

## QUICK QUOTES

Ladies, Free Skating (warm up group 3)

### **Alexandra Trusova (FSR) 2020 European bronze medalist**

Obviously, I am not satisfied with my performance today, I wanted to do it clean. In the future I will do my best to show clean skating. (on her preparation after the unsuccessful short program) When you have unsuccessful performance or attempt you need to forget about that right away and just move on. Everybody helped me after the short program. I got a lot of calls from my parents, they showed me my dogs and my cat on the phone, Dmitri Sergeevich (Mikhailov) also called me right before the warm-up, Evgeni Viktorovitch (Plushenko) helped me on site. They all helped me to concentrate. (on possible change of a coach) I don't plan to change anything. I don't know any rumors; I have no plans for changes. (on if it is more reasonable to make less quads to get cleaner performance) I was coming here with this list (of quads) and I was not going to land even one quad less. Under no circumstances!

### **Olga Mikutina (AUT) 2021 National Champion**

(on her debut at Worlds) In any case, I was very excited. I know that for every athlete this is a big competition. Actually, it should be like any other competition, but still I felt quite excited and finally somehow I was able to loosen up in my program and show what I do in training. It was my best performance, my best score here and I'm very happy. (on her goals for the Worlds and Olympic spot) Regarding qualification for the Olympics, I didn't think about it at all because it can be quite distracting, so I just tried to focus on myself and run my programs like I do in training.

### **Loena Hendrickx (BEL), 2021 Challenge Cup Champion**

I wanted to achieve what I did tonight - skating clean because in training I did do a lot of clean programs so I wanted to be as good as I am in practice. I think I proved it and I'm happy about my skate tonight. (on plans for the summer and the next season) The most important is to stay healthy and injury free, to enjoy skating and training as I do now. I will have two new programs next season, so a lot of work is ahead of me. I will be trying to achieve more technical points in my programs and I will try to be better and better every time I compete.

### **Madeline Schizas (CAN), 2020 National bronze medalist**

(On her World Championships debut experience) I've learned a lot this week about competing at an (ISU) Championships, which is obviously something I've never done. I think I had really high expectations, especially after the (9th place) short program, knowing that I wanted to be in the top 10 to help Canada keep a 2nd spot for the Olympic Games. I was really prepared for this event and I think that's what enabled me to skate as well as I did. I've learned a lot about how hard it is to keep going through the week and how to manage the pacing of such a long event. (On her training goals in the summer) I'm hoping to add a triple Axel to my repertoire for next season. I want to add to my short program because I think that's where I can add the most points to my base value. (On her college plans) I've been accepted to everywhere I've applied and so I'm just deciding where I'd like to attend and my plan is to start to part-time in the fall of 2021.

### **Haein Lee (KOR), 2020 World Junior Championships 5<sup>th</sup>**

First of all, I'm so thankful to my family, my coaches, and so many others who supported me so that I could participate in this competition. While I made an error in one of my jumps, I'm relieved that I was able to complete the other elements well.

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And although it's unfortunate (regarding the error), I think I will have to work harder so that I can perform better in future competitions. Even though I knew that the results from this competition were linked to obtaining tickets to the Olympics, I tried to skate here without feeling the pressure. Still, it seems that the pressure was inevitable. And even amid this pressure, I'm glad I was able to finish the competition well. Being able to participate in a major competition like the World Championships—competing against so many amazing skaters—was such a meaningful opportunity for me. Seeing such talented—and famous—skaters here has made me want to work on more difficult jumps during the off season in preparation for next season.

**Bradie Tennell (USA), 2020 Four Continents bronze medalist**

The entire competition did not go nearly according to plan am very disappointed with my skates, it's not what I have been training for I have been training clean programs every day short and long so coming here for these performances - very disappointing especially in such an important competition. Unfortunately, I had some issues with my boot. And there was nothing that I could do and I did the best I could and I'm proud. (on the broken boot) The boot just broke, there is no support left. They are only about a month old so I thought it would be fine. These things happen and there is nothing you can do, you step on the ice and you do your best. It's my landing right boot. It's the outside support area along the ankle. I didn't have a second pair. If the boot broke before I came to Stockholm I could fix it. It happened on the 1st or 2nd day here.