



QUICK QUOTES

Ladies, Free Skating (warm up group 4)

Elizabet Tursynbaeva (KAZ), 2018 Finlandia Trophy silver medalist

(on taking silver) This is unexpected for me. I didn't think I would be on the podium today. (on attempting the quad Salchow) After the short, being sixth, I had nothing to lose so we decided I had to try it. I still have work to do on it but it wasn't bad for a first time in competition: I rotated it but didn't land it. I'm happy I attempted it and will keep trying until I land it. I started working on the jump in 2016 but only started training it in my program a couple weeks ago. (On her next competitions) I will have the same programs at Worlds and will have a competition in between at Universiade in Russia, so I will keep working on the programs, I want to do better next time and will try the quad again. (on her training mates also doing quads) I started doing them first. When I came to the group in 2017 they were not doing quads yet. I guess when they saw me doing it they thought they could try it too.

Eunsoo Lim (KOR), 2019 National silver medalist

(On today's performance) I felt like everything is not working today. It's just an experience. I don't think today I had any part that's good. I'll just prepare for senior World. (On the World Championships) I want to do better than today. I will work hard in the next month.

Rika Kihira (JPN), 2018 ISU GP Final Champion

I really wanted to give my all to today's performance. I was able to leave yesterday's mistake behind and I was able to keep my concentration, and these two factors were the reasons for my solid performance today. During this season, I learned how to keep my concentration in my free skating no matter what happens in my short program. (On the triple Axel) I was hardly able to practice my triple Axel in this rink. It was during the six-minute warm up today and I even skated my free program for the first time in this rink. I was determined, very focused, and kept my concentration. I nailed that triple Axel, because I was able to keep my concentration. As to the combination jump, I was going to decide during my warm up whether I would do a triple or a double Axel. The rink here was different from the practice rink, so I decided to do a double Axel. (On preparing for the Free Skating after the disappointing Short Program) I just decided to move on, leaving behind how I skated yesterday. (On Four Continents) The injury on my finger was a disappointment. The atmosphere was wonderful and very encouraging to me; especially, the audience's big cheer was wonderful. I was happy to be able to skate here.

Mariah Bell (USA), 2019 National bronze medalist

I'm nervous all the time, but if I was going to make any excuse I think it would be that we had a really quick turnaround from our Nationals. I didn't have quite the amount of time that I wanted to train in between competitions. There were silly mistakes today. My mind kind of got away from me. I was surprised by the fall on the (triple) loop and then I kind of had a hard time re-focusing after that. You live and learn and Worlds will be better. (On her preparation for Worlds) Just train. I'll take a few days off and recover and I'll be fresh and really train hard for Worlds. (On having Four Continents in North America) It's so awesome! I wish I could have skated a little better in the long. It kind of feels like we had two Nationals in a row; it's been so much fun.

Bradie Tennell (USA), 2019 National silver medalist

(on missing her combination) I have been hitting it every time all week, the only place I've been missing it is in competition so it's very frustrating. One of the things to improve on for Worlds. (on being exhausted after quick turnaround from Nationals) Maybe I am a little bit but that's not an excuse for the way I performed. I skate

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clean programs every day, it shouldn't have been any different here. (on four continents in the US) I love skating for a home crowd, the energy is so great. I am grateful to all the fans for showing their support. (On worlds) I'll go back home and train and work harder. We'll make a couple adjustments to the program and see what happens from there.

Kaori Sakamoto (JPN), 2018 Four Continents Champion

From the start, I was not able to skate my skate. I was very nervous, and I missed some elements. It was such a disappointment, but I learned from this failure. I want to be stronger. At the World Championships, I want to put out the performance, both short and free, that is sharp and clean.

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