



PRESS CONFERENCE

Ladies, after Free Skating

Alina Zagitova (RUS) 2018 European Champion

First of all, I want to say to all my supporters and my coach: thank you for your patience and support. On a scale of five, I would give myself a four. There were still some imperfections in the program. I have discussed them with my coaches and I will try to correct them. (on the 10am starts for the figure skating event at the Olympic Games) For me it doesn't mean a lot. I will get used to the timings and train like normal. (on becoming European Champion) First of all I was so happy that I could complete two clean programs at this competition. I am very happy that I won the European Championships, but now I need to look ahead.

Evgenia Medvedeva (RUS) 2018 European silver medalist

(on the change in planned program content from a triple flip-triple toeloop to a triple flip in her first jumping pass) It was a mistake, a technical error. (on how she evaluates second place) Silver is silver. You can't change the value of a medal, but after a 2-month break it is really not a bad result. (on competing under the white Olympic flag in Korea) First, I want to say that I have not changed my opinion. I am pleased that the International Olympic Committee has found a compromise. Yes, it will be a white flag, but we will be Olympic Athletes from Russia. So we are still from Russia. It will be clear for every person watching on the TV screen and in the arena what country we are from. (on the 10am starts for the figure skating event at the Olympic Games) If past practice is any indication, we know that the human body and human mind can adapt to anything. We will have time to adapt to the timings. I haven't discussed the schedule with my coach yet, but I don't think it will be a problem. (on her preparation for this competition) The first thing I said to myself when I woke up today was that I needed to do everything that I can do at the moment. I wanted to live every second. The training went well. I was nervous in a few moments during the program as a result of having two months off, but I performed with all my soul. I wanted to show a modern Anna Karenina, I really hope I did and that the audience liked it. With respect to me closing my eyes in the kiss and cry, I wanted to record the moment. The crowd stood and shouted and thanked me, and I want to thank them too. (on her conversation with Tatiana Tarasova following her skate) Tatiana Anatolievna (Tarasova) congratulated me and wished me luck in the future. The conversation was a bit longer but I'll spare the details. She gave me a bouquet of flowers. It is so important and means a lot to me that someone of her stature talks with me. There's not a lot of time left before the Olympics, but I am grateful there is still that time and I will carry on training in the same vein. Like I said before, I will try to live in the moment.

Carolina Kostner (ITA) 2018 European bronze medalist

(on the 10am starts for the figure skating event at the Olympic Games) We will adjust to it. (on her new costume for the free program) The idea, especially of the top, is related to the original poster of Nijinsky's Russian season. Most importantly he was so innovative for his time, and maybe I am also trying to be innovative within the rules. I have not had a chance to see the videos (of today's performance) yet. It is the first time I have worn it in competition with the lights of the big arena, so we will look at the videos and see if we like it. (on her jumping content) When I did my first European Championships I remember I skated two pretty clean programs with two triple-triple combinations in my free. I didn't end up on the podium because they told me that only jumps are not enough, and that the artistic part is very important. That put the spark in me that I wanted to improve not just my technique but also artistically. Going through the different ages and stages of the body and becoming a woman, training has not always been easy. You have to fight through and find new ways and new motivation. It needs patience, determination and love for what you do. I have that. I have all of that. I know I can do it. It's not so easy to bring it back, to find your confidence and to find your inner peace with what you're doing. If I think back to two years ago, I really started from scratch. I started from single and double jumps, and now it is really starting to come along – maybe not today! – but practices are going great I am improving every day and it's fantastic for me to go through that whole process.