

Date of birth: **05.08.2004**Place of birth: **Tver**Height: **152 cm**Home town: **Moscow**Profession: **high school student**Hobbies: **drawing**Start sk. / Club: **2008 / SC Snow Leopards**

Internet / Social Media contact:

Coach: **Svetlana Panova, Tatiana Moiseeva, I. Protasenia**Choreographer: **Vera Arutiunian (SP), Sergei Komolov, Maria Kazumova (FS)**Former Coach: **Liubov Maleva**Practice low season: h/week **Moscow**Practice high season: h/week **Moscow**

Music Short Program as of season 2021/2022

**Lullaby by Petr I. Tchaikovski**

Music Free Skating / Free Dance as of season 2021/2022

**The Queen's Gambit (soundtrack)**

Personal Best Total Score 215.58 05.10.2019 ISU JGP Egna/Neumarkt 2019

Personal Best Score Short Program 74.65 04.10.2019 ISU JGP Egna/Neumarkt 2019

Personal Best Score Free Skating 140.93 05.10.2019 ISU JGP Egna/Neumarkt 2019

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents								
World Juniors					4			
National Championship				9.J	4.J	5.S, 7.J		

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Amber Cup 2018, Kaunas	2018	3.J	Volvo Open Cup 2019, Riga	2019	1.J
ISU JGP Chelyabinsk 2019, Chelyabinsk	2019	2.J	ISU Junior Grand Prix Final 2019/20, Torino	2019	4.J
ISU JGP Egna/Neumarkt 2019, Egna - Bolzano	2019	1.J	Winter Youth Olympic Games 2020, Lausanne	2020	2.J

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Date of birth: **12.03.2004**Place of birth: **Smithtown, NY**Height: **158 cm**Home town: **Colorado Springs**Profession: **high school student**Hobbies: **traveling to new places, dancing, reading, and spending time with friends and family**Start sk. / Club: **2010 / SC of New York**Internet / Social Media contact: **Instagram: audreyshin.skater****Twitter: audreyshin4****audreyshin.figureskatersonline.com**Coach: **Tammy Gambill**Choreographer: **Drew Meekins**Former Coach: **Rafael Arutiunian**Practice low season: **20 h/week Colorado Springs**Practice high season: **25 h/week Colorado Springs**

Music Short Program as of season 2021/2022

**The Giving by Michael W. Smith**

Music Free Skating / Free Dance as of season 2021/2022

**Piano Sonata No. 14 in C-Sharp Minor, "Moonlight" by Ludwig van Beethoven**

Personal Best Total Score	176.67	13.01.2020	Winter Youth Olympic Games 2020
Personal Best Score Short Program	60.36	11.01.2020	Winter Youth Olympic Games 2020
Personal Best Score Free Skating	116.31	13.01.2020	Winter Youth Olympic Games 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents								
World Juniors								
National Championship				9.J	2.J		7.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Amber Cup 2018, Kaunas	2018	11.J	Winter Youth Olympic Games 2020, Lausanne	2020	7.J
Egna Spring Trophy 2019, Egna	2019	4.J	ISU GP 2020 Guaranteed Rate Skate America, Las Vegas, NV	2020	3.
Philadelphia Summer International 2019, Philadelphia, PA	2019	2.J	2021 Cranberry Cup International, Norwood Boston, MA	2021	4.
ISU JGP Chelyabinsk 2019, Chelyabinsk	2019	12.J	ISU CS Lombardia Trophy 2021, Bergamo	2021	3.

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Date of birth: **22.05.2006**Place of birth: **Khabarovsk**Height: **160 cm**Home town: **Moscow**Profession: **high school student**Hobbies: **drawing, listening music, reading, studying English**Start sk. / Club: **2009 / Sambo 70 (Khrustalnyi), Moscow**Internet / Social Media contact: **Instagram: d\_usacheva\_**Coach: **Eteri Tutberidze, Sergei Dudakov**Choreographer: **Daniil Gleikhengauz**Former Coach: **Oksana Bulycheva, Anna Tsareva**Practice low season: h/week **Novogorsk, Moscow**Practice high season: h/week **Moscow**

Music Short Program as of season 2021/2022

**Never Enough (from "The Greatest Showman") performed by Loren Allred**

Music Free Skating / Free Dance as of season 2021/2022

**Nessun Dorma (from "Turandot") by Giacomo Puccini**

Personal Best Total Score 207.74 07.03.2020 ISU World Junior Championships 2020

Personal Best Score Short Program 71.09 26.09.2019 ISU JGP Croatia Cup 2019

Personal Best Score Free Skating 139.29 07.03.2020 ISU World Junior Championships 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents								
World Juniors						2		
National Championship						3.J	4.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Riga Cup 2019, Riga	2019	2.J	Denis Ten Memorial Challenge 2019, Almaty	2019	1.J
ISU JGP Croatia Cup 2019, Zagreb	2019	2.J	ISU Junior Grand Prix Final 2019/20, Torino	2019	3.J

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Date of birth: **19.05.2000**Place of birth: **Nagoya**Height: **157 cm**Home town: **Nagoya and Toyota**Profession: **university student**Hobbies: **watching YouTube**Start sk. / Club: **2008 / Chukyo University**Internet / Social Media contact: **Twitter: yuhachin0519?lang=ja**Coach: **Yoriko Naruse, Miho Kawaume**Choreographer: **Kenji Miyamoto**Practice low season: **19 h/week Nagoya, Toyota**Practice high season: **20 h/week Nagoya, Toyota**

Music Short Program as of season 2021/2022

**Malaguena by Ernesto Lecuona**

Music Free Skating / Free Dance as of season 2021/2022

**Fat Bottomed Girls by Queen****We Will Rock You by Queen****We Are the Champions by Queen**

Personal Best Total Score 191.90 13.10.2019 ISU CS Finlandia Trophy 2019

Personal Best Score Short Program 65.09 11.10.2019 ISU CS Finlandia Trophy 2019

Personal Best Score Free Skating 126.87 23.11.2019 ISU GP NHK Trophy 2019

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents								
World Juniors				6	9			
National Championship		11.S, 3.J	8.J	8.S, 4.J	7.S, 1.J	5.S	8.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Bratislava 2018, Bratislava	2018	6.J	ISU GP Rostelecom Cup 2019, Moscow	2019	6.
ISU JGP Armenian Cup 2018, Yerevan	2018	3.J	ISU GP NHK Trophy 2019, Sapporo	2019	4.
Challenge Cup 2019, Den Haag	2019	1.J	Challenge Cup 2020, Den Haag	2020	2.
ISU CS Finlandia Trophy 2019, Espoo	2019	3.	ISU GP NHK Trophy 2020, Osaka	2020	8.

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Amber GLENN

USA

Date of birth: **28.10.1999**Place of birth: **Plano, TX**Height: **167 cm**Home town: **Plano, TX**Profession: **athlete**Hobbies: **dog mom, sketching, photography, archery, LGBTQ activism**Start sk. / Club: **2004 / Dallas FSC**Internet / Social Media contact: **Facebook: Amber Glenn****Instagram: amberglenniceskater****Twitter: AmberGlenn\_****https://amberglenn.figureskatersonline.com/**Coach: **Peter Cain, Darlene Cain**Choreographer: **Misha Ge**Practice low season: **20 h/week Euless, TX**Practice high season: **20 h/week Euless, TX**

Music Short Program as of season 2021/2022

**Circles by Greta Svabo Bech, arranged by Misha Ge****Experience by Ludovico Einaudi, arranged by Misha Ge**

Music Free Skating / Free Dance as of season 2021/2022

**Rain In Your Black Eyes by Ezio Bosso, arranged by Misha Ge**

Personal Best Total Score	190.83	08.02.2020	ISU Four Continents Championships 2020
Personal Best Score Short Program	67.69	08.11.2019	ISU GP SHISEIDO Cup of China 2019
Personal Best Score Free Skating	125.44	08.02.2020	ISU Four Continents Championships 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents						9		
World Juniors								
National Championship	13.S		8.S	8.S	7.S	5.S	2.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
Philadelphia Summer International 2018, Philadelphia, PA	2018	5.	ISU GP Skate America 2019, Las Vegas, NV	2019	7.
ISU CS Lombardia Trophy 2018, Bergamo	2018	6.	ISU GP SHISEIDO Cup of China 2019, Chongqing	2019	6.
Challenge Cup 2019, Den Haag	2019	4.	ISU GP 2020 Guaranteed Rate Skate America, Las Vegas, NV	2020	5.
ISU CS U.S. International Figure Skating Classic 2019, Salt Lake City	2019	3.	ISU CS Finlandia Trophy 2021, Espoo	2021	10.

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Date of birth: **23.06.2001**Place of birth: **Los Angeles, CA**Height: **149 cm**Home town: **California**

Profession:

Hobbies: **singing, dancing, playing the Ukulele, cooking**Start sk. / Club: **2004 / Los Angeles FSC**Internet / Social Media contact: **Facebook: starr.andrews.98****Instagram: starrandrews2001****Twitter: Skating\_Starr****starrandrews.figureskatersonline.com**Coach: **Derrick Delmore, Peter Kongkasem, Ivan Dinev, Anastasiya Sharenkova**Choreographer: **Derrick Delmore**Former Coach: **Peter Betts**Practice low season: **55 h/week Los Angeles, CA**Practice high season: **55 h/week Los Angeles, CA**

Music Short Program as of season 2021/2022

**At Last by Mack Gordon, Harry Warren, performed by Starr Andrews**

Music Free Skating / Free Dance as of season 2021/2022

**Bigger by Beyonce****I Was Here by Beyonce**

Personal Best Total Score	181.18	14.09.2019	ISU CS Lombardia Trophy 2019
Personal Best Score Short Program	66.59	01.11.2019	ISU GP Internationaux de France 2019
Personal Best Score Free Skating	115.56	07.03.2020	ISU World Junior Championships 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents				7				
World Juniors			12			8		
National Championship			2.J	6.S	8.S	6.S	12.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
Philadelphia Summer International 2019, Philadelphia, PA	2019	4.	ISU GP NHK Trophy 2019, Sapporo	2019	8.
ISU CS Lombardia Trophy 2019, Bergamo	2019	5.	Golden Spin of Zagreb 2019, Zagreb	2019	2.J
ISU CS Finlandia Trophy 2019, Espoo	2019	5.	ISU GP 2020 Guaranteed Rate Skate America, Las Vegas, NV	2020	8.
ISU GP Internationaux de France 2019, Grenoble	2019	5.	ISU CS Autumn Classic International 2021, Pierrefonds Montreal, QC	2021	5.

**Andrews is a singer and performs her Short Program music herself.****Coach Derrick Delmore is the 1998 World Junior Champion.**

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Date of birth: **26.03.1998**Place of birth: **Kyoto**Height: **152 cm**Home town: **Toronto CAN**Profession: **full time athlete**Hobbies: **reading, coloring, cooking, walking**Start sk. / Club: **2003 / Kinoshita Group**Internet / Social Media contact: **<https://ameblo.jp/satoko-miyahara/>**Coach: **Lee Barkell, Takeshi Honda, Yuka Sato**Choreographer: **Lori Nichol**Former Coach: **Mie Hamada, Yamato Tamura**Practice low season: **20 h/week Toronto/CAN, Osaka**Practice high season: **20 h/week Toronto/CAN**

Music Short Program as of season 2021/2022

**Song for the Little Sparrow by Charles Dumont & Michel Vaucaire, arranged by Abel Korzeniowski**

Music Free Skating / Free Dance as of season 2021/2022

**Vissi d'arte (from "Tosca") by Giacomo Puccini****Act 3 Prelude (from "Tosca") by Giacomo Puccini****E Lucevan le stelle (from "Tosca") by Giacomo Puccini****Act3 Presto, su! Mario! (from "Tosca") by Giacomo Puccini****Act 2 The Executioner's March & Finale (from "Tosca") by Giacomo Puccini**

Personal Best Total Score 219.71 21.10.2018 ISU GP Skate America 2018

Personal Best Score Short Program 76.08 09.11.2018 ISU GP NHK Trophy 2018

Personal Best Score Free Skating 145.85 21.10.2018 ISU GP Skate America 2018

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games				4				
World Championship	2	5		3	6		19	
European Championship								
Four Continents	2	1		3				
World Juniors								
National Championship	1.S	1.S	1.S	1.S	3.S	4.S	3.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU GP Skate America 2018, Everett, WA	2018	1.	ISU CS U.S. International Figure Skating Classic 2019, Salt Lake City	2019	1.
ISU GP NHK Trophy 2018, Hiroshima	2018	2.	ISU GP SHISEIDO Cup of China 2019, Chongqing	2019	2.
ISU Grand Prix Final 2018/2019, Vancouver	2018	6.	ISU GP Rostelecom Cup 2019, Moscow	2019	4.
Bavarian Open 2019, Oberstdorf	2019	1.	Bavarian Open 2020, Oberstdorf	2020	1.

**Miyahara has switched coaches and relocated to Canada in 2020, but also trains part-time in Japan. Coach Takeshi Honda is the 2002 and 2003 World bronze medalist.**

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Date of birth: **23.01.2003**Place of birth: **Seoul**Height: **168 cm**Home town: **Gunpo**Profession: **high school student**Hobbies: **baking**Start sk. / Club: **2010 /**

Internet / Social Media contact:

Coach: **Hea Sook Shin, Eun Hee Lee**Choreographer: **Drew Meekins(SP), David Wilson(FS), Catarina Lindgren**Former Coach: **Kyu Hyun Lee, Tom Zakrajsek, Hyungkyung Choi**Practice low season: **24 h/week Seoul**Practice high season: **24 h/week Seoul**

Music Short Program as of season 2021/2022

**Liebestraum by Franz Liszt, performed by Josef Bulva**

Music Free Skating / Free Dance as of season 2021/2022

**Violin Fantasy on Puccini's Turandot by Vanessa Mae**

Personal Best Total Score 202.76 08.02.2020 ISU Four Continents Championships 2020

Personal Best Score Short Program 73.63 24.03.2021 ISU World Championships 2021

Personal Best Score Free Skating 134.66 08.02.2020 ISU Four Continents Championships 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship							11	
European Championship								
Four Continents					8	6		
World Juniors								
National Championship	2.S		2.S	6.S	5.S	3.S	1.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Egna/Neumarkt 2017, Egna	2017	6.J	ISU Junior Grand Prix Final 2018/19, Vancouver	2018	6.J
ISU JGP Amber Cup 2018, Kaunas	2018	2.J	ISU CS Lombardia Trophy 2019, Bergamo	2019	4.
ISU CS U.S. International Figure Skating Classic 2018, Salt Lake City	2018	3.	ISU CS Nebelhorn Trophy 2019, Oberstdorf	2019	2.
ISU JGP Czech Skate 2018, Ostrava	2018	2.J	ISU GP Skate Canada International 2019, Kelowna, BC	2019	7.

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Date of birth: **24.06.2002**Place of birth: **Moscow RUS**Height: **153 cm**Home town: **Torun**Profession: **high school student**Hobbies: **travelling, knitting, drawing**Start sk. / Club: **2006 / Axel Torun**Internet / Social Media contact: **Instagram: ekaterina\_kurakova**  
**www.kurakova.pl****Ekaterina KURAKOVA****POL**Coach: **Lorenzo Magri, Angelina Turenko**Choreographer: **Benoit Richaud**Former Coach: **Brian Orser**Practice low season: **15 h/week Torun, Egna/ITA**Practice high season: **20 h/week Egna/ITA**

Music Short Program as of season 2021/2022

**Steppe by Rene Aubry**

Music Free Skating / Free Dance as of season 2021/2022

**Terry Theme from Limelight performed by Lisa Batiashvili**

Personal Best Total Score	201.47	17.11.2019	ISU CS Warsaw Cup 2019
Personal Best Score Short Program	66.08	15.11.2019	ISU CS Warsaw Cup 2019
Personal Best Score Free Skating	135.39	17.11.2019	ISU CS Warsaw Cup 2019

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship							32	
European Championship						10		
Four Continents								
World Juniors						7		
National Championship			9.J			1.S	1.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
Mentor Nestle Torun Cup 2016, Torun	2016	1.J	ISU CS Warsaw Cup 2019, Warsaw	2019	1.
Mentor Torun Cup 2017, Torun	2017	1.J	Mentor Torun Cup 2020, Torun	2020	1.
ISU JGP Riga Cup 2019, Riga	2019	5.J	ISU CS Lombardia Trophy 2021, Bergamo	2021	2.
ISU JGP Baltic Cup 2019, Gdansk	2019	7.J	ISU CS Nebelhorn Trophy 2021 - OWG Qualifying, Oberstdorf	2021	2.

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Date of birth: **27.05.2004**Place of birth: **Seoul**Height: **166 cm**Home town: **Seoul**Profession: **high school student**Hobbies: **music**Start sk. / Club: **2010 / Korean Skating Union**

Internet / Social Media contact:

Coach: **Mie Hamada, Tammy Gambill**Choreographer: **Tom Dickson (SP), Shae Lynn Bourne (FS)**Practice low season: h/week **Colorado Springs/USA**Practice high season: h/week **Colorado Springs/USA**

Music Short Program as of season 2021/2022

**Whirling Winds (The Leftovers soundtrack) by Ludovico Einaudi**

Music Free Skating / Free Dance as of season 2021/2022

**Look Down (Les Miserables soundtrack) by Claude Michel Schonberg, Alain Albert Boubill****I Dreramed a Dream (Les Miserables soundtrack) by Claude Michel Schonberg, Alain Albert Boubill****Do You Hear The People Sing (Les Miserables soundtrack) by Claude Michel Schonberg, Alain Albert Boubill**

Personal Best Total Score 223.23 08.02.2020 ISU Four Continents Championships 2020

Personal Best Score Short Program 78.22 25.10.2019 ISU GP Skate Canada International 2019

Personal Best Score Free Skating 149.68 08.02.2020 ISU Four Continents Championships 2020

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship								
European Championship								
Four Continents						2		
World Juniors				9	6			
National Championship			5.S	1.S	1.S	1.S	4.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU CS Lombardia Trophy 2019, Bergamo	2019	3.	Winter Youth Olympic Games 2020, Lausanne	2020	1.J
ISU CS U.S. International Figure Skating Classic 2019, Salt Lake City	2019	2.	ISU GP NHK Trophy 2020, Osaka	2020	7.
ISU GP Skate Canada International 2019, Kelowna, BC	2019	3.	2021 Cranberry Cup International, Norwood Boston, MA	2021	2.
ISU GP SHISEIDO Cup of China 2019, Chongqing	2019	4.	ISU CS Autumn Classic International 2021, Pierrefonds Montreal, QC	2021	2.

**You grew up in Singapore and started skating inspired by 2010 Olympic Champion Yuna Kim. She then moved back to Korea for better training conditions and later relocated to Canada and then the USA for training. She has also trained in Japan. She won the senior National Championships in 2016 at age 11. She has landed the triple Axel in competition.**

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Date of birth: <b>09.04.2000</b>	<b>Kaori SAKAMOTO</b>
Place of birth: <b>Kobe, Hyogo</b>	
Height: <b>159 cm</b>	
Home town: <b>Kobe, Hyogo</b>	
Profession: <b>university student</b>	
Hobbies: <b>swimming, Jigsaw puzzle</b>	<b>JPN</b>
Start sk. / Club: <b>2004 / Sysmex</b>	
Internet / Social Media contact: <b>sysmex_figureskatingteam</b>	

Coach: <b>Sonoko Nakano, Mitsuko Graham, Sei Kawahara</b>
Choreographer: <b>Benoit Richaud</b>
Practice low season: <b>15 h/week Nishinomiya</b>
Practice high season: <b>27 h/week Kobe</b>

Music Short Program as of season 2021/2022

**Now We Are Free (from "Gladiator") by Lisa Gerrard, Hans Zimmer arranged by Cedric Tour**

Music Free Skating / Free Dance as of season 2021/2022

**No More Fight Left In Me by Imany, Armand Amar**

**Tris by Elilie Goulding, Junkie XL**

Personal Best Total Score	228.07	17.04.2021	ISU World Team Trophy 2021
Personal Best Score Short Program	77.78	15.04.2021	ISU World Team Trophy 2021
Personal Best Score Free Skating	150.29	17.04.2021	ISU World Team Trophy 2021

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games				6				
World Championship					5		6	
European Championship								
Four Continents				1	4	5		
World Juniors	6		3					
National Championship	6.S, 2.J	13.S, 5.J	7.S, 1.J	2.S	1.S	6.S	2.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU GP Skate America 2018, Everett, WA	2018	2.	ISU GP Skate America 2019, Las Vegas, NV	2019	4.
ISU GP Helsinki 2018, Helsinki	2018	3.	ISU GP Internationaux de France 2019, Grenoble	2019	4.
ISU Grand Prix Final 2018/2019, Vancouver	2018	4.	ISU GP NHK Trophy 2020, Osaka	2020	1.
ISU CS 27th Nepela Memorial 2019, Bratislava	2019	2.	Asian Open Figure Skating Trophy 2021, Beijing	2021	2.

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Date of birth: **23.06.2004**Place of birth: **Riazan**Height: **158 cm**Home town: **Moscow**Profession: **high school student**Hobbies: **reading books**Start sk. / Club: **2008 / Sambo 70 (Khrustalni)**Internet / Social Media contact: **Instagram: avtrusova**Coach: **Eteri Tutberidze, Sergei Dudakov, Daniil Gleikhengauz, Georgi Pokhiliuk**Choreographer: **Eteri Tutberidze, Daniil Gleikhengauz**Former Coach: **Evgeni Plushenko, Dmitri Mikhailov, Alexander Volkov, Olga Shevtsova**Practice low season: h/week **Moscow, Kislovodsk**Practice high season: h/week **Moscow**

Music Short Program as of season 2021/2022

**Benediction And Dream (from "Frida" soundtrack) by Elliot Goldenthal, performed by Lila Downs****Solo tu (from Frida soundtrack) by Elliot Goldenthal -****Alcoba Azul (from Frida soundtrack) by Elliot Goldenthal -**

Music Free Skating / Free Dance as of season 2021/2022

**Call Me Cruella (from "Cruella" soundtrack) by Florence + The Machine****The True Story of Cruella's Birth (from "Cruella" soundtrack) by Nicholas Britell****I Wanna Be Your Dog (from "Cruella" soundtrack) by John McCre**

Personal Best Total Score 241.02 26.10.2019 ISU GP Skate Canada International 2019

Personal Best Score Short Program 74.95 24.01.2020 ISU European Championships 2020

Personal Best Score Free Skating 166.62 26.10.2019 ISU GP Skate Canada International 2019

	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22
Olympic Games								
World Championship							3	
European Championship						3		
Four Continents								
World Juniors				1	1			
National Championship			4.J	1.J	2.S, 1.J	3.S	3.S	

S=Senior; J=Junior; N=Novice

International Competition	Year	Place	International Competition	Year	Place
ISU JGP Armenian Cup 2018, Yerevan	2018	1.J	ISU GP Rostelecom Cup 2019, Moscow	2019	1.
ISU Junior Grand Prix Final 2018/19, Vancouver	2018	2.J	ISU Grand Prix Final 2019/2020, Torino	2019	3.
ISU CS 27th Nepela Memorial 2019, Bratislava	2019	1.	ISU GP Rostelecom Cup 2020, Moscow	2020	4.
ISU GP Skate Canada International 2019, Kelowna, BC	2019	1.	2021 U.S. International Figure Skating Classic, Norwood	2021	1.

**Trusova is the first woman to have landed a quadruple Lutz in (ISU JGP 2018) and a quadruple flip (ISU GP Final 2019) in competition. She is as well the first woman to land a quadruple toeloop as well as two quadruple jumps (toeloop and Salchow) in one program in competition (at the ISU World Junior Championships 2018). She has also performed three quadruple jumps (quad Lutz, quad toe, quad toe-triple toe) at the Russian test skates in September 2019 and four quadruple jumps (Lutz, Salchow, two toeloops) at the Japan Open in October 2019. Trusova switched coaches in spring 2020 and trained for one season under Evgeni Plushenko before returning to her previous coaching team under Eteri Tutberidze.**

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