



PRESS CONFERENCE

Ladies, after Short Program

Carolina Kostner (ITA) , 1st after the Short Program

I am very happy with my performance, the goal was to be technically clean and I was able to do that. The special moment for me was in the middle of the program. I have this passage where I could actually hear the silence, and it was very special because if I think back 15 years ago when started skating internationally nobody in Italy followed skating, and now there is a venue full of people sharing this passion with me. I am so happy to see I can maybe inspire people, maybe be a guide; that is very special. I'm very, very happy. (On regrouping after the Olympics) I just did the usual, I took couple of days off and then I went back to training. I did nothing different to other times. (On the challenge of skating her third major championships in her own country) The joy and the honor I felt was much bigger than the fear. (On going "back and forth" between coaches Alexei Mishin in Russia and Michael Huth in Germany) First of all back and forth is the wrong description, we work as team and we work as an extraordinary international team. That is a unique way and I am very thankful and very honored to be able to work with such an amazing professional team of coaches.

Alina Zagitova (RUS), 2nd after the Short Program

Today I felt a bit tight in my body, maybe some nerves, although I don't know why. But I'm glad I managed to skate a clean program, although there were some little mistakes which was not good. (On regrouping after the Olympics) There are a lot of factors, first of course it is very interesting for me to be at international competitions as it is only my second season competing internationally and at each competition I am learning something new, so I'm very happy to be here. After the Olympic Games it was obviously very difficult to come back to training, I spent a lot of emotion there so to recover from all that in a short time was not easy. (On nerves) I was nervous because this was my first Worlds, and to be honest I was more nervous here than at the Olympics.

Satoko Miyhara (JPN), 3rd after the Short Program

On the first Lutz-toe I got stuck, so it was not my best jump. I thought I could not get high points like today, but I'm really happy today with the performance. (On regrouping after the Olympic Games) I took a couple of days to rest my body and then I started to practice as usual. Physically my body is ready and mentally I'm very excited to come here. (On recovering from injury this season) Especially this year physically my body was not so strong at first so I tried to have some days off, more than before, and then rest my body and concentrate on recovering my body so after Nationals I could start to work harder and practice as usual.

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