out there and perform at the highest level.

Q. With what you've done, with what Yesavage did the



other day, and just what rookies across the sport have been doing in this postseason, what do you think has allowed young guys to come up and have such an instant impact this year?

CAM SCHLITTLER: Again, it's impressive. It's a lot of weight on your shoulders as a rookie. I know what he was experiencing the other day. He had a great game. Again, I think the guys that separate themselves are going to be the ones that are confident in themselves and just going out there and treating it like another game.

Q. The guys talk a lot about being able to succeed with their backs against the wall. Obviously you were able to do that last week. If you pitch tomorrow, it will be again. For you personally, how does that impact you, and how do you see the whole team being able to thrive in those situations?

CAM SCHLITTLER: Again, guys have talked about it all year. We've been in these situations before. We've dealt with the adversity. Again, last week we were able to perform when we needed to, and I expect the team to go out there and do that tonight and get a shot tomorrow and then take it back to Toronto.

I think just trusting each other in the locker room with how bonded we are in there, just trusting ourselves and each other as a team, and just going out there and treating it like another game and not letting the noise get too loud.

Q. How would you describe what it's been like throwing to Austin, and how much has he helped you in game prep, game calling, and all that?

CAM SCHLITTLER: Austin's been great. We've built a really good connection, even Ben as well. I have a really good connection with both of them. And specifically with Austin, he's caught me a little bit more, so we've been able to build that relationship and trust.

I thought we had a really good game plan going in the other day. I think the two of us, we've been getting more compatible in terms of being on the same page how we want to attack hitters in certain situations.



Q. Did that start as far back as Spring Training or really when you came up in July?

CAM SCHLITTNER: Again, Spring Training, I threw to Austin, I threw to Benny a little bit. It was a little bit different then. Obviously since July I've been able to really work on things, both of us being able to understand the situations each game and kind of learn from each game moving forward. Yeah, it's probably more specifically in July.

Q. What is it about the Blue Jays lineup that is either difficult to navigate or that has made them particularly tough these last couple of days?

CAM SCHLITTNER: Again, they have a great lineup. Just didn't go our way the last two games. They played pretty well at home. Again, taking it back here, I think we've got a real good shot to compete and tie the series up.

Q. What can you learn from those two games? Are you like seeing something from them that allows you to think that this could go differently?

CAM SCHLITTNER: Again, I have confidence in myself. I have confidence in this team. We're back home in New York, and we play really good here. We don't like to get swept at home.

It's just trusting ourselves, kind of forgetting these last two games, and just resetting today and pretending like it's 0-0. Again, just can't really think about that too much. We know what we need to do tonight.

Q. Looking back at your outing against Toronto last month, did you get frustrated by all those foul balls?

CAM SCHLITTNER: Again, it was impressive how many foul balls there were, but I think I'm a different pitcher now than I was when I faced them a month ago and now even from two weeks ago.

They had a good game plan that day and they were able to foul a lot of balls off and work my count. Again, going into tomorrow, just making sure that I can make those adjustments and get the weak contact that I'm looking for.

Q. As you analyzed that in the following days, did you get any insights to what they did to be able to foul so many pitches off?

CAM SCHLITTNER: Again, I talked about it briefly my last post-game interview. That's in the past and not something I can worry about now. It's a new day, new series, and I

know what I need to do if I want to have a successful outing.

Q. You say you're a different pitcher now. Can you go deeper on that? What do you mean when you say that?

CAM SCHLITTNER: Again, you get thrown into the fire a little bit in July with a little bit of experience in Double-A and Triple-A. Just being able to learn each outing based on results and then having conversation with the guys in the locker room.

Again, I've been making adjustments over the last three months. I still have a lot to work on. I've been able to tweak some things and kind of understand who I am as a pitcher. In this last probably month or so, just being able to kind of realize my identity a little bit more.

For me, it's just, again, taking each outing and learning from it and seeing how I can get better.

Q. You've been compared to Cole in many instances. Do you lean on him at all in terms of his guidance and advice?

CAM SCHLITTNER: Yeah, he's a great guy. We've grown a little bit closer over this last month or so. I've had a lot of conversation with him -- mentally, physically, bullpens -- he's watched a few. He's a future Hall of Famer. So for me, it's like, man, I'm going to take what I can from him.

It's not just him as well. The other guys, the other pitchers, the other position guys have been really good to lean on, like Carlos and Max.

Again, Gerrit specifically, I've been able to work with him a lot these last couple weeks, and he's definitely helped in what I'm looking to do out there on the mound.

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