



QUICK QUOTES

Ice Dance, Free Dance (warm up groups 2 & 3)

Rachel Parsons/Michael Parsons (USA) 2017 World Junior Champions

Rachel Parsons: This has been a challenging season for us and I think this competition was kind of a microcosm of it. We've had some rough skates, but we've learned a lot from it. We're ready to build on that for next year. We're hungry to start for next season. (On their plans for next season) We're playing around with some different ideas for the free dance. We definitely want to do something again that's going to push us and that we haven't done before. It will be fun with the short dance being Tango. We had a Tango free dance three years ago, so it will be fun to kind of dip back into that genre, see if we can put a little bit of a twist to it.

Michael Parsons: It's been an amazing experience this year. We're really happy to be back here. This rink has some great memories and we've made some more great memories this trip. We didn't exactly have the skates that we wanted. I think our free dance we're really, really happy with. The short dance we've definitely could have done better. (on next plans) We're going to keep training, because we're alternates for the Olympics and Worlds.

Lorraine McNamara/Quinn Carpenter (USA) 2016 World Junior Champions

Mcnamara: (On the performance today) Great. We gave all we had. Our first four continents, it was great. I mean I think it went exactly the way we wanted, two strong, clean skates. I think it's a good debut for us. (On the first senior season) Everybody already says the transition to senior, of course, is the biggest step you can make. But you never know just how different this (is) until you are there in senior. And I think just every competition we learned more and more. (On future plans) You always want to improve yourself whether it's four years from now, one month from now, always improvements.

Carpenter: (It was) great experience, and (we could feel) great energy from the crowd. Yesterday we talked about showing the difference between short dance and free (dance) on our first day. And it has been a great experience. (On future plan) Just take this event, look back on it and learn from it what we can, and apply that, too.

Shiyue Wang/Xinyu Liu (CHN) 2018 National Champions

Wang: Overall I think it's great, especially in technical parts. But we still have to strengthen our emotions in the performance. What we gained from this competition is that we can listen to coaches' and judges' suggestions, and we can correct them next time. I think every competition is an opportunity to gain experience.

Liu: Our presentation score is not enough and we will pay more attention on that. Luckily we got our season's best and before the Olympics, we will keep taking care of the details of performance and correct the problems which found in this competition.

Kaitlin Hawayek/Jean-Luc Baker (USA) 2014 World Junior Champions

Hawayek: We had some little stumbles here and there, but in terms of the quality of our elements, I think the elements that we put out were really great. We can definitely work on the performance quality, but all in all, I think I am happy. I think we have all of the tools to be at the top right now, we just have to kind of fine tune everything, really work on the tiny details that you see all the top teams are mastering, just finish the quality of all the elements. That's something that we're going to strive for going into the next four years.

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Baker: I think we're really happy with the way that we pushed it. We were very careful, you can probably see. We really want to make sure that we brought out our levels over here, like we did at Nationals.

Carolane Soucisse/Shane Firus (CAN) 2018 National Championships 4th

Firus: It was our first one, Four Continents. We did two very good skates, solid. I think the experience we take is just enjoy the moment. We just want to keep this kind of feeling and we just keep enjoying as we compete. (on next plans) We are alternates for World. We will have a bit of the break, that would be nice. And we'll start training a bit, and we will figure out what we are doing from then.

Soucisse: We felt really great, we were confident, I think we skated our part out, and we are really happy about it. We train every day with specific purposes, and we practice, and we have a great team to train us, too. We are really happy that we are able to do that level of performance and a championship like this, and we just keep going.

Kana Muramoto/Chris Reed (JPN) 2018 National Champions

Muramoto: (on taking bronze) We're super happy. We've worked so hard coming into this Four Continents and it was definitely a confidence boost going into the Olympic Games. I think we deserved to be on the podium. Coming into this we didn't think about if we medaled we would be the first Asian country to win a medal, we didn't know that actually. (on the Free Dance) I kind of got emotional during mid program, but towards the end I started to get tired. But still it felt really great.

Reed: This really helps for the upcoming weeks of training before going to the Olympics. We know what additional improvements we can work on, but we're really happy about our results here. We skated well here for the free dance, but we know now that there is more emotion that we can add into this. It's not fully bloomed yet.