

# AL Wild Card Series: Red Sox vs Yankees

Monday, September 29, 2025

New York, New York, USA

Yankee Stadium

**Boston Red Sox**

**Garrett Crochet**

Workout Day Press Conference

**Q. Garrett, in a far different role and format. Wondering what you remember about those experiences, how it might impact you tomorrow night or inform your preparation, and how different is it getting ready as a Game 1 starter?**

GARRETT CROCHET: As far as what I remember, not a ton. I just remember how bad it sucks to lose. It was a completely different role, like you said. Now with my experience just as a player and as a starter, I'm just going to try my best to treat it as another start.

Obviously the implications are a little bit bigger, but for me there's no need to put any excess pressure on it. There's already a good lineup on the other side, so that's enough pressure as it is.

**Q. Could you have imagined being in this position a year ago?**

GARRETT CROCHET: Yeah, definitely. I always had a lot of self-belief, and I always wanted to be this guy that could throw Game 1 of a playoff series. To be here now comes as no surprise.

**Q. Garrett, what is your earliest memory of a Yankee-Red Sox game that maybe you watched, and I was wondering what you took from it and if you ever envisioned yourself being in the middle of it?**

GARRETT CROCHET: Not really any memories, to be honest. I wish I could give you a better answer there, but you know, outside of watching the series on Netflix, I don't really have any memories of that.

**Q. How much when you joined this team did you want to have an impact beyond the day that you pitched, that you would try to be one of the leaders, somebody that could help out other guys, and do more for the**



**team than just your 30 starts?**

GARRETT CROCHET: You know, it feels like we have 26 guys that feel the same way. Since day one, it feels like as far as extending a helping hand and being a good teammate, that role has been carried on throughout the clubhouse, so I don't think that I'm alone in that thought.

I think that every player wants to be remembered as a great teammate, and I'm no stranger to that myself.

**Q. Alex was telling us before that you decided that the team would dress up a little better on their way to New York. What went into that? Why did you feel that was a good time to do it?**

GARRETT CROCHET: Yeah, yeah, I mean, I was telling the rookies when we were celebrating clinching, This could be the one time you get to do this as a Major Leaguer, so let's enjoy it and feel good about ourselves.

**Q. Lucas has been such a big part of this team all year. Alex just told us he's having some elbow issues and won't be in the series. How much are you hoping everything is okay with him, and what's your concern level for your teammate?**

GARRETT CROCHET: Yeah, I think that we're all thinking about Lucas. There's never a good time for it, but this is a tough time for it. It's a big blow. He's a great arm, and I think that he strikes fear in opposing lineups.

We'll be missing him. You know, he'll be in the dugout with us, though. He's a great teammate and a guy that has a lot of experience. I think that his mind will lend us a helping hand, but yeah, we'll be missing him for sure.

**Q. What will your emotions be like when you step on the mound for that first pitch coming up in Game 1? How much have you dreamed of this, and how much fun is it combined with business?**

GARRETT CROCHET: Yeah, yeah, it's fun. It's exciting. Hard to know what my emotions will be like until it happens, but right now, like I said, I'm just trying to treat it



like it's another start.

I've pitched here twice already this year and faced this lineup four times. I don't want to say it's comfortable, because it's a tough opposing lineup, but there is a sense of comfort there in just knowing the faces that I'm going to be going up against. For me it's just taking it one pitch at a time and trying to get as deep in the ball game as I can.

**Q. With Giolito out, Alex Cora just said that some of those young pitchers might be candidates for that Wednesday game. What have you enjoyed most about seeing Early and Harrison? What makes them special? Obviously Early has some good swing-and-miss stuff. What have you liked from them?**

GARRETT CROCHET: Yeah, Harry I actually worked out with a couple of offseasons ago in Arizona, so I got familiar with him and his stuff and have followed his Big League career a little bit up until him joining us.

Then as far as Early goes, the pitch ability is beyond his years. It's really good plus stuff, five pitches for strikes. Like you said, the swing-and-miss component. I think he'll be a huge bolster to the staff here in the postseason.

**Q. On sending the text to Alex about the attire, what is it about the dress that made you think that changes the mindset or affects it?**

GARRETT CROCHET: I don't think it's anything about the mindset. Like I said, this could be a once in a lifetime opportunity for some guys on this team, so I think that we should treat it with the dignity that it deserves.

**Q. Your manager is 17-8 in the postseason here wearing a Red Sox jersey. What type of piece do you feel that that adds to your team outside of the field, outside of play? What type of weapon does he represent?**

GARRETT CROCHET: Yeah, yeah. You know, with experience I feel like you just continue to gain more and more composure in the situations that require it the most.

Obviously he won a ring here, and he knows what it takes. Bregman, Lowe, those guys know what it takes as well. Ultimately, at the end of the day it's on us as the players to get the job done, but he's put us in positions to succeed all year long. I look forward to playing for him here in the postseason.

**Q. Garrett, in terms of years, you're not that much older than some of the rookie pitchers that we're talking about, but in terms of Major League experience,**

**you're years ahead of them. When you look at being a rookie and your journey to get here, Game 1 starter, the rivalry, how would you describe that journey?**

GARRETT CROCHET: You know, I was a product of a very fortunate circumstance when COVID hit, being on a team that was making a postseason push. My Major League experience was I think a lot different than others, of course. Obviously I got a lot of time on the IL as well, so it's a little bit different.

For me, I knew that I had the stuff to belong, and that's kind of when I see in Early. When Early came up, it was a sense of comfortability in who he was. Not in a boisterous way where he is being loud in the clubhouse, but more so in that he knows who he is. I think you could see that in Harrison as well. Tolle, he's definitely finding his way as he continues to integrate the curveball and the changeup and the off-speed offerings a little bit more into his arsenal.

I don't think it's all too different than these other guys. Everyone has their own journey, and it's at the end of the day when the lights come on, who are you going to be that day? I could go out there and suck, and all of a sudden my experience doesn't matter, and those guys could shine. Everyone may be shocked or surprised, but it's just who those guys are, and it's who I am. I don't think it's necessarily a black-and-white thing like that.

**Q. Along those lines, you've had your regular season routine. You mentioned that you faced these guys numerous times. From a game planning standpoint, how are you going to go into the start? Will you lean back on that experience, or will you approach it with fresh, new eyes?**

GARRETT CROCHET: I think that you're always citing previous at-bats. You know, like you said, four starts against these guys, so I have a lot of at-bats to cite, but at the end of the day, for me it's what am I most confident in the moment? It could be a pitch I haven't thrown to a guy all year, but if I see an opening for it, I'm going to attack.

**Q. To that end perhaps, what led to you throwing your sinker so often in September?**

GARRETT CROCHET: Cutter was getting hit a little bit. Four-seam command was a little spotty. Those are the negative components of it.

Then on the flip side, I know that it's a really good pitch. You know, you talk to guys about trying to cover two different heaters, let alone three if you're including my cutter as a fastball. It's a tough task for any hitter to put up with, especially when we're at Fenway with the short wall

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there in left field.

I feel like the sinker is kind of just -- when I would be behind in the count and I don't want a guy to pull it for a homer, I'm going to throw the sinker, and it's been very effective for me.

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