***Friday, Jan. 24, 2020*Championship Ladies Free Skate

Alysa Liu (FS 160.12, TS 235.52, gold)***On her performance tonight…*“I think both [titles] feel about the same. This year I was just as happy and very excited. I think last year I was really happy because it was my first time in senior and going to U.S. Championships and I was happy that I even made it. This year I thought a lot about the new decade and [after competing] thought, ‘Wow this is a good start.’”

*On making a mark in U.S. history…*“I haven’t really thought about that. I just want to keep improving myself and my skating and hopefully making history along the way.”

**Mariah Bell (FS 151.99, TS 225.21, silver)***On her performance tonight…*“It’s a very special feeling. I haven’t had that before in my career. The coolest thing about it was how alive the crowd was. They were so loud, and it was so cool. I just love that I get to share what I love to do with an audience like that. I feel very fortunate to have had that experience.”

**Bradie Tennell (FS 141.90, TS 220.86, bronze)***On her performance tonight…*“It’s been a really crazy week. This thing with my arm threw me off more than ever before, so it was more challenging for me to compete here than even at the Final. I only really felt like myself yesterday afternoon, so to even come out there and skate a short like I did and even skate this free skate, even with a couple errors, I’m still pretty proud of that. Of course, nobody wants to fall on their best jump, but things happen, and we learn from our mistakes.”**Karen Chen (FS 123.24, TS 193.65, pewter)***On her performance tonight…*“I’ve definitely trained harder and done better. I lost a little bit of rhythm but compared to the things I put out in the Grand Prix season, this is definitely an improvement.”