

QUICK QUOTES

Men, Free Skating (warm up groups 2 & 3)

Donovan Carrillo (MEX), 2019 National Champion

I think I lost my concentration a bit, I was thinking too much instead of flowing through the program, so I made a few mistakes. It's hard but it's a signal that I have to work more on my free program. Before coming here I was focused on the short and scoring the points for Worlds, so now I know I have to work more on the free to be prepared for Worlds. I tried to fight for everything today but it wasn't enough. It's better to learn this here than at Worlds. (on the support from the audience) It felt really good, they inspired me to fight during the program. When you make mistakes, it is sometimes hard to get up but the audience gave me the energy to continue and keep fighting. Overall it was a great experience and showed me what I have to work on to be better at the next competition.

Nicolas Nadeau (CAN), 2016 World Junior silver medalist

(about his performance) I had to do some quick thinking as I did a triple toe again (instead of quad, as in the Short Program) so that was in my head the whole program, which wasn't the best for the components score. The triple axel was ok, but then everything got a bit messy. Overall I'm really happy to have been able to compete here, it was my goal for the season to get selected. (on next goals) This was my last competition of the season so I'll have a week off, go surfing on Monday and maybe some skiing back home. I have a couple of shows in April and we'll then start building the new short program. I will have a new choreographer for the short so I'm excited to find out how it will be (Shae-Lynn Bourne will only be choreographing the free next season).

Brendan Kerry (AUS), 2019 National Champion

I get pretty nervous, but before I was trying to do the job till the end, now I feel like I kind of get the job out of the way, and it's more so about trying to attract the people, probably even more so than the judges. I lived in California for five years, so it's really nice, almost like competing at home. It's been great. I made a mistake in the short, that's a bit disappointment, and I really wanted to redeem myself by doing two different quads today, but I wasn't feeling so good in the warm up. I feel like, overall, the event has been good, leading toward the Worlds.

Kazuki Tomono (JPN), 2018 GP Rostelecom Cup bronze medalist

My coach told me that no matter how many mistakes I make, it will make me stronger, so I should give it my all and give a performance that is reflective of me. I believe these mistakes will help me improve so I will like to take this experience to take my skating further. (On support from audience during step sequence) I was able to skate my step sequence smoothly. I put in effort into each one so that I won't have any regrets. (On his season) I definitely realized the severity of competitions this season, but I also had happy moments when I received a medal at the Grand Prix. I will like to continue practicing so I won't create bitter memories anymore and come back stronger.

Tomoki Hiwatashi (USA), 2018 JGP Richmond & Ljubljana silver medalist

(On his personal best Free Skating score) It just felt great to be on the ice since the Four Continents was here in America, in L.A. I feel like there was a lot of people who cheered me on. I was surprised when they called my name when I finished my program. I'm really glad that I did the greatest program I've ever done in my life here and I wish everyone had a great time watching me on the ice. (On training for the Junior World Championships next month) I really don't have much time off. I'm going back to Colorado, take two to three

-2-

Official ISU Sponsors



Entertainment





Four Continents Figure Skating Championships® 2019

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



days off to give my body a rest, to calm myself down. I will try to do the same, try my best to keep going. (On his goal for the Junior World Championships) I'm not 100% sure what to do yet but I would like to put two quads in Junior Worlds (the free skate) and I also feel I need to get ready for next year and it might be a good time do something that I've never done (at Junior Worlds).

Nam Nguyen (CAN), 2019 National Champion

I got really tired. The break between Nationals and this competition was really short for me. And I got really sick too, so I had like zero training going into this event. But there's always something to be positive about, and I think that is the quad-triple I did. I'm really happy with that but disappointed with myself for kind of giving up as the program went. (The takeaway from this competition and his injury) I need to go home and take care of my right ankle, kind of like twist it a little bit due to the ice, and keep the positive momentum going on for this season. I can't let one skate deter my progress so far. (On future goals) I just made pass the short. The long already has great mileage this season. I just need to really trust my training going into Worlds so that's the plan.

Keiji Tanaka (JPN), 2019 National bronze medalist

I was able to execute good jumps in the first half, but I couldn't maintain my stamina, which is one of my weaknesses. I want to work hard on it. I was able to focus on the quad Salchow, and nailed it. I had a rocky start of the season but was able to reap the rewards, and I want to take this momentum into the Worlds. I will continue to grow on what I learned from the mistakes I made in this competition, both in short program and free skating and prepare myself for Worlds.

Official ISU Sponsors



Entertainment

