

AL Wild Card Series: Red Sox vs Yankees

Thursday, October 2, 2025

New York, New York, USA

Yankee Stadium

Boston Red Sox

Nathaniel Lowe

Pregame Press Conference

Q. I guess, in general, how much have you enjoyed your time in Boston since the trade, joining a team in contention, getting a lot of playing time? How much has this been a good couple months for you?

NATHANIEL LOWE: It has been a dream. To play at Fenway is special. To wear the uniform is special, and to wear this uniform in the postseason is best. Pushing to win in the postseason is even better than that.

So I can't ask for anything else out of this experience other than a win tonight and a couple more wins.

Q. You feel like maybe looking ahead a little bit you have kind of set yourself up better with the team?

NATHANIEL LOWE: You can't look ahead. We have to win today.

Q. You have had postseason experience. A game like tonight, winner take all, what's the mentality? What is your mentality? What's the team's mentality after a tough battle last night, and how much are you looking forward to getting out there and playing tonight?

NATHANIEL LOWE: You have to enjoy it. You can't go in with any prerequisites of this has to happen or this has to happen. Usually it never happens the way you plan it out. Much like my season, you can't plan it. You can expect things to happen, but it is the Game 3, winner-takes-all series, Yankees-Red Sox. I don't think I need to elaborate on that.

Q. Nathaniel, you've had an elimination game, 2023, Houston.

NATHANIEL LOWE: Yeah, Game 7.

Q. What do you remember about that the feeling of it?



Did it feel any different than the others?

NATHANIEL LOWE: It was electric. I remember Seager hitting a big homer first to open up the scoring and taking a lead. We didn't really look back after that. The middle innings were a lot of a blur. I hit a homer and, yeah, we won.

Q. Nathaniel, in the short time you have been with the team, what do you think allowed them to bounce back time and time again and stay consistent when moments get tough?

NATHANIEL LOWE: It is a resilient group. I think that the depth is there. We are having an issue that good teams have, which is that good players are not really getting at-bats. We have bullpen guys who have had great success who aren't getting outs. We have depth.

I think when guys are happy to show up to work, guys perform better. We had a good bus ride in. We are excited to be here tonight. Obviously excited to win tonight and finish off a good series, and we are in a good spot.

Q. Nathaniel, you have played for two of this generation's better managers, Bruce Bochy and Alex Cora. You notice any similarities between them?

NATHANIEL LOWE: They are both very upbeat. They are excited, optimistic. Feels like they are ready to win every game. If they don't win, so what. They have got great resumes, they have got great attitudes. They both have had pretty great rosters too, so it makes things a little bit easier on their end.

Q. How do you manage the emotions of this, and do you feel the extra butterflies, the extra intensity in these games? You drew obviously from your experience with the Astros in 2023. Is it different, does it feel different, or do you lean into it or lean away?

NATHANIEL LOWE: Every game is exciting. Every pitch is going to be exciting, especially in an elimination game.

I would be lying if I said I wasn't nervous. I didn't sleep



great. I think it is more excitement than nerves, though. Everybody knows what's at stake today. I can hear it shaking in my voice a little bit talking to you guys.

Like, that's just how it goes. It is an exciting game. It is a chance to perform. It's a chance to do something great for a team and a fan base. Any bit of doubt or fear, you just need to erase that and go play.

Q. Yeah, you struggled a bit in Washington this year, and your performance has been much more closer to your career standards in Boston. Was there anything in particular that the Red Sox have helped you fix that has led to that kind of a turnaround?

NATHANIEL LOWE: Yeah, a couple setup things with my swing. But, like, I think being a part of this group, first off, just made things easier. It is no knock on the guys in DC at all. We have 25 games under .500, things are pretty tough.

And then when you get thrown into the playoff race after having the experience I had previously in Texas, it feels like you are playing games that mean more. It is not that games don't mean more, because it is still the major leagues and you need to go out there and perform and do your job, but when you are in the mix and then contributing, it just makes it that much more gratifying.

Q. You mentioned you had a good team bus ride. Can you share any details about what made it so --

NATHANIEL LOWE: No.

(Laughter)

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