

## QUICK QUOTES

Pairs, Short Program (warm up groups 1 & 2)

### **Haven Denney/Brandon Frazier (USA), 2019 National silver medalists**

Denney: It wasn't the best program we know we're capable of doing -- my (triple) Salchow, for instance, I didn't let it go all the way up before I rotated so I know I can do that better. Overall I thought we did a good job with staying in the moment of the program and once one thing passed we moved on to the next (element); we just tried to maximize the points the best we can do throughout the program. (On the quick turnaround from U.S. Nationals to Four Continents) Sometimes it is hard but your body is already trained and your mind already is in that competition mindset. We got back home, kept the momentum going and now we're here. By the end of this week we will be a little mentally and physically exhausted but we're just trying to keep the momentum going and have fun while we're here.

Frazier: We were maybe a little tight on one element - the (back outside) death spiral - but I think we had a little bit more energy and performance than what we had at our U.S. Championships program. We had some loss of points that we will try and make up in the long. (On their goal for the Free Skating) To raise the points on all aspects - components, technical. We're trying to finish off strong and to show the improvements that we didn't have last season, (it's been) kind of like a building year for us.

### **Tarah Kayne/Danny O'Shea (USA), 2018 Four Continents Champions**

Kayne (on their season's best performance): I'm very happy with our performance today, especially with our levels on some elements like our footwork that we've been working very hard on and our death spiral. I'm a little bit disappointed that I made a small mistake on my jump. (On coming in as defending champions): We're very excited to be sharing the ice this year with the Chinese competitors. We're very inspired to watch them skate so we have no pressure. (On their Free Skating to "Swan Lake" they had kept from last season): You can expect a lot of passion, and power, energy.

O'Shea: Tarah is being a bit hard on herself, we performed our best today and gave it everything we could, I'm very proud of us. (on the quick turnaround from Nationals): I feel very comfortable skating. We had a bit of a rough skate last week at nationals. I'm excited to be here and be able to put that behind me quickly and do new performances to reach towards my best again. (on what they are working on): We are trying to enhance our skating in that way, more power, more speed, more amplitude.

### **Wenjing Sui/Cong Han (CHN), 2018 Olympic silver medalist & 2017 World Champions**

Sui: The fall hurt a lot. This is our first competition, so I think we were a little too excited. I think we didn't adjust our conditions too well, because in our practice we were normally able to skate clean in the short program. The mistake today was pretty unexpected, and I hope that we could adjust better toward tomorrow's competition. We just want to skate the best we could and see where it takes us.

Han: We didn't feel much difference because our goal is always to skate the best we could. It's been a long journey for us to be here today, so we look more at the overall performance in the free skate rather than a single element's GOE. (On heading into the Free Skating) We want to skate to our best and continue to work hard.

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## Four Continents Figure Skating Championships® 2019

February 5 - 10, 2019, Anaheim, CA / USA



### Cheng Peng/Yang Jin (CHN), 2018 ISU GP Final silver medalists

Peng: In today's practice, our coach said that our performance was a little bit too tight and not relaxed enough. I think our performance just then was relaxed and not affected by the mistake. (On goal of this competition)

Peng: Our goal is to skate better than what we did before. (On Free Skating) We want to do a relaxed performance tomorrow, because I saw that there are a lot of Chinese audience and it is now the Chinese New Year, so we want to leave them with a memorable performance and New Year.

### Ashley Cain/Timothy Leduc (USA), 2018 Four Continents silver medalists & 2019 National Champions

Cain (on their goal for this competition): We really want to be on the podium but we also want to put out two strong performances backing up our nationals performance to show we are here to play. (On their goals for the Free Skating) We hold ourselves to a really high standard so we're going to try and do a clean performance tomorrow. We know coming in to this that we're trained and we can do all of these elements pretty easily. (On the process of recovering from her concussion at Golden Spin of Zagreb in December 2018) Right after the injury we made a plan of how I would get back to Nationals feeling confident in myself and the elements. It was a plan also made to be flexible and depending on how I felt that day, we would change the training. We did a lot of section work with the programs, so the elements were trained even if we weren't able to do a lot of full programs. I was able to openly talk about my emotions and my frustrations so I wasn't keeping anything inside.

LeDuc: We did a fist pump after the program because we were really pleased with the effort we put out today. (On how he dealt with his partner's concussion and recovery): The best teams come together in times of adversity and grow stronger together and we definitely did that. What got me through was Ashley's strength and she was remarkable through the process and our coaches as well, helping me push through the intense fear when I started doing that lift again and they helped me to work through it and talk about it.

### Kirsten Moore-Towers/Michael Marinaro (CAN), 2019 National Champion

Moore-Towers: We think we did good, did everything to the best of our ability. We were hoping to put out a clean performance with good levels and that looks like what we did. (on their goal for the Free Skating): We like to skate how we have been training. If we perform the way we practice each day we will be pleased with ourselves.

Marinaro: We came here preparing what we did today and we did just that. We are on our way to tomorrow and ready to reset.

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