

QUICK QUOTES

Ice Dance, Rhythm Dance (warm up group 7)

Piper Gilles/Paul Poirier (CAN) 2020 Four Continents silver medalists

Gilles: (On their performance today) I think we were absolutely thrilled. We were a little nervous, not having had competitions this season, but we definitely knew we had the training behind us. This was probably one of the easiest programs we've done -- even since last year. I think we were pleased that we stuck with our training and didn't do any more or no less.

Poirier: (How it felt skating in a big arena that was almost empty) I didn't really notice it was empty! We went on blinders mode and really just lived the performance. We felt very present in our bodies -- sometimes you can feel the energy of the crowd but are not aware of people being around you -- and I think that's when the performance is the most real. It was so nice to be in a competition setting again. We've done lots of simulations at home but really competing with a panel with the top couples in the world -- that's a very different feeling and it felt so good

Charlene Guignard/Marco Fabbri (ITA) 2019 European bronze medalists

Fabbri: (On the skate and the scores today) Of course this was the first (international) competition and probably the last competition of the season. We didn't know what to expect, so we are really proud of what we performed today, because there were no major mistakes. Of course we don't have any big events season because we couldn't compete, just as everyone else. We stepped on the ice and we didn't know exactly how we would approach the competition. (On training this season) Of course we had some restrictions so we couldn't skate as much maybe as usually. Then we also had some very short lockdowns of the ice rinks because the regulations in Italy were not very clear for sportsmen. We had to wait sometimes and understand the new rules by the government so we maybe skipped some days and then practiced again. It's been kind of weird but anyway we were able to skate almost the entire season without big problems. (On making a new free dance) We have been brave. We didn't want to perform again last year's free dance because we weren't totally satisfied with the program. The first half of the season would have been without competitions so we said to each other, ok we have time to build a new program, to work on it and be ready for an eventual World Championship. And that's what we did, and we are very happy to be able to perform tomorrow our new free dance.

Madison Chock/Evan Bates (USA) 2019 & 2020 Four Continents Champions

Chock: it was really fun one for s we enjoyed ourselves from start to finish unfortunately I think we lost a few levels but we are happy with the way we performed

Bates: one of our goals was not to hold back and think we gave a heartfull effort it so that was a big goal for us and we met that one. (on skating without an audience) Skating in the last group ment all the other competitors ran to the stand to cheer for us. That was fun, I think there were a few 100 people socially distancing in the arena. I think it's a new norm and something that we are adjusting to and when we are skating we are just so focused that I don't think it played too much of a factor.. There was good energy and cheering from our friends in the stands. (on the goals) Well, we definitely want to win the gold . We think the work we put in and the training that we've done has prepared for this event we are as strong as we have ever been, we are fairly confident and we have great programs and we just love to skate and it really comes across the way we are performing and I think it certainly did and we'll try to do the same tomorrow, but the goal is to win the gold.

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Victoria Sinitsina/Nikita Katsalapov (FSR) 2020 European Champions

Katsalapov: We are quite satisfied with our performance, we were well prepared. In general, we showed what we can do, everything was clean enough, with soul, easy enough. Our coaches, our team is also happy, so we have a very good feeling. We are thrilled with the work we did today and before the competition, so we feel great. We skated with our soul and we enjoyed it. The only thing we lacked was the audience. (on their preparation for tomorrow and goals) We need to have a good rest today, sleep well, have a good training, check again if everything is in place, the whole program, and go out and skate with pleasure. (What do they need to remain in first place) Just keep calm and show what we worked on.

Sinitsina: (What do they need to remain in first place) Just keep calm and show what we worked on.

Madison Hubbell/Zachary Donohue (USA) 2019 World bronze medalists

Hubbell: We are very proud of ourselves. We were pretty present today and we just really focused on each other coming back to the performance so we are happy to give that strong performance at the worlds championship. (How does it feel competing in a bubble without audience) US Figure Skating did an amazing job preparing their athletes for that, the other federations hosted events but to be in the arena and the space with no audience we really practiced that at Skate America and US Nationals so we're getting used to it it's going be that way now for next year really adding the audience and learning again how to manage the energy that the fans give us. (on their Free Dance) The Free dance is really special for us and I feel it's been really transformative to re-visit that music in a different way and with the guidance and mentorship of Scott so we have a lot of bits of advice, Scott is someone who we admire to see our skating through Scott's ice is a confidence boost so we are just looking forward to skating it. It's probably my favorite program ever.

Donohue: (on their training after Nationals compared to previous years) This year is a lot more autonomous in terms of the training, it works for us. We had a little bit more of time off after the championship and we could go home, decompress, the quarantine, so we had a little less time to have a full push, so we kind of condensed everything. (on their goals) The goal is always to be the best that we can be, which we believe in ourselves and be the best in the world for now the focus is on each other otherwise have something very special and hwat makes us special is the connection to each other so focusing on things outside our control is just a waste of our energy we can control how we skate and that's about it.