



QUICK QUOTES

Ladies, Free Skating (warm up groups 1, 2 & 3)

Alaine Chartrand (CAN), 2019 National Champion

Yesterday was a disaster, today was not exactly what I wanted. I was fighting through it, things weren't coming easy for me. This ice is not my favorite. If there was a time to mess up between Nationals and the Worlds it would be now. It is always hard for Canadians and Americans to compete so close after Nationals (on her main goal in the next few weeks) Focus on my short program. Consistently through the season I have had more problems with my short program and it is important for Worlds because I have to put myself in a good position for the long as in any competition.

Brooklee Han (AUS), 2019 National silver medalist

Withdrawn due to injury to her left foot.

Yi Christy Leung (HKG), 2019 National Champion

(On her first Four Continents experience) My goal was to do my best and try to do clean programs but I didn't do it here. I got some good experience from this so I'll try harder next time. (On her first Worlds coming up) I will try to be confident every time I compete. I feel like in the short program I was too nervous and kind of stiff and didn't do my best. At Worlds I will try to relax and enjoy the competition. (On relocating to Colorado Springs from California with coach Tammy Gambill last year) In Colorado the rink is so good and there's a lot of good skaters and it makes me want to train harder. The higher altitude was a little bit tough at first but I got used to it.

Veronik Mallet (CAN), 2019 National bronze medalist

Both of my programs were really good, I am very happy with the competition, I wanted to skate clean and do what I am able to do in practice and I did. I am also happy with my score for the free skate, a personal best in international competition. The preparations for this event were very short, I took 2 days off after Nationals and then got back to training for run-throughs of my programs. For the rest of the season, I still don't know if I am going to Worlds, we have to wait for the selection decision, probably next week.

Yelim Kim (KOR), ISU Junior GP Finalist

(On today's performance) I did a little mistake today, but the first half is like usual, and I felt good today. I think this competition is more funny than the other competition and is more enjoyable. (On which skater she admires) Yuna Kim, because she has good performance and jumps. She is perfect. (On future goals) I want to get higher performance score and higher quality jumps. I want next season to be better than this season.

Ting Cui (USA), 2018 Tallinn Trophy silver medalist

(On her disappointing free skate) I don't really know what happened. I'll have to go back and watch and analyze my performance but it just kind of got away from me. I think I was a little hesitant. I was trying to regain my focus after the mistakes but that was just a rough program. It was definitely a good learning experience. (On her goal for Junior Worlds in Croatia next month) I will try and rest a little but I want to return to Colorado Springs to start training for Junior Worlds. I would like to put out two solid programs that I can be happy with.

Mai Mihara (JPN), 2017 Four Continents Champion

Before my practice, I felt this is America because a lot of audience are cheerful, and I appreciated being in this big event. I really appreciated this opportunity and my coach told me to enjoy and feel like you were dancing.

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After my mistakes on the jumps in short, I got confused. I wanted to show a good performance to audience. My fans and friends from Japan cheered me up. I was so happy when was done with the free so I raised my fist. (on coming back from the Short Program) I could not sleep well last night. A competition is just a competition. I must show my best perform every time, so I switched to a positive mindset after the practice. Last season, there were a lot of cases, when I made mistakes in short, but I got better in free. This is my weakness. That made me nervous. I should improve my weakness.

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