

PRESS CONFERENCE

Ladies, after Short Program

Anna Shcherbakova (FSR), 1st after the Short Program

First of all I'm happy that the worlds were not cancelled, that we are here and we can compete. I think it's the most important thing. Of course I'm sad there are no people here, no audience because of this I was more nervous than usual but think the most important thing is that we are here and we can compete. I think the best moment being here and competing it's the first international competition this year. I was very sad when the previous competitions were cancelled and I was so happy when I heard the worlds will happen. It's the best thing. Tomorrow is a training day so I'll have time to rest and train and think more about my free skate. We will have time to rest and concentrate on the free program. (on the World Team Trophy) I have never been there, I don't know the rules how the skaters participate, I don't know which Russian skaters will participate, I would be happy but I don't know whether I will be chosen. (on how the pandemic influenced her relationship to figure skating) When we had no opportunities to skate I really missed figure skating, I was training at home every day - we had about 2 months staying at home. During that time I understood I really need to train as hard as I can because I need to be in shape when we are back on the ice. It helped, but without the ice there is no chance to be in a good shape without the ice so when we had a chance to go back I was happy. But of course there were some problems and it was hard to go back in the good shape - harder than previous years.

Rika Kihira (JPN), 2nd after the Short Program

It was my first time competing with no audience, but it actually felt more like a competition than I had initially thought. So I was able to focus in the same way as with other competitions. There wasn't anything particularly different in terms of my feelings of nervousness, but with the Worlds being such a major competition, I did have some concerns regarding whether I would be nervous. Still, I do think I was able to focus well. Before the World Championships (which is a major competition), we only had the Japanese Nationals, so it's been awhile since I participated in an international competition. Therefore, maintaining my motivation was really difficult, and even in regards to training, because there were no avenues to perform and to show my skating, it was hard to feel a sense of accomplishment. If asked whether I was able to enjoy practicing, there were indeed often times when training wasn't enjoyable. Still, I am glad that I was able to work hard and not give up until now. (On how she is resting and recovering) When I am tired or when I rest (when "recovering") it's probably the same as with everyone else. I focus on resting; I make sure to take care of myself; and I also receive care from others. Additionally, I review my jumps through videos, for instance, and I really focus on trying to rest properly. (on her Short Program and plans for the Free Skating) Well, I'm glad that I was able to land all my jumps cleanly today. Even for my steps, there weren't any particular areas where I was shaky. I'm happy that I was able to focus and execute my steps and spins well. My (triple) flip - (triple) toe loop jump was definitely not the best, so I want to work on it in practice. I think it would have been better with more flow coming out of the flip, so I want to work on correcting these aspects for the free program. Following through from the short program, I'm glad that (in some way or another) I'm in a position where I can incorporate a quad for the free program. I want to make the necessary adjustments in the practice (the day after tomorrow), bringing it to the best possible condition entering into the free program, and skate a clean program. (on how the pandemic changed her approach to figure skating) If asked whether I'm the type of person that can just continuously enjoy figure skating, I don't think I'm necessarily someone who is able to enjoy figure skating everyday. -2-

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However, when I am able to skate a clean performance, or when I realize that so many people are happy seeing me succeed, that is the greatest motivation for me. So if you ask me whether I like to skate and perform just by myself, I may not be the type where the competitiveness is fueled from within. I've been supported by so many people until now, and even now, I do think that I like skating. Skating well and succeeding at competitions, I always realize and am able to confirm that I really do like skating.

Elizaveta Tuktamysheva (FSR), 3rd after the Short Program

I agree with Anna 100% I am so happy that the worlds were not cancelled and we are here and can compete. The audience - I was nervous how would it feel to skate without people to skate at Worlds - but once I was on the ice I only had my program in my mind, it wasn't strange for me, I think it was more calm without the audience. I feel maybe not so nervous as if there were thousands of people around me. (On coming back to Worlds after six years and looking great) I don't know, I just.. when I realized I would go to Worlds I had more power and more emotions and my preparation before this championship was so good, I loved the process, I liked practicing and maybe because of the good practices I am in a good shape now. I just enjoy being here. (on whether she plans a quadruple jump or what she intends to do in order to win) I'm already a winner by being here, am so happy being here. I can do a quad toeloop but a clean skate is more important, being strong here. So I will not do the quad toeloop in the free, I just want to show a good performance with two triple Axels which is a good content for me. So no surprises, I think. I hope no surprises. (on whether coming back here after six years is a bigger achievement than winning her World title in 2015) Worlds... well... what is more important? This is a hard question. I don't know. I'm really glad to have won the Worlds six years ago, but it's harder being here now than winning in 2015. So I don't know really. But I'm happy that am a world champion, of course. (on what she likes the most in the competition and how she rests) For me the best thing about the Worlds is being able to see my old friends from different countries who I haven't seen for a long time - more than one year, am so happy to have the international competition. I was so sad when I learned there will be no international competitions and I can see my friends now and am enjoying spending time together at the Worlds. We have here perfect room - playroom with ping pong, basketball, play station and we spend time together having a great time. The rest - I think the best for me is just to lie not only my body rests, I like to take my mind off the figure skating and to it's important to switch my mind off. We have one day off tomorrow, it's important to rest and prepare ourselves before the free skating. (on the World Team Trophy) We don't know who will qualify but I'm happy it's just going to take place. If I have a second chance.. no third chance to go to the World Team Trophy I would be so happy - it's one of my favorite events. It's in Japan and its' great there every time. We don't know what the world situation will be, I love the atmosphere there, its' so much fun everyone is cheering, we are happy we can watch or skate there. (on having the highest technical score) Yes, I saw I have the best technique (score). I am happy about this. The best moment in the short program I think was when I landed the triple flip and my jumps were done and I was like yeah! Finally! And then (I thought) don't do something stupid in the steps or the spins, but I was happy after landing the triple flip and then I was just enjoying every moment. (on how the pandemic has influenced her approach to figure skating) I realized how much I love figure skating and I missed it so much when we had time off the ice and had to stay in the apartment. I had time to understand things and realize things in my life. It was a good and a bad time - I could think more but I didn't skate. You kind of upgrade - when you skate after a long break there is more power, more emotions, you are alive again. Since I didn't do too much sports at home it was hard to start working hard, it took time to understand you are an athlete and you have to work. My body told me I stayed home for 2-3 months and liked it and didn't want to be pushed. But when you are motivated your body is up again and it's back. I tried to be positive all this time.