

NL Division Series: Cubs vs Brewers

Tuesday, October 7, 2025

Chicago, Illinois, USA

Wrigley Field

Chicago Cubs

Jameson Taillon

Workout Day Press Conference



Q. J-Mo, Craig was talking about how you guys kind of have the opportunity to decide the ending of your story this season. What's your perspective? How do you view tomorrow's game and what's really kind of standing in front of you guys?

JAMESON TAILLON: Yeah, I mean, Games 1 and 2 didn't go the way we wanted. That being said, I think a lot of guys have said it, just all we can focus on is tomorrow. If we want to make a run at this thing and try to come back, we have to win tomorrow. You can't look too far ahead.

So how that pertains to me is just doing my job, going out there and setting the tone, preparing the right way, taking notes, watching video, going about my process the right way, and making sure I'm buttoned up and ready to go.

I mean, I totally agree with that. It starts tomorrow, and obviously being a starting pitcher, hopefully I can do my job and set the tone and see where that can take us.

Q. How would you describe this run you've been on personally with how well you've been pitching and what do you feel like has been the key to that?

JAMESON TAILLON: Yeah, it's kind of weird because the second half was a little choppy for me getting hurt. I had some really tough starts and then I got hurt, and I was able to just use that time to regroup and obviously rehab my calf, but also try to find ways to get better while I was down and diagnose why I was struggling and what was going on.

I feel like there's been some pitch usage things. I feel like we've optimized some of my pitch grips and the way I'm using things. When I go on rehab starts, being intentional about what I want to get done and the kind of work I want to do so I'm ready when I come back.

Then yeah, just some of it is momentum. You have one

good outing and you remember what that feels like and just try to carry that over. So yeah, it's been good, and at the same time, every game has a new life. And the Brewers don't care what I did five days ago. I have to go out there and do things the right way again tomorrow.

Q. J-Mo, I know you said after you struck out Tatis, it was the loudest you've ever heard a stadium. How much have you thought about that moment, that game, in preparation for tomorrow?

JAMESON TAILLON: Yeah, I mean, Wrigley was incredible. I'm happy that we're back here and have a chance to play in front of these fans again.

I mean, that was electric, getting my toes wet in the postseason there. It's been a while. I know Wrigley and the city of Chicago was hungry for playoff baseball, so you could feel it.

I think it's a good lesson to myself when the crowd is that electric and the moment is that big and the pressure is that big and important, an executed pitch is still the best pitch. I don't need to be out there pounding my chest. That's not my game. Try not to let it take over what I'm doing emotionally, just go out there and execute pitches.

I kind of sold out to that last time, just what's my biggest strength. If I gain a mile an hour from adrenaline, that is not really going to matter. What is going to matter is whether I sequence right and execute pitches the right way. I kind of plan on just doubling down with that again.

Q. Counsell mentioned you're kind of the calm in the storm. How did you get to that point maybe in your career or your life that that's how you're described?

JAMESON TAILLON: Yeah, I mean, a lot of work. I have to be intentional about my mental game and my process. That's one thing. I'm extremely disciplined with my routine and my process, but also I've struggled a lot, and that helps.

I've bounced back from struggles. I've been hurt a lot, which unfortunately -- I mean, it's never fun, but I think



that's taught me a lot.

Just got my priorities in check, so it's not one thing, but I think experience is probably the biggest and then just experience with struggling and being able to build my process the way I want over the years and then stick to it has been a key.

Q. You touched on it just there and talk all the time about knowing what it is to be the hurt guy. Curious what your conversations have been like with Cade, obviously a really big part of how you guys got here and now just having to sit and hope that he gets the chance to come back.

JAMESON TAILLON: Yeah, yeah. He was a huge reason why we're here, this rotation. Going through the year, we had some ups and downs and guys that missed time like myself. And Cade comes up from Triple-A and was a difference maker, not just on the field, but off the field, gelling with the group, being a great teammate.

Yeah, when we put him on the IL, he was pretty emotional about it, understandably so. He wants to be out there.

I mean, I felt that with him. And yeah, I think when we've celebrated and stuff, it's just making sure he knows how big a part he is of this. And I would love nothing more than to give him a chance to pitch again. Again, just all starts with tomorrow.

Q. I was just curious, Brewers' Game 3 starter Quinn Priester was in the Pirates organization when you were there and I know you were obviously at the major league level, but I was curious if you remember hearing about him after they took him in the first round and just what it's like going up when the other team is going to play on a guy who is on the younger side of his career and hasn't really experienced moments like this?

JAMESON TAILLON: Yeah, I definitely remember when the Pirates drafted him. I remember meeting him and stuff and interacting with him. He's a great kid, extremely talented. It was kind of a matter of when he would find success at this level, not if. He's got all the tools.

Just watching from afar, there's been no interaction this year, but watching from afar, he's a guy who's easy to root for and I'm happy for him. Unfortunately it's with the Brewers, but it seems like a great landing spot for him, and he's a big part of what they've done this year, and I know he's a local kid here and stuff too, here from Chicago. Cool story, but not super surprised.

As far as experience, the only way to get experience is to go through it. I think that can be overrated sometimes. Like if you have the right mentality and stuff, it doesn't really matter.

Q. When you signed here three years ago, just the path to get to this point where I guess it was kind of -- where the organization was trying to speed up the rebuild and to get to this juncture now, if you could speak to that.

JAMESON TAILLON: Yeah, I mean, it definitely hasn't been easy. We've been really close to making the playoffs a couple times, and it's just inside the clubhouse, it's one of those groups that you believe in and we kind of knew we were going to find a way to get into the playoffs together.

So yeah, I mean, it feels special when you get to be a free agent. Obviously it goes both ways, but picking a spot you want to end up in and build with, and then just to see kind of the process has been pretty rewarding, and to just grow with guys like Nico and Dansby and Ian Happ, I don't want to leave anyone else, but those guys come to mind where you're just growing together and building something here, and to really feel a part of it is pretty special.

Q. Going back to the mental side, is there anything that you did in the Wild Card series, like a phrase you would tell yourself or an exercise or just something to kind of hone it in, because while it is the same game, once you go out there, I would imagine the buildup when you're running out there or standing out there just becomes the moment you've always dreamed of and sort of bringing yourself back down. I'm curious if there's anything you do.

JAMESON TAILLON: Yeah, I didn't have anything when I was out there. It's funny, I get super nervous watching the games from the side.

And leading up to that game, I was honestly a little disappointed that it got pushed from a 2:00 to a 4:00 because I just had more time to make me nervous and to sit around and think about it. Once I walked outside, it is kind of the cliché thing, but once I started playing catch and throwing, it's just the same game.

That was kind of a very welcome feeling. It's like once I started playing catch, it kind of calmed down for me a little bit.

But I also just think I was ready for a moment like that just because I do have things I write in my journal every day that never change. I have things I focus on every day mechanically that never changes. I am focusing on it



whether it's sold out or there's no one there, it's a Game 3 or just a Spring Training game. I'm always focused on the same things and going about my process, which I think helps.

It's not like one word, but just going through that process makes me kind of free to just go out there and compete a little bit.

Q. What's it been like having Justin Steele around the past week, a guy that's obviously meant a lot to the organization the last couple years?

JAMESON TAILLON: Yeah. Yeah. I mean, losing him this year was tough, not just on the field, but having him around. Yeah, he's just a joy to be around. He loves the game, loves competing. He loves the Chicago Cubs and the city of Chicago.

I actually think he's maybe been in the organization the longest of anyone. I think it's been really special for us and for him. Just kind of like what I was saying about Cade, I don't want it to be lost on a guy like Justin Steele how important he is. He's a huge reason we're here, even though he didn't get to be healthy for a full year with us, like he's a big reason why we're here.

Yeah, it's been special, and I know he's getting ready to start throwing, which is really exciting.

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