BRAYDEN'S BREAKDOWN:
SAL FRELICK'S JOURNEY TO BECOMING AN OCTOBER LEGEND

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Sal Frelick celebrating the Milwaukee Brewers winning the National League Championship. The outfielder was drafted in the first round of the 2021 MLB Draft.

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The Milwaukee Brewers are on the verge of winning the 2026 World Series thanks to one of the most complete and unique baseball teams the league has ever seen. One of those players is Sal Frelick, and he showed why he deserves a ring during the fall classic.

The 5-foot-9 Frelick grew up in Lexington, Mass. and played both football and baseball in high school.

Frelick could throw the football with the best of them, tossing 30 passing touchdowns his senior year which earned him Gatorade Player of the Year for Massachusetts.

He stayed local to attend Boston College, committing to playing both football and baseball. Ultimately, he decided to stick with baseball, and the rest was history. Frelick was off and running has a freshman for the Eagles, earning Second Team All-ACC, batting .367 and stealing 18 bases.

His sophomore season was cut short due to COVID. Still, Frelick had a great junior year, hitting .359, being named First Team All-ACC and winning ACC Defensive Player of the Year, a feat that stuck with him in the majors.

The Brewers took Frelick with their first-round pick in 2021, and the outfielder made his MLB debut in July 2023.

Frelick appeared in 57 games in 2023 before earning a full-time starting outfield role in 2024. He won the National League Golden Glove for right field in 2024 and, despite hitting just two home runs during the regular season, Frelick knocked one out of the park during the NL Wild Card series in a Game 3 loss to the Mets. Frelick had a hit in all three games of the series and struck out just once.

He could not follow up on his postseason success in 2025, hitting .161 over nine games with only one extra base hit as the Brew Crew were swept by the Dodgers in the NLCS.

Frelick sustained his first major injury in 2026 as he was diagnosed with a torn labrum, which will require at least two surgeries this offseason. This injury caused him to miss about a month of action, but he returned at the end of August to gear up for Milwaukee's postseason run.

Despite hitting just .178 in September, Frelick has gutted it out in October and stepped-up big time for his team. He had a hit in all three games he played in against the San Diego Padres in the NLDS, a series which the Brewers won 3-1. Then came the two-time defending champion Los Angeles Dodgers.

The Brewers jumped out to a 3-0 series lead, but the champs were still fighting back. The Dodgers jumped out to a 4-0 lead in game four, and it felt like it could go wrong quickly for Milwaukee. The Brew Crew cut the lead to two before Frelick earned a walk in the fifth. The speedster stole second base before David Hamilton drove him in to make it 4-3, and they would go on to tie up the game in the same inning. The Brewers finished the job in game four and were headed to their first World Series since 1982.

Milwaukee took care of business against the Tampa Bay Rays in Game 1 of the fall classic but found themselves in a 4-0 deficit once again during Game 2 of the World Series. They got two runs right back but were still down 4-2 when Frelick stepped up in the fourth. He knocked a single to right field, allowing Cooper Pratt to advance to third and Pratt would score in the next at bat to make it 4-3.

Then Frelick came to the plate in the sixth and had the swing of his life. The left-handed hitter took a pitch 408-feet to dead center field, tying the game and sending Milwaukee fans into a frenzy.

The Brewers would come back to win Game 2 and destroy the Rays on the road in Game 3. Frelick had an RBI double and made a phenomenal diving catch, putting his torn labrum on the line for the sake of his team.

Milwaukee is up 3-1 in the series and could close it out Wednesday night in Tampa Bay. A historic victory for the franchise would bring joy to many, including a historic town in Massachusetts that is proud to have one of their own performing on the grandest stage of them all.



Milwaukee Brewers outfielder Sal Frelick at Fenway Park. Frelick's performances have propelled the Brewers to the 2026 World Series.

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