

## QUICK QUOTES

Men, Short Program (warm up groups 2, 3 & 4)

### **Donova Carrillo (MEX)**

It was a bit hard to skate during 2020, but now I'm happy to get back in competitions and would like to do my best in this season to qualify for the Olympics. I would like to try to qualify for the free skate and to show my new program and that I'm able to do great and hopefully you can enjoy the program together with me. (on the training situation in Mexico) We couldn't train from March to June because there were no open rinks, then they started to reopen the rinks in Monterrey (in the north of Mexico), so I trained there for one month and then I moved to Mexico City for another two months and then from September on I was able to train again in my hometown Leon. (on any special preparations for the free skate) We have not decided yet whether or not to do a quad, it depends, hopefully I can try it and this will be my first time doing in the world championships. I'm skating for everyone who is not here.

### **Alexei Bychenko (ISR), 2016 European silver medalist**

I am very pleased with my performance, but I am also surprised, that the judges didn't like it. I did everything I had to do today and I don't think it was a bad performance. I'm not saying I should've have gotten 90 points as for my best performances, but objectively speaking it should be approximately 83 points. I don't know why I got that levels on the spins, because I did all and held positions. Considering my relationships with the spins it was important. So I don't know why the points are like this but I will learn it later. But I am satisfied with myself today, because two months prior to the World championships I had to make a break in training because of my hip medical treatment. I started to train again in the beginning of March. (On how his experience helps him these times) First of all my experience helps me to focus, to concentrate. It gives me the general understanding because I was there doing that many times. I know how to prepare, how to train. But experience is 70% of my success and all the rest is my work.

### **Paul Fentz (GER), Three-time National Champion**

Yes, one minute after the program you are very emotional, even if you don't know if you are in the finals. There were too many problems and I made too many mistakes. I had a short preparation, because I was injured for a long time, but I don't want to call that a reason. I worked really hard at home and trained a lot. I've been doing it for quite a long time now and I just have to get 76, 78 points so I can at least make the final. I don't want others to skate badly. I just didn't deserve to be in the final today. I had my chance and I didn't use it. (on whether the pandemic affected him) No, I was able to train well and start my daily routine normally. If you can not train for six months, it would be a reason that it will end like that, but that's not the case. Here everything is very good, is much controlled and everyone keeps their distance. I like it here and feel comfortable.

### **Nikolaj Majorov (SWE) 2020 National Champion**

The excitement was just over the top. When I was watching the ladies yesterday, I just couldn't wait to skate. Especially in a home arena, which is empty, but again there are volunteers and other skaters who cheer for you, it was just really heartwarming to see the support that everyone gave me. I wasn't so nervous. I just took it as any other competition and tried to remain as calm and relaxed as possible. (On memories from the 2015 Europeans in this very same arena) I was sitting yesterday on the exact same spot where I was watching the men (then) when I was watching the ladies this time.

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I just remember this packed arena, with people, with Swedish flags everywhere, you know, people screaming, and I never thought that one day I would be not sitting but actually skating here on the ice. You just get motivation, because I have also seen some things on YouTube of the championships from that year when my brother skated. It's a motivation to get this opportunity to do World Championships here as well, it's just fantastic. (On what would make him more satisfied about his skate tomorrow)  
Today I stood on my feet but I could have had a lot more stable landing on the Axel, which would have made me more satisfied.

### **Evgeni Semenenko (FSR) 2021 National Junior Champion**

(on skating on the empty 20 000 people arena) It was not difficult, there were still people there (staff, team members), to be honest it (empty arena) was not disturbing. My goal was to skate my short program well and I managed to do this, more or less. It (the scores) is a bit unusual after Russia but I knew that perfectly. Now I don't want to think about scores, I need to get prepared for the next skate. (on thoughts after realizing that he is going to the worlds and till now) I tried not to think about anything but skating.

### **Han Yan (CHN) 2020 Cup of China silver medalist**

I made a little mistake today. But for me it's normal, because I haven't competed at the World Championships for many years, maybe 3 or 4 years (since 2016). Thus the biggest challenge for me is to keep a good condition as well as my mindset. (on coming back to the World Championships after many years) I just want to show everyone that I'm still here. I'm still skating. I'm not giving up. This is my goal for this championship. Otherwise, I didn't feel much difference. As an experienced skater, my mindset is more mature, but I need to improve my physical condition. (on including a quad toe loop in the Free Skating) Yes we're considering that. I started to prepare for the Championship two months ago. Compared to all the competitions all these years, I prepared the most this time. I keep practicing my quads but it depends on the situation to decide whether I do it or not in the free. If I do not do quads, it may affect my ranking. But it doesn't matter to me because what I'm trying to express with my performance is different.

### **Mikhail Kolyada (FSR) 2018 World bronze medalist**

I wasn't thinking that this is the World Championship. I was focused on doing my job. Not everything came up well, it could be better, but it could be worse too. (on the error on the combination, a three turn after the quad toe) I know why the mistake happened, but I won't tell you why. I decided to do the combination with the toe anyway, I can't say why, it just came automatically. It wasn't clean, but... My mistake today motivates me to do better in the free skating. My job is to do the quad Salchow, two quad toes and two triple Axels. (On the pressure to get three spots for the Olympic Games) I didn't think about that. I wasn't thinking of anything. (On not attending practices on Tuesday) Alexei Nikolaevich (Mishin, coach) told us „Day off!“. I will not argue with my coach. I rested that day, I played table tennis, walked on the terrace. (on his plans for next two days) I have to work on myself, it is important to concentrate and show everything I can.

### **Yuma Kagiyama (JPN) 2020 Youth Olympic Games Champion**

During practice I had a hard time adjusting my jumps, but during the competition I tried not to think about it. I just put everything I had in this program. I expected to be very nervous, but I was more excited to finally compete. Of course I felt a little bit nervous, but I think I improved on being mentally strong during a competition. I got 100 points and I'm very proud of that. (first time being with his coach and father at a major international) It was my first time participating in the World Championships and traveling overseas with my father, so I was very happy we could go together. I was very proud of my performance and my father was happy about that. (on changing his costume since Nationals) The image is Asian ethnic costume. I worked with my designer on what color and design would fit the competition.

### **Michal Brezina (CZE) 2013 European bronze medalist**

(on the quad Salchow he fell on) It wasn't a big risk, I have been practicing it like this for the entire year that we haven't been competing, and I've done the quad sal in my short for the past four years. It's pretty much a no-brainer going into the competition with the quad sal. I have pretty much landed it in almost every competition in the past three years. The break we have had from competing kind of left a little bit of uncertainty especially in that jump for me because I didn't have that feedback from competitions on what I need to work on, what I need to do in order to land that jump.

I know the feeling I have in practice, but I haven't felt the competition stress and the adrenaline that you have in competition in a quite long time. I went for the quad with all the power I had, and it was fine, I just didn't land. (On the season thus far) In the beginning of the summer when the pandemic broke out was kind of hard because nobody knew what is going to happen. The rink closed by us in Irvine for about two and a half months, so at the beginning we didn't know how long it was going to take until it opens or what is going to happen, or if they were going to open it at all for the whole summer. It was hard planning what to do in the summer for practice, so we have been doing a lot of off-ice and this kind of stuff, trying to take that element of ice away and concentrate more on the basics of getting stronger and faster and add stamina. I think that paid off. I wasn't very tired (in the short) to say the least. Mentally I was drained, but physically I felt OK. It has been a little weird getting ready this year.

**Vincent Zhou (USA) 2019 World bronze medalist**

(On his performance with mistakes on all 3 jumping passes, including 2 falls) I did have a pretty good 6-minute warmup. I felt strong and grounded. When I went out on the ice for my pre-announcement I was really nervous, I had stomach butterflies in my whole body, my boots felt stiff -- those are not excuses-- but my mental script was just going 'shut up do your job, you're fine' I did a great 4Lz+3T (in warm up), everything was going to plan, I was in the zone. When the music started sometimes things just don't happen the way you want them to. You can train and prepare as much as you want, physically and mentally, ... sometimes it's just not your day. Today is probably the worst day for that to happen but life throws curveballs at you sometimes so I'm just going to use today to grow from it and come out stronger next time.