



## QUICK QUOTES

Men, Free Skating (warm up group 3)

### Elladj Balde (CAN) 2018 National Championships 4<sup>th</sup>

Last week was good, because I was coming back from an injury, I missed two and a half months, almost three months of skating. And up to nationals, I only had one and a half to get ready, and I did it, and I skated really well. But this time, this long program, technically, was even better. It was even better and you know what, I haven't been able to fully train this program because I was injured for so long that when I came back, there was so much to build, so much to work, and I was able to skate it clean. So this is so special, this is proving to me that the mind, when you believe that you can do it. Even if I haven't skated a clean program since I've been back, but I did it here. I believed it, I believed that I can do it, and I took one thing at a time, I couldn't ask for a better last competition of my career. And you know what, I didn't even do a quad, I didn't have time to prepare the quad because of my injury, so without a quad, I was still able to give the performances that I gave, and score the scores. This is probably the highest internationals score in the long program that I've scored. So this is so special. So I was just so happy, because now I can go skate in shows, and be real, do what I want to do, and be the artist I want to be, and perform for the crowd. It's just me and the crowd, nothing else. No scores, no judges, nothing. But to me, coming here, wasn't necessarily a competition either. It was a show for me. For me, it was to show the judges, to show the crowd, and to show myself and everybody that's watching, that skating is more than just jumps. Everything just came together easily, and this is the only way I wanted to leave my competitive career.

### Takahito Mura (JPN) 2014 Four Continents Champion

I changed the program to challenge two quads in this long program and I was thinking too much about the quad this time. I regret that I wasn't able to skate with my full strength until the end. Overall it wasn't bad, it was the last competition for the season so I wanted to do my best but didn't work out. When I came to this venue my quad wasn't consistent and was swayed by that. But this is the next step. Don't know what's going to happen next but would like to be ready for anything and would like to make a new impression of myself.

### Denis Ten (KAZ) 2015 Four Continents Champion, 2014 Olympic bronze medalist

To myself, it wasn't a bad performance, and I have advanced to this moment. Every competition is a challenge and every day is a new day. I had to overcome many things. My goal is to find a feeling of confidence in myself physically, and right now it is important to focus on my train. I try not to think too much, and just need to stay present to become better. I'll keep skating. My mind is very active and I like to try different things. I know there is a lot of doors for me and I am really sure something will happen after retire. I'll certainly find myself what to do.

### Nam Nguyen (CAN) 2014 World Junior Champion

I feel really disappointed and a little bit mad at myself, because my (quad) toes have been really good this weekend, and to put it out like that, it was just kind of a waste. This week has been really rocky, the ice has been not the best condition, and it was really bumpy. I'm not trying to make any excuse or anything, but it has just been kind of hard to get into the rhythm that I'm used to in terms of consistency. I tried my best out there. I am just a little disappointed with myself. Right now, for the next Olympic cycle, I just want to go back to the consistency that people had known me for, just putting out clean programs for most of my competitions.

Official ISU Sponsors



「今を生きて楽しむ」を!





**Misha Ge (UZB) 2017 GP France bronze medalist**

I think overall today was a good performance. We have a couple things to discuss with our team, why there were a couple of issues with the levels, so we will have to fix that for the next time, but overall I'm glad that we did a balanced performance as I mentioned two days ago. That was our goal, so overall I'm happy today. (On the Olympic Games) It was a good warm up, good preparation for next one. Last year, I said it might be the last season, it was a fifty-fifty, question, because of the condition of my foot, and issues with our federation. So this is pretty much the last season, not a hundred percent, but I have a lot of work already lined up in the summer that I have to do. I'm also excited for all the things we are preparing for. Being part of it (of the Olympics), and it's really a moment for athletes to be in the Olympics, so it's really a huge achievement. I really appreciate to have the opportunity to be part of it.

**Brendan Kerry (AUS) 2018 National Champion**

I'm pretty disappointed. Right before coming to this competition I skated really well. I really thought that I was going to get through a clean one today, so, put it out like that it's really upsetting. I spoke to my coach yesterday or the day before, and he was like you know, if you feel good, you feel like you can do it, why not (doing the unexpected second quad toe) that's the plan for the Olympics, so I wasn't too tired at that point. I know from this competition exactly where I was starting to stress myself out. So just kind of training on that a little bit more for the Olympics. And taking away doing three quads in the long, that's a good thing to do right before the Games, and two quads in the short. The rest of the season, get through the Olympics well, and for the next season, I don't know, hopefully meet my coach and see what the game plan is.