

PRESS CONFERENCE

Ladies, after Free Skating

Anna Shcherbakova (FSR), 2021 World Champion

(on the significance of being on the podium of the pre-Olympic World Championships) I think Worlds is a very important competition that is not related to the Olympics - it's a different very important step and it's a huge honor for me to win here. It will not influence the next season. I will be working with the renewed energy. (on whether she is involved in the process of creating the new programs, the artistic or technical elements) I am always encouraged to participate in the choice of the music- we have to tell the coaches what we want to skate to. They bring their music and always ask us whether we like the music. This year I was asked whether I feel the music - if I don't feel it I will not be able to express it. I think the programs suit me and I like projecting them and the characters. I think all the programs I have ever done suit me perhaps they show different sides of my personality. I love showing different things on the ice. (on celebrating her victory and what the plans to do tomorrow) We have lots of plans for tomorrow - first breakfast, then we can go to the rink. The most important is that we can watch the men's competition - finally we are not the last to go and we can watch the other disciplines, so we will be watching the guys and the dance. (on whether she was surprised about her high scores) For me it's important how I skated and after that it is the placement. I am not totally satisfied with my skate, but I know I fought for every element and am thrilled with how it ended I did not expect it to end so well and am so happy about it. (on whether she thinks quads will be necessary to be on the Olympic podium next year) When I was preparing last year and this year - it was the most important competition I wanted to do the maximum - three quads. After last year was cancelled, I wanted to do no less than last year and do three quads. But there were difficulties in the preparation and I had to change things even here. When I realized I can't do three quads, I wanted to give up and thought I had no chance. But then I understood I should throw away that all or nothing and just try to make the best out of the situation. Unfortunately, I was unable to do a clean quad yet I was fighting for each element which means a lot. Next year I will do my best to be as ready as possible and in the best shape but it will depend. I will try to do the most that I can on that moment. The quads are needed - the level of competition is so high. (on her upcoming birthday on Sunday) It's probably the best birthday present that I couldn't imagine. I didn't connect between the two so I would not put any pressure on myself. But now I understand it's the best present I could give myself. (on whether being a World Champion will help her to reach her goal to look like a senior-level skater) Frankly I haven't yet realized. I'm empty right now, there is no understanding so it's hard to say whether the title will change my status.

Elizaveta Tuktamysheva (FSR), 2021 World silver medalist

(on the significance of being on the podium of the pre-Olympic World Championships) This year was indeed tough for all of us. In my case the silver will motivate me and give me more power for the next season to be successful and make it to the Olympic team. I am thrilled I was able to go to Worlds and win the silver medal in the pre-Olympic season. (on whether she is involved in the process of creating the new programs, the artistic or technical elements) In my case it has to be agreed with me a 100 percent. I need to like the music in order to understand how to interpret it. When you like the music it means it's part of your inner world and when I listen to the music I create an

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image in my mind, how I will skate to it, what the dress will look like. This is part of the success -when I like the program and I feel it, I love it and the judges see that so it's important for me. Therefore, choosing the music sometimes takes time, because we all need to like it - the choreographer, Alexei Nikolaevitch (Mishin) and myself. Sometimes I don't totally understand the music but then Alexei Nikolaevitch tells me it will be super cool and it's what we need and I trust him 100%. It was the same with the long program this year, at first I did not fully understand the music and was not sure that's the right piece but Alexei Nikolaevitch said it will be the right music, I trusted him and when we started building the program it was amazing. (on her plans for tomorrow) We'll be watching the guys tomorrow, it will be so interesting, we will be watching them all from the first warm up group - the placements are so unexpected. We will root for our guys and for all of them because we have many international friends. (on her reaction in the Kiss & Cry when seeing her scores) After the fall on the flip I thought all was lost, but I fought till the end and when I saw my points (for the Free Skating) and the second place I was really nervous and when I saw I was first overall I was overwhelmed with emotions - I was so worried where will I end up and the emotions were real. I am a very tough person, think I cried once in my career, but I was waiting for the moment when my emotions will overwhelm me and I won't be able to hold back and here, at Worlds it happened. (on whether she thinks quads will be necessary to be on the Olympic podium next year) Yes, I think next year at the Olympics it will be hard to fight for a medal, if only for the bronze. The level of the ladies skating is so high and now aiming for the gold without a quad is impossible. I think during this year even more girls will learn quads and the competition will be even tougher. There will be quads at the Olympic Games. The skating progresses as does the amount of the quads like for the men.

Alexandra Trusova (FSR), 2021 World bronze medalist

(on the significance of being on the podium of the pre-Olympic World Championships) I am thrilled that after the 12th place in the short program I made it to the podium. This year was hard and am glad the Worlds took place at all after last year it was cancelled. So am very pleased the competition happened. (on being involved in the creating of her programs and choosing her elements) I always participate in the music choice. The elements - always. The moves - mostly the coaches create it, I seldom do that myself. As for suiting - I think the short program does not match me in real life but I try to suit it as much as I can. (on her scores) I am not happy with my performances, like everyone else I want to do my programs clean, show all I can. The points are not very important to me. (on whether she thinks quads will be necessary to be on the Olympic podium next year) I also think the quads are needed, but I always needed them no matter what the competition is, my goal is five quads till I land them and we'll see what then.