



PRESS CONFERENCE

Ladies, after Free Skating

Kaori Sakamoto (JPN) 2018 Four Continents Champion

Last year I came here to Junior Worlds and got third place and I was very happy about it. Today I am very satisfied with my performance. This is my third time in Taiwan. (on training under the same coaches with Mai Mihara) I am very happy that we are here together today. She won last year and I knew she would show her perfect ability. I did not want to lose to her, but I am happy that we both showed a perfect performance. (on what led to her performances) In the short program, the steps were not so good and in the free skating the spins were not so good. Until Nationals I practiced a lot, but since 2018 had started I couldn't practice them that much and I think that was the reason for today's performance. Before the start of the season I practice little by little to build up and then I practiced a lot before the Four Continents and Olympics to build my confidence. (on picking her music) Usually my choreographer and my coach pick my music. I didn't have any specific idea about it, and they chose it for me.

Mai Mihara (JPN) 2018 Four Continents silver medalist

I am happy to be at the Four Continents Championships with two skaters that are going to the Olympics. I want to catch up with them. I am also happy that I didn't make any big mistakes in the short or free program. (on training under the same coaches with Kaori Sakamoto) I am very happy that we got the first and second place. I knew that she has been practicing really well. I didn't want to give her trouble. (on what led to her performances) Before I started my performance I was surprised about Kaori's score. I heard the cheering for her and I was happy for her. I was able to perform well today thanks to Kaori, my coaches and to the cheering of the audience. (on coming back from disappointment after missing the Olympic team) After the Grand Prix series and Nationals I had a lot of regrets. It was hard to overcome that and at first I didn't think I would come here to Four Continents. I am really happy to be here today.

Satoko Miyahara (JPN) 2018 Four Continents bronze medalist

Today's performance was very, very regrettable for me. I did not recognize my mental weakness and I think it was my worst program. For today my jumps were not good and I would like to improve my jumps and be satisfied with my next performance. (on what led to her performance). I was not satisfied with my program. I didn't have any confidence and that was the reason for this performance. For this competition I could not practice so much. But the strong competitors can perform well under any circumstances. It was my own weakness. (on heading into the Olympic Games) I found a lot of things I need to improve. (on picking Japanese music) When we did the programs, I wasn't thinking about the Olympic Games so much, but I wanted something that is close to me. It is a coincidence that both programs have a Japanese theme. I think it is easy for me to perform to this music.

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