

## QUICK QUOTES

Men, Short Program (warm up groups 2, 4 & 5)

### **Romain Ponsart (FRA) 2018 National bronze medalist**

(on competing in his first European Championship) I think I still need to get used again to competing at this level. I need to be able to deal better with the stress. I have been skating in practice without mistakes for two weeks and I did the quad (toeloop) in practice and the Lutz, that is an easy jump for me. (on his selection over National silver medalist Kevin Aymoz) Our Federation wants us to do quads. I think in order to go to Europeans you need to have at least one quad. The three weeks following Nationals we were asked to send videos of our training to the Federation and they made the selection. (on changing his Short Program music to "L'hymne à l'amour") I had this as an exhibition program and I felt really comfortable with it. So I decided to use it for my short program. Today was the first time that I performed this program in competition.

### **Peter Liebers (GER) 2018 National silver medalist – withdrawn due to injury**

I had an inflammation of the patellar tendon (in the right knee) a year ago and it came back in October. We treated it and I had no problems until two weeks ago. I had two cortisone injections, but yesterday before practice I was in pain again. I got a pain killer shot and today again before practice I had another one. But during practice I was still in pain and we said, if all that doesn't help it makes no sense. I wanted to finish my career on a high note with two nice programs, but it was not possible. There is one point when you have to say that's it. It was not an easy decision but I think it was the right one.

### **Yaroslav Paniot (UKR) 2018 National Champion**

I changed my program content just two weeks ago, included two quads for the first time in the short program. I think it is an experience for me and you have to start somewhere. (on heading into the Olympic Games) Obviously it is a preparation for the Games. Competitions are the best practice for me. (on possibly not qualifying for the Free Skating). I tried my best. I am not too upset.

### **Alexander Majorov (SWE) 2018 National Champion**

I am upset that I doubled the triple flip (in the combination) but the rest was okay. (on being a bone marrow donor for his father in 2015) It took six months to completely recover. It could have been done in three months if I had rested completely without any work out.

### **Paul Fentz (GER) 2018 National Champion**

(on doing a triple toe-triple toe instead of quad-triple) The quad toe was not going well in practice yesterday and today and in the warm up, so my coach Romy Oesterreich told me, go for a triple-triple and enjoy your program. I am in the free skating and there I can try to catch up the points I left on the table today when playing it safe. (on the withdrawal of teammate Peter Liebers) It was a shock. He has been my competitor for many years and I would have wished for him to have a nice final Europeans. (on being sick) I had a stomach flu on Christmas and before coming here, but it is okay now.