

## QUICK QUOTES

### Men, Free Skating (warm up group 4)

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

(On free program) I think I was able to do everything I can, but I believe there is a lot more I need to do to be competitive at the top. (On injury) I of course thought about wanting to be in a better condition for the Four Continents, but I will put this aside as one of my skating events and pursue higher for the next event.

(On future plans) There are skaters after me that have great potential to surpass my score. I would like to continue practicing so that my I will not lose in terms of practicing time and content. Although I always say that I don't care about rankings, but I will try my best to win. (on coming from behind winning gold) Instead of just pulling myself back I believed in doing what I had to do and I kept going. (on his reaction at the end, kneeling on the ice) There weren't a lot of happy emotions when I collapsed, it was like 'I really did it'. I thought about how I was injured after Nationals and how I can bring it (my skating) to the next level.

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

I'm very excited, I think that's the highest score I've ever put in the program. My fiancée surprised me this morning by showing up, so I got on practice this morning, and I was skating around, all tired, because this is day five, and my coach was like "hey did you know she's here". (After the competition) I want to have two clean programs, that's what I'm going to take away from this competition. I'll take a week off, get a break and go back in and fight. (On skating after Shoma Uno) I definitely felt the pressure from it, but it also made me excited. I knew he skated well, then I heard a 190 something from the crowd, and I was like "what! wow that's a huge score", but it also made me more excited and try the hardest out there.

**Jason Brown (USA), 2018 Four Continents bronze medalist**

I'm very happy! I know I still left a couple of points out on the table but every competition it's getting stronger. I'm so proud of my fight out there and scoring my season's best today. I'll keep building onto that momentum into Worlds. (on the quad Salchow) I was determined to rotate it today. I'm working on the quad every single day it's not quite there in the program yet but I'm landing them more and more out of the program. It's early in the four-year cycle to the 2022 Olympics so want to keep putting it in to gain experience so that when it's very consistent it's in the program and ready to go. (On the World Championships) I want people to expect awesome skating from me and I love Japan so much I hope to have my two best performances of the season there.

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

I thought that I skated great today. The most important thing that I got from today was the love for the sport. The audience was absolutely incredible and they helped me feel good about how I skated. I think that I did a good job at this competition and I made many improvements upon my previous performances. I did a very good quad Lutz at the beginning but then my mind got a little blurry going into the quad Salchow and that could have been better (it was called under-rotated by the technical panel). (On his goal for Worlds) That I'm capable of being on the podium at Worlds and I will push myself to get there. Improvements - I think just carrying more flow through the program from element to element. All in all I gave myself more confidence heading into Worlds. I expect myself to improve even more. I really want my skating to be something that everyone can enjoy, watch because they love watching good skating, freedom on the ice, and that's what I hope to show at Worlds and in competitions after that.

-2-

Official ISU Sponsors



Entertainment





## Four Continents Figure Skating Championships® 2019

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



### Junhwan Cha (KOR), 2018 ISU GP Final bronze medalist

I am actually satisfied. My technical jumps were not perfect, but I tried my best until the end of the program so I am happy about fighting it through. This was my first senior championships, it was a good experience for me, I learned a lot especially about controlling myself when I got nervous, and competing in front of a big audience cheering for me. At worlds I want to fight hard again and do my best. I had a lot of injuries last season so I hope to get to worlds without any injury.

### Boyang Jin (CHN), 2018 Four Continents Champion

I'm satisfied overall, but it's not as good as my training these days. My skating wasn't that relaxed. Two minutes before stepping on the ice, I decided to not do the quad Salchow in my program and change some of the choreography. After the Nationals, I wasn't able to skate this program that much, so having one less quad makes it a little easier for me. (On improving) I think I adjusted myself mentally a little bit now, and I just want to use the competition experience I have now, to compete and enjoy the competition. I think I'm way calmer than before, so I feel like there's no such difficulty that I cannot overcome in the future. (On the World Championships) I hope that I can skate both programs better, and I hope that my short could be more consistent. Japan doesn't have any time difference compared to China, and the audiences are also very welcoming, so I like being there more and hope that it will bring me luck.

Official ISU Sponsors



Entertainment

