



QUICK QUOTES

Men, Short Program (warm up group 5)

Jason Brown (USA), 2018 Four Continents bronze medalist

(On his performance today) Besides the (triple) Axel (mistake) I'm very proud of the performance. I do it every day in practices so I'm a bit bummed but I know it's going to light another fire within me. I think I slipped off my edge a little bit but I should have landed it so to come in and miss that is frustrating, but I'm excited to go into the free program with a clean slate. My free program is choreographed by David Wilson and it's a little different style for me - a bit like reminiscing and bringing in the audience. It's very lyrical and musical, it's softer, and brings a lighter personality to my performance and I hope they enjoy it. (On his goal for the free skate) I hope I do a clean program; that is always the goal. I hope I go out there and be strong, confident and give an awesome performance. The best thing about the Four Continents is that it's a segue from the U.S. Championships to the World Championships so I want to continue to learn and get as much out of this event so I can take everything to Worlds and put my best performances out there.

Shoma Uno (JPN), 2018 Olympic, World & Four Continent silver medalist

(On changed Short Program content) For the triple-triple on my second jump, I over spun just like I thought I would. Because it was an easier jump, I definitely was frustrated but I would like to continue working harder. (On leg injury) I started back from zero, so it was nice being able to gradually recover day by day. But without feeling frustrated, I would like to focus on finishing my free program. (On free program) I want to give it my all. I think that's all is left to do right now.

Vincent Zhou (USA), 2017 World Junior Champion & 2019 National silver medalist

This is my first time breaking 100 in the short in international competition, I am very happy with this result, it is a reward, and a testimony to the hard work I've been putting in. I'm becoming more confident in my abilities. I did my jumps with better quality than before I've been working on them. I'm proving to myself I can do clean jumps (after struggling with under rotations at the start of the season). I'm hoping to put out two solid clean skates, today's short was a good start. My free program Crouching Tiger Hidden Dragon is choreographed by Jeffrey Buttle. I know I can execute each element cleanly, I'll do my best to take it one step at a time. I've been working very hard on making my programs more complete, my transitions look better, I hope to put it all together in the free skate. I'm lucky to have two major competitions back to back in the US (Nationals and 4 Continents), I don't have to travel and deal with jetlag. But I should be able to perform like this regardless of where I am competing, because it is about me and what I am capable of.

Keegan Messing (CAN), 2018 GP Skate Canada silver medalist

It wasn't as strong (a performance) as I was hoping it to be, but I stayed on my feet and I can leave happy today. Being in sunny California coming from cold, snowy Alaska this is just a beautiful place to be. (On his expectations for this competition) I want to put out two solid programs and to skate with as much fun as I can. (On his goals for the free program) The more fun I can have the more relaxed I can go through the program. I'm planning two to three quads. I'm not sure if I'm doing the Lutz yet but it is planned in the program so I have one (quad) Lutz, two (quad) toes and two (triple) Axels. I would like to skate as free as possible. I think I could live with a few mistakes just because this is my first Four Continents. But if I can skate from my heart and perform to the crowd that would be an accomplishment for me at this competition.

Boyang Jin (CHN), 2018 Four Continents Champion

(On today's performance) I'm not quite satisfied with today's performance, because I've been doing pretty well in the practice, so it may be due to my physical condition or the jet lag - it's already 10pm and I'm actually kind

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of sleepy now. In my practice this morning, I didn't quite fulfill my practice goal for the first jump, so I was pushing a little harder in the competition, and it end up being a little over so I stepped out. In the second jump of my combination, I think that I went in a little too slow. I think failing two jumps in one short program is a big problem, so I hope to adjust myself to pull out a better skate in the free program. (On the goal of the competition) I haven't been skating a satisfying program this season, so my goal is to have a clean skate first, and then to think about the next step. (On the free skate) I'm planning on four quads, as last year. Before the season, I was doing three quads, and now I'm trying to build up a better physical and mental condition, and hoping to skate the best I can.

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