



QUICK QUOTES

Ice Dance, Free Dance (warm up groups 1 & 2)

Misato Komatsubara/Tim Koleto (JPN), 2019 National Champions

Koleto: (On recovering from their disappointing Rhythm Dance) Yesterday we tried to let ourselves feel all the emotions and we decided to pass through being disappointed and then we skated the practice yesterday and we 'de-toxed' from the experience and we came into the event strong, skating in first. (On heading to their first Worlds in Japan next month) We're really excited to have the chance to have that 'Worlds at home' feeling. I feel a little bit of pressure to make sure we qualify for the free dance and uphold the reputation of our country as best we can. We'll be focusing on the rhythm dance a lot in the next month. (On training in Japan and returning for 10 days in Gadbois before Four Continents) We'll go back to Gadbois (Montreal) until the 22nd of February and then we'll go back a little early to Japan. We'll be there another 10 days to take the information from this competition and apply it as best we can.

Komatsubara: (On training in Japan vs. Montreal) In Japan we have a coach, Rie Arikawa, and luckily she was a student of Romain Haguenauer. It's a different type of concentration - just one couple (in Japan) - but when we go to Montreal we have a lot of couples and this is really good balancing for us.

Chantelle Kerry/Andrew Dodds (AUS), 2019 National Champions

Kerry: It was okay, it was a little bit rough in some places but our levels were still good. And we are in a good spot going into Worlds. Sometimes we want it so bad sometimes we do too much. (on next goals) After this we have five weeks of training and then we have Worlds. Our focus is going to be pushing through that free skate this year and after that we got the next three seasons to be thinking and planning.

Dodds: It just felt a little bit rushed in places and we could not settle in. We need to take a bit more time to relax (on how he feels on competing the past three days in Men's singles and Ice Dance) I feel fine, it has been long. I have had enough sleep and eaten well so I am all good. (On whether he plans on continuing both disciplines) I will let everyone know about that decision later.

Shiyue Wang/Xinyu Liu (CHN), 2019 National Champions

Liu: I think we really fight through this free dance today. A lot of people might not know, that we really didn't have a good practice this morning. I had a relapse on my old injury on my right shoulder, I can't really put any force on my shoulder, so Wang almost fell off when we were doing the lift. Before stepping onto the ice, both of us were worried whether we could skate through the program. So I think that we really fought for this free dance. The old injury on my shoulder would relapse every time I do this lift, even though that I go to the doctor and receive treatment every week, so we just want to keep fighting for Worlds, and maybe change to another lift in the next season. (On goals for the World Championships) We wanted to improve and try to achieve higher scores at Worlds. This is our first year training in Montreal, and I think now we finally got used to it, since a lot of the techniques is new to us. Our result this year might not be at the very top, but we just want to work hard and try whatever we could do, hopefully to achieve higher rankings than now. (On seven teams from the Montreal dance school competing in Anaheim) Yes, we have seven pairs from Montreal this time. We do kind of feel that this competition is like a test in our group, the atmosphere is relaxed and we would encourage each other before going into the competition. It made us really excited.

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Wang: And also I was feeling really sick yesterday and didn't want to move at all when I woke up this morning. I was so weak that I can't even skate forward, that I felt like I could fall down to the ice anytime. So neither of us is really in a good condition, and we really tried to adjust ourselves before the competition. We don't want his injury or my sickness be any excuse, or going into the competition with any hesitation. As a result, we decided to fight and do whatever we can, and not thinking too much about the result or anything.

Kaitlin Hawayek/Jean-Luc Baker (USA), 2018 Four Continents Champions

Hawayek: (on their free dance performance today) We feel very good; it was a season's best score wise and performance wise and we both felt like it was our strongest showing yet. We're still working on little details and levels and making sure that we're at the program's fullest potential by March in Worlds. We're really happy for this stepping stone. (On competing in Japan for Worlds) We've been to Japan four times but we've never been to Saitama or Tokyo so more experience to be able to see one of our favorite countries to compete in. We're really excited.

Baker: (on training in Montreal) They (coaches) instill a lot of trust in us and it makes us trust ourselves. We love the environment, the rapport with our coaches and our team. It's so friendly and just a big family. We want our training mates to skate the best they can. (On the goal for Worlds) To put out two really strong performances; last year we were tenth (in their Worlds debut in Milan), really pushing up - the field is very, very steep in front of us but we believe we belong in that group so we're going to push as much as we can in the next five weeks and do everything we can to push up.

Laurence Fournier Beaudry/Nikolaj Sorensen (CAN), 2019 National bronze medalists

Fournier Beaudry: It was nice to be part of such a high level competition. We did a few mistakes but overall we're very happy with our performance. (on preparation since switching for Canada) We have a little more support from the federations, and have focused more on the off-ice preparations to be on top on the ice. (on competing with their training mates from Montreal) It felt like at home, we are used to training together so it gives a friendly atmosphere and less pressure to skate. It also helps to avoid any collisions in the warm-up when we know their programs. We're very happy when everyone can skate their best.

Sorensen: The organisation was great, We had a lot of fun at this event and on the ice. We've been working a lot on the performance aspect of our program, we had a couple mistakes but nothing major. (on preparation since switching for Canada) We've had evaluations with specialists and judges, which has been great as we'd never had that before. (On heading to the World Championships) We want to feel good about the programs we will skate and show who we are, let the emotions come across as good as possible so the audience enjoy our performance.

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