

QUICK QUOTES

Ladies, Short Program (warm up group 7)

Alexandra Trusova (FSR), 2020 European bronze medalist

Yes, the triple Axel didn't work well this morning and we decided that it was better not to do it. (on what went wrong in the combination) I think I couldn't handle my excitement, I've been getting really nervous at competitions lately. (first World Championships and the number of quads in the free program, depending on today's result of the short program) You will see everything in the program, I will not say anything.

Anna Shcherbakova (FSR), 2020 European silver medalist

In general the performance was very nervous. I was nervous, controlled every movement and I am happy that all elements were successful. Most of all I am satisfied with the jump combination, because it was the most difficult and most important element of the program. (on performing without audience) The support from the audience is very important. I know, that there's a big support now, a lot of people write that they support me from their homes. It is also very important for me. But I miss full stands of people supporting you before the start and during the performance. Maybe on this reason I was very nervous, but I understand why the restrictions are needed. (on her ability to focus during performance) I work a lot in trainings and I don't want it to be wasted, I want to get the results on the competitions. We work hours every day to show everything during these few minutes. (on her last pose of the Short program) This program is very serious and I love performing it. I skate about the loss. Not the particular person, but everyone should find something personal in this story. So the last movement is that I recall with the smile the last moments, touches, memories of this person. I try to give meaning to every movement.

Kaori Sakamoto (JPN), 2020 NHK Trophy Champion

If we just look at the skating I wasn't stable before my Lutz and the landing after my triple-triple was a little bit late. The rest I did well. The flip (in the combination) was very good and helped me out. (on her program) There's a distinct contrast between the first and second halves of this short program. The first half is rather soft and smooth, whereas the jazzy second half only has steps and spins, so I wanted to make sure to perform in a way where those watching could feel the excitement.

Satoko Miyahara (JPN), 2018 World bronze & 2015 World silver medalist

(on missing her Lutz) I didn't have the feeling my jump was bad at the beginning, but I kind of landed outwards and that's the reason it didn't go well during my SP. Overall, I was very nervous, but I want to work on that and improve myself. (Nervousness was also a matter during Nationals) I tried to work on my mental strength between the Nationals and the Championship and imagine that training and tournament would be the same, but I'm still not very good at that. For the FP I want to stay calm and skate as I always do.

Bradie Tennell (USA), 2020 Four Continents bronze medalist

(On her jump combination mistake of triple Lutz-double toe instead of the planned triple-triple) I think my timing was just a bit off. It's very strange because my (triple) Lutz combo is one of my most solid jumps so I'm pretty disappointed with that skate. I've been skating a clean short program every single day since Nationals so to come here and put out a program like that is very surprising to me and I'm pretty unhappy with it, actually. I think I really let myself down there.

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(On her motivation for the free skate since she's in 7th place after the short program and just out of the final group) Obviously, I want to come out strong and put out the best program I possibly can, which is no more than what I've been training. I've been training very well and very solid. I just want to go out there and enjoy myself in this very strange circumstance (laughs) that we're in. I'm so grateful that we have the opportunity to compete here in a bubble at the World Championships and I just want to go out there, enjoy myself and put out the best skate possible. (On the current status of her triple Axel) It's on vacation.

Rika Kihira (JPN), 2020 & 2019 Four Continents Champion

I managed all the jumps, but my triple toe wasn't combined too well with the flow of the program. I want to work on that for the free skating and do better. I didn't give 100 percent and will have to work on my mental strength and overthink how I use my time before the tournament. I am thankful to all the people who brought me here and wanted to give back this gratitude in the rink, that's why I did my best for the jump. I still have to work on my program, but I'm happy that I didn't make big mistakes and landed every jump. For my free skating, I'm going to do more difficult things like 4S and 3A, so I want to concentrate on training them, give my best and enjoy the performance. (on the quad Salchow) I don't train the quad Salchow every day and leave it out of my training when I'm exhausted. When I'm in a good condition, I can jump three or four times a day, but it's like a wave. In comparison to the last season I became better and better, so I want to concentrate on the quad Salchow tomorrow and the day after tomorrow and try to put off a good performance, no matter what will happen. (on training under Corona-circumstances) After Nationals I stayed in Japan, went to the USA and returned to Switzerland. We reside in the countryside, so there were not so many people I had to worry about. I was just moving between rink and my house, but if I went out, I put on my mask and was very cautious not to infect myself.