



PRESS CONFERENCE

Ladies, after Free Skating

Kaetlyn Osmond (JPN), 2018 World Champion

Today was so exciting for me, after being fourth in the short program I really wanted to fight in the long program and put out as good a skate as I could. I was nervous and after a long season it was definitely the most tiring program I've ever done but I'm glad I was able to stay focused and fight to the very end. (On what she would have said if someone had predicted this podium yesterday) I wouldn't have believed them! Still sitting here feels very unbelievable to me. I was fighting to skate clean and fighting to hit the podium. Being World champion was definitely something I never expected. Carolina (Kostner) and (Alina) Zagitova are both very strong and consistent competitors, and although unfortunately it didn't work out for them today they are always incredible to watch and I'm just happy I was able to do what I was today. (On being the first women's world champion from Canada since 1973) Canada has such a strong history of competition in all disciplines, just as the gold medal was always a fight for the ladies hopefully now there's a running for it hopefully we'll be able to hit the podium a lot more. (On recovering from the Olympics) After coming home from the Olympics I was on such an emotional high while I was there that it was definitely a crash and definitely emotional to get back onto the ice to train. It was definitely hard but I wanted to compete again and Worlds are always exciting for me. It's only my fourth and I wanted to skate great. I had something to prove to myself as I've been training and competing well all year so I wanted to focus and skate two good programs, as good as at Olympics if not better. Unfortunately, the short program was not the short program I was hoping for but that kept me focused and trained to skate the free program like I did today, that was the training I've done all year. (On the tragic elements of her Black Swan free program) This Black Swan program is one I've always wanted to skate to. (Tragedy) and drama in what I skate on the ice makes me feel in a character and takes me out of my head. It takes away the nerves. I like telling the story of the swan as it brings out strong characteristics on the ice. Each time I hit the end position I'm excited however it went, and today it went really well. (On skating on the same warm up as Carolina Kostner) Hearing the crowd is always exciting, they were super enthusiastic which gives me a lot of energy, and it was great to see the support for Carolina, especially in her home country. It's always exciting, even if you are not from that country it is exciting to see, and I used that energy myself to stay focused and do what I can do. (On plans after Worlds) I am heading to Japan to do Stars on Ice there then I have a couple of exciting things in Canada before Stars on Ice in Canada. I have a lot of touring and a lot of shows which I'm very excited for. Then I can relax a bit and finally soak in this entire year and get ready for next year again. (On what she has learned from this season) That's a hard question to answer right now. This year has been a giant learning experience for me. At each competition I have learnt something about me, about my skating style and the way I compete best. Being able to peak at the right time, at Olympics and then here, I realized I learned how to train at home to be able to do that and just the knowledge I can do all this, that not just in practice I can skate clean but I can finally do that at competitions, that's the real learning experience for me. (On Alexandra Trusova (RUS) landing quads at Junior Worlds) It is definitely incredible to see ladies doing quad jumps, especially at such a young age. I can't even imagine thinking about trying a quad when I was that young. I want to keep my jumps consistent right now and get even more program components and more consistently in the future. I'm not ready to try a triple Axel or a quad, maybe in the future I'll get a bit more motivation for it, but not right now.

Wakaba Higuchi (JPN), 2018 World silver medalist

After the mistakes in the short program I was determined to give everything that I did in practice in the free, and I think I did that today so I was very pleased. It gave me a lot of confidence that I was able to show everything I had at the end of the season. I was able to gain the confidence at the Challenge Cup which I lost at Japanese Nationals and here I was able to show a good free program so I was really pleased. I wish I had been able to show a better short program but it was a very good experience for me. (On regaining the

Official ISU Sponsors

third spot for Japan) I felt like we lost one spot last year due to my mistakes so I felt responsible for getting it back this year. Unfortunately, it was too late for the Olympics but I was able to win a spot for Worlds which will be hosted in Japan next year. (On plans after Worlds) I have an ice show to attend right after I get back to Japan, then I will have a little break and then start creating programs for the new season. (On what she has learned this season) Especially starting at the beginning of this year I started to practice being aware of not making mistakes in practice, and I think I was able to show the result of that here and at the Challenge Cup. Also towards the end of the season this year and last year I was feeling very grateful to my programs and skated with those feelings and felt it was not just technique that was important but important to have those feelings too. (On controlling her power to improve her program component scores) There were times I had problems with control in my programs and I made mistakes and this season I was more stable, the jumps were more consistent. I was trying to control them and not jump too high and skate clean and consistently. That was my approach and I think this season I have been able to do that pretty well. As for higher component marks, the key was to skate consistently. I tried to appeal to the judges more this season. I hadn't been able to get 8s and 9s for components but right now I think I'm getting 8s consistently and I think appealing to the judges is really important. I wanted to try different things that other skaters haven't tried, for example in the choreo steps I try to be unique and original, and I think I was rewarded for that. (On Alexandra Trusova's quads and Higuchi's own triple Axel) I was not expecting that junior girl to succeed in quads at competition, that was a big surprise and she made it look so easy it was very shocking. My triple Axel consistency is not there yet, I would like to practice it before next season and I would like to try a quad but first I want success with the triple Axel, that comes first.

Satoko Miyhara (JPN), 2018 World bronze medalist

After finishing my free program I didn't expect to get this bronze medal so it is very unexpected, but I also think I was stiff and the jumps were small so again I think I have to do more, I have many things to do. (On skating on the same warm up as Carolina Kostner) I was very excited to hear the cheering but I was a little bit nervous and I had fun to skate for the fantastic crowds. (On what she wants to work on) I want to be a skater that moves people's hearts. Of course it is necessary to skate perfect programs so I need to work hard. Other things I think I have to work on is more like dances, ballet, everything. (On plans after Worlds) I have Stars on Ice, I would like to have fun at the ice shows, then rest my body and recover for the next season. (On recovering from the Olympic Games) The whole season was a big effort for me, especially this year I had an injury at the start of the season but I was able to go to Olympics and able to skate here in good shape so everything was a very good experience for me. (On overcoming her shyness) Every day off ice and on ice I've been trying to express more of my personal feelings and emotions and I'm hoping this will help me to be more expressive on the ice as well. (On next season) Next season I have no idea what I'll be skating to but I want to practice dance on the floor more and different types of dance so it can be used for any type of program. (On Trusova's quads) Her jumps are very amazing and surprising and I thought I would like to train with her! I don't have a triple Axel yet so first I want the challenge of the triple Axel, but I have many things to do so I want to work on everything.