



## QUICK QUOTES

Ladies, Short Program (warm up group 4)

### **Elizabet Tursynbaeva (KAZ), 2018 Finlandia Trophy silver medalist**

I was a bit nervous and I could have definitely done better. Practices were fine and I skated already three clean shorts in practice here. (on heading into the Free Skating) I want to show my best and my main goal is to skate clean. My free is a Tango and it is choreographed by Daniil Gleikhengauz. I really like both of my programs and I want to skate them the way I can do it in practice. (on the quad Salchow) I brought this jump back just very recently. I have skated my program with the quad Salchow only for a week and the jump is not consistent yet. Also, it is different from doing it in practice by itself than doing it in the program and especially in competition. It's still very fresh. If I don't try it here, I want to do it in my next competition, the Universiade. This event is in Russia, which is closer for me and it will be easier. I've landed it in practice here, though. We'll see.

### **Mariah Bell (USA), 2019 National bronze medalist**

I'm really excited; it felt good, I think it's the first time I've put out a really solid short program and I have so much more room to grow. (On her clean triple Lutz-triple toe combination) I think it was better today, it felt like it had better flow and it was better than the ones I did in the Grand Prix (series this past fall) so that was exciting. (On her free program) It's a little slower (music), something different for me, but I really enjoy performing it and I have really great character that I can really get into and hopefully the audience can feel it as well. (On her goal for tomorrow) Just to skate like I did today, to stay in the moment, putting out the best skate I possibly can and preparing for the ultimate goal, which is Worlds.

### **Rika Kihira (JPN), 2018 ISU GP Final Champion**

(On short program) I hesitated doing the triple Axel, but I ended up including it into the program. Although it (the performance) was not great, there is tomorrow so I would like to do my best. (On her injury to her left ring finger) During this morning's practice, I was going to exclude the triple Axel but my body felt in good condition and I was able to succeed both times I tried, so I wanted to challenge myself. Two days ago, the pain was so bad I couldn't see myself recovering within a week, but it got better day by day especially since it was the same place I injured before. (On tomorrow's free) I was able to build some confidence today, so I would like to transfer that into tomorrow's performance and have the confidence I usually have at any other competitions

### **Kaori Sakamoto (JPN), 2018 Four Continents Champion**

I went too sideways on the last spin, but other than that, I can say that my jumps were very good, so I am very satisfied with my performance. Other than elements, I can see my improvement for my steps other than elements. The score showed my improvement, too. I am glad I work very hard. When I came here, I tried not think about me as the Japan Champion. I practice hard and I want to show my performance like I did at the last Four Continents championship. My goal for tomorrow is I to do my best skate. I think I did my skate and spins were very good. During my performance, I was calm, and I performed like I always do. I never win the consecutive title, so now I have a chance to win the consecutive Four Continents title. The World Championship is coming up so I want to continue good skate for Worlds.

### **Bradie Tennell (USA), 2019 National silver medalist**

I feel like I performed very well, I'm extremely happy with how I did. It's exactly how I train at home and what I wanted to do here, to go out there and trust myself and trust my training. (On her goals for the competition and the free program) I would like to achieve personal bests in both programs. I'd like to go out tomorrow and skate like I did today, going for everything and really enjoying myself. I really want to sell my program, and

Official ISU Sponsors



Entertainment





## Four Continents Figure Skating Championships® 2019

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



skate the best I possibly can, with a clean program and achieve all my levels. I love my free program to Romeo and Juliet, I've loved the music for a long time. I feel like I connect to it really well and I'm excited to perform it for everybody. (On competing in the US) I think competing in your home country is easier because you don't have such a long flight. And the home crowd is always very fun to skate for, there is a lot of energy in the building.

### **Mai Mihara (JPN), 2017 Four Continents Champion**

(On short program) I made a mistake on the triple-triple that I wouldn't even make during my practices. Usually I would feel sad about it, but I want to think of this as one event and move on. (On free) I was able to put in my all at the beginning today, but it ended up messy, so I will strictly make sure not make the same mistake again tomorrow. (On preparations as 4th place nationwide) I have been practicing to make a performance that I am satisfied with and without mistakes. I will believe in how much I practiced.

Official ISU Sponsors



Entertainment

