



QUICK QUOTES

Ladies, Short Program (warm up group 4)

Mai Mihara (JPN) 2017 Four Continents Champion

Before the competition, I set a goal for myself to concentrate, to focus on my own performance. In today's performance, I was able to stay calm, from the beginning to the end, stay very focused, so I was happy with how I did today. I didn't think too much about the result or the placement. In this competition, I just want to stay focused and do as I well as I can. I wasn't thinking about particular things, just focus on the jumps and skating.

Kaori Sakamoto (JPN) 2018 National silver medalist

I am really happy to surpass 70 points in international competition for the first time. The step sequence was a level three, which still can be improved. But other than that I was very satisfied with the performance.

Mariah Bell (USA) 2018 National Championships 5th

Overall it is ok. Although I had no problems in practice I missed the triple-triple combination (3Lz+3T) today. But this experience helps me to skate better and although I was not chosen for the Olympic team this year, I believe I will be in 2022. So this year I just keep learning from this experience.

Satoko Miyahara (JPN) 2016 Four Continents Champion

I think it was good but not my best. I have some regrets and I hope to skate better in the free program. (on the Lutz being called underrotated) Honestly, I don't remember about the Lutz. I just thought that the toeloop was good, but I need to think about the Lutz and the toeloop. (on her preparation) After Nationals I took one week off to rest my body and it was my first experience doing so. It was a little hard to control, but I think it was a good chance for me.

Dabin Choi (KOR) 2017 Four Continents Championships 5th

Being the last skater, I was a little nervous. But I kept telling myself to consider it as just another practice. I didn't expect a lot today and just wanted to do it the way I did as usual. Since I didn't do well in the season, I hope I can perform better in the (upcoming) Olympics. I lost some competitions last year, so I want to do better this year, especially the jumps.

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