

QUICK QUOTES

Men, Free Skating (warm up group 4)

Shoma Uno (JPN), 2018 Olympic & World silver medalist

Just to reflect on what I did today - it's not particularly about this program - but overall when I came to Sweden, I wasn't able to train well and my jumps were not working well, but given the circumstances I was able to maximize my training here and that's what contributed to a better program. So given all the negative aspects and the condition I was in, I was able to improve my performance. When I was in Switzerland I was jumping better, but the challenge here was all about adjusting to make sure I can perform well. (on next plans) I'm going back to Japan. Towards the Olympics, I'm sure there are a lot of things that are important, but nothing is that important for me at this moment. I don't want to sound sarcastic, but I've not been selected as a Olympic skater yet, so this is where I am today. (on training with Stephane Lambiel) Of course the major difference might be that off ice training increased and another thing is that - before I enjoyed skating as well - but I really learned enjoying every process of skating and this is the major difference. (Looking back on today's performance and the scores, what was specifically the thing that was hard for you to adjust coming into Stockholm.) I guess it's all about myself. It's a personal issue. And whatever the reason is, it's all derived from me. To be honest, though, I don't really know what the problem was. But I wasn't in the best condition. So given this, I think I put on the best performance that I could. So I guess I'll leave it at that.

Keegan Messing (CAN) 2020 GP Skate America bronze medalist

I feel absolutely incredible to be able to go out there and to put that kind of program out I was really trying not to think about the nerves, I had the pressure to bring those two spots for Canada was quite a heavy burden and I said it before coming here that Nam (Nguyen) and I going to do it together going out there and together we did it. He was there with me backstage, on the ice and gave me the strength that I needed to push this program. I couldn't have done it without him. So thankful to have such a good buddy to have there with me. (on next plans) Baby stuff! I'm having a baby in July and I can not wait. I finish my job here as far as the season and I get to focus on the baby. I get to make a crib for it and I'm so overjoyed My wife has been sending the pictures and videos of her belly moving, it've been keeping my hopes high here and as much as I say thanks to Nam I have to say thank you to my wife and my unborn child It's the most wonderful feeling and I can't believe my world will turn upside down it's going be wonderful.

Mikhail Kolyada (FSR) 2018 World bronze medalist

For myself personally, the goal was to do a good job, as strange as it may sound, and there's nothing else to add. There were many errors and we'll get home and analyze everything in detail. Not really, there was no extra excitement (to earn Olympic spots for FSR). (on how much he likes his program and whether he is going to keep it for the Olympic season) I like the program very much, and we'll think about the next season, Alexei Mishin is a very wise mentor and I trust him completely.

Nathan Chen (USA) 2018 & 2019 World Champion

It's amazing; the fact that I'm able to be here at this world championship after that unprecedented year -- I'm very happy to be here. I'm very elated right now. (On his approach today) I just tried to remind myself to enjoy being here. The fact that I don't know how many more world championships I'll be able to compete in... I tried to embrace this moment and remember that. It's such a cool experience for me to be here; I'm really lucky and I tried to remind myself of that.

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I was a lot more calm the way that it went today so I'm pretty happy. (On how will he celebrate) Get home, see my family, nothing crazy right now. I'm really happy at this moment. (On his mentality going into the free skate in 3rd place after having fallen on the quad Lutz in his short program) I just didn't want to lose that (quad) Lutz again. I had struggled on that Lutz a little bit at Nationals as well to start off my free program (he fell out) and I always don't like starting with an error; it's hard to regroup after that. My intent was 'hit the Lutz, move on.' In theory I can come back, but realistically I know these guys are going to lay (it) down (and I wanted) to be able to leave this competition satisfied with how I skated in the free. I was able to do that so I'm pretty thrilled. As an athlete we train and live for these moments, and without competitions and these major events it's pointless to be at the rink every single day training, right? Having reminded myself of all of that I think I put myself in a much more pleasant mental state heading into the free. (On having two new programs for the Olympics) Highly likely. (On Yuzuru Hanyu) Of course he didn't have the (free) skate that I think he wanted to but still, he always raises the bar at competitions. His presence just changes the atmosphere and environment of a competition. He's truly a skating legend and someone who has revolutionized the sport. Hopefully I'll have more opportunities to learn from him.

Yuma Kagiyama (JPN) 2020 Youth Olympic Games Champion

(on competing in the last group in his World debut) Of course just thinking of the Worlds makes me nervous, and also practicing and competing in the final group was really making me nervous, I started to wonder whether I should be here or not, but as soon as I realized I was here representing Japan, I knew I had to get the job done. So I was very focused. (towards the Olympics) Today I had a little bit of mistakes, I wasn't coordinated well with my jumps, so I need to train on my adjustment and should be skating more like a senior skater. (on winning silver) To be honest, I was really surprised how well I did after my performance. So, of course, as for the outcome, I'm very happy. And being here, I wanted to make sure I landed on the podium. That's what I've trained for. And I guess my work has paid off. Of course I couldn't put out everything I wanted out there on the ice here in Stockholm. Having said that, I'm really happy with the results that I received.

Yuzuru Hanyu (JPN) 2014 & 2018 Olympic Champion

It was very exhausting and it was like I was losing my balance one by one, but I tried to make sure that I don't fall, so I did work hard to make sure I kept it together. I realized that there were a lot of jumps one after another that were not clean. (on what he needs to improve) I don't know when the next competition might be, but I just want to go back to practice to train on my quad Axel and continue to work to land it, so that I can use it in a real competition. Overall, I wasn't feeling that bad. And in the practice, it wasn't that bad either. But all of a sudden going into my program, my balance started to crumble. That's the sense that I got. Maybe, yes, practicing the quad Axel might have had some effect, but rather than that, it's more like I was losing balance one by one. And I couldn't bring back the right equilibrium and maybe the axis was a little bit off. Having said all of that, it's not a major issue. But what I worked hard in training, and what I was mindful during the training, all of that, I was able to put on the ice anyway.