



QUICK QUOTES

Ice Dance, Free Dance (warm up group 3)

Kaitlyn Weaver/Andrew Poje (CAN), 2018 World bronze medalists

Poje: We feel really proud of our skate today. We went out there to try and perform the whole story behind our performance. We were more connected today than yesterday's performance. (Takeaway on experience) It is our first international competition back and we are just trying to get the feel for that again. Our goal is really for Worlds and this is just a test for our emotions and technical components out there and get the feedback we need so we are prepared for World Championships.

Weaver: (on meaning of their program, dedicated to the late Denis Ten) It is a very emotional piece, it was the last program he (Denis Ten) performed. He was a very dear friend of ours so every time this music plays we think of him. It is a great inspiration because he was not only an amazing skater but an amazing person. We just hope to give our best to him through this. We are feel very positive about what we can bring back from this competition. (on goals for Worlds) I think that this season is unique for us because we don't measure ourselves against numbers or other people anymore. We want to make ourselves feel good. At the end of everyday if we feel good about our training then we can move on and be positive about it. So that is what we hope to do for the World Championships.

Piper Gilles/Paul Poirier (CAN), 2019 National silver medalists

Gilles (on their performance) We're very happy with what we put out there today. Every time we perform this program it feels a different emotion. We loved what it felt at Nationals, today it felt hard but it still created that magic. It's nice to know that whatever our body and emotions bring to the table that day we can perform it. (on what they want to improve for worlds): We can still improve on the rhythm dance. We're quite small compared to some of the other teams so we. We might have to work on opening it up and making it bigger for the audience so we don't look like the "short team". For the free we'll keep working on creating special moments. I think we're feeling the momentum and our goal is to be on the podium in Saitama.

Poirier: (on making the podium) After having Evan (Bates) and Maddie (Chock) and Kaitlyn (Weaver) and Andrew (Poje) ahead of us it definitely wasn't something we were expecting. We're really proud of the free dance that we put out today, we really created a moment and that was well reflected in the scores we got, by far the highest components we've ever gotten on a program. It's really exciting for us, it's the step we wanted to take at this event and sets us up well for Worlds. It shows us that we're on the right track and where we can continue to do better.

Madison Chock/Evan Bates (USA), 2015 World silver & 2016 World bronze medalists

Chock: (on winning) It feels incredible. We didn't set any expectations as far as placement, because that's not why we are skating. We have this new found joy and happiness when we are skating and we want to share that and that is our main goal this season. (on their performance today): We feel incredible and so tired. Every step was fun; I enjoyed the performance. (on competing so much) We were definitely tired - we're not superhuman - but we are so well trained and we do the recovery to take care of our bodies and that's so important, especially at our ages. We take it very seriously and we love what we do.

Bates: (on winning) We got a lot of medals, none of them are gold. I am surprised. If you had told us that we would win Four Continents when we pulled out of the Grand Prix four months ago, I think we would be very surprised. But we're very happy now. (on their performance today): This was our third competition in five

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weeks so we felt a little bit nervous today just knowing that we were running on fumes a little bit. We're so proud of our performances at Four Continents; we keep building. Now we have a little bit of time to prepare for Worlds and we will take a bit of a rest before we get back to training. (On their preparation for Worlds) We haven't had the opportunity to make many changes to the programs since our debut in Poland (before U.S. Nationals). I think we can finally digest all of the feedback and if we need to make any bigger changes then we can do that now. We'll talk to our coaches when we get home and sort it all out.

Madison Hubbell/Zachary Donohue (USA), 2018 ISU GP Final Champions

Hubbell: The performance was actually not disappointing at all, we're very pleased overall. We've only heard a little bit, but our first lift, which is a stationary, is considered to travel just so much, that we did not get any level or GOE for that element. That's very unfortunate. Certainly we would rather it happens here than the Worlds, so maybe it's a good wake-up call to make sure that everything is good for Worlds. (On Worlds) Obviously our goal is go similar to last year, level four on all elements, give two strong performances, and I think with that we could end up at the top of the world. We will go home and work in the next five weeks, to do absolutely our best in Japan.

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