

# Australian Open

Friday, 12 January 2024

Melbourne, Victoria, Australia

## Emma Raducanu

Press Conference



THE MODERATOR: Emma, welcome back to Melbourne. Talk us through your preparation and how you're feeling.

EMMA RADUCANU: It's been good. I think I had a great first week in Auckland back, introduction to competition. That was pretty positive.

The first match was obviously difficult just to get through, playing a friend. She fought really hard. When I was up, she would fight back. Then against Elina, I thought I played a really high level for two sets. I was pretty proud of that performance.

Yeah, I can take a lot of positives into that coming into Melbourne.

THE MODERATOR: Questions, please.

**Q. How close do you feel you are to 100%?**

EMMA RADUCANU: Yeah, physically I feel good. I did a lot of good work in the off-season. But I think that regardless of how good I may feel on the court on a particular day or in practice, I think to get that level of consistency is going to require more time.

So, yeah, I've been doing the right work, doing it consistently. I just need to keep going like more and more. But, yeah, I feel good on court and in the gym.

**Q. (No microphone.)**

EMMA RADUCANU: In the off-season, when I was in the UK training, I started in October retraining because I had a bit of a setback and started with rehab, then fitness in the month of November, then kind of started hitting again late November, December.

Being in the NTC, of course I was working alongside the LTA, who helped me big-time. They did a lot for me in the gym and also physio, tennis. Then Nick was also around. I asked him, because he coached me when I was between 10 and 12. He was there. Yeah, it's just been working like that.

**Q. A lot of players, when they have time away from the sport, when they come back they say maybe they**

**feel a bit refreshed or have a different perspective. I've seen you express something similar. Why is that?**

EMMA RADUCANU: Yeah, I think because when you realize in my case, for example, I had two wrists and ankle all in very close succession so I could have the minimal time off possible. Each one is two weeks of no sweating at all. For a period of time, I had a scooter to move around. I couldn't, like, text, anything.

It just puts things into perspective. The feeling of not being able to move your body, like to walk to the kitchen to get a snack, for example, I couldn't do it. And you miss it. You don't really realize until you go through it yourself, no matter how many different athletes say, Be grateful, appreciate being healthy. Like, of course it's nice to hear, nice to say, but I feel until you actually experience it yourself, it's different.

**Q. (No microphone.)**

EMMA RADUCANU: My mom helped me a lot.

**Q. What would success look like to you both this coming fortnight and for the season? What would represent you feeling like it had been successful?**

EMMA RADUCANU: Yeah, I think success to me in the long-term is, for the rest of the year, to play a full season, to be healthy throughout, to be able to train consistent weeks. I know my level is there, I just need to keep working on it to make it more consistent. I think that will come with time in the gym, time on court, being able to play the calendar, not thinking about, Will I have to pull out from this one, does that hurt. Just being able to go consistently throughout the year.

Yeah, I think my level, to be honest, is just too good not to come through if I put consistent work together.

**Q. On Nick, how much have you talked about going forward from here? Do you see this as something that could be long-term?**

EMMA RADUCANU: Yeah, of course. I mean, we're just taking it how it goes. It's been working really well so far. I of course hope to continue with him because I feel very comfortable with him. I know his sister really well



because, like, everyone is from Bromley. It's pretty good (smiling).

**Q. You had that eight months off. Did you reflect on how you handled the period since winning the US Open? Is there anything you might do differently in your setup moving forward?**

EMMA RADUCANU: Yeah, I feel a lot lighter now than I did for a long time after US Open. I feel like I'm not playing with a backpack of rocks. I feel pretty light and happy.

Reflecting on the past, I think people are very important, like the people who I surround myself is maybe sometimes even more so... I think surrounding yourself with competent and knowledgeable people is of course really important, but also the type of person and their character is big-time, just making sure we really get on and intentions are really good.

**Q. On all the gym work and everything, you're a player that really enjoys the gym work.**

EMMA RADUCANU: Yeah, I love the feeling of anything, like when I feel I can't do anymore, I succeed that ceiling and push myself a bit further, whether that's gym, book, tennis, anything. I don't think it really matters in what area it's in. To be honest, if I didn't play tennis, I don't think I would go to the gym. No shame in that (laughter).

I just love pushing my own boundaries. The feeling of sweating, really exerting yourself.

**Q. We know about physical challenges that a player faces. What about the mental challenges? What work have you been doing in that area to prepare yourself for a Grand Slam tournament?**

EMMA RADUCANU: I think the feeling of gratefulness helps. I think I have that now more. I think, to be honest, any mental work, I have kind of realized the only person that can help you is yourself, regardless of who you talk to. I feel like no one can really kind of tell me anything because no one's been in my position or situation. It's very hard for someone to give their input and advice without actually feeling it themselves.

I'd say just myself toughening up, getting stronger.

**Q. Playing Shelby Rogers, what are your memories of the match you had against her in New York?**

EMMA RADUCANU: Yeah, a good opponent. An experienced opponent. Obviously beat Ash in the round before me at US Open. Yeah, she's been on the tour for a long time. She has weapons.

I think it's going to probably be a different match. I think

last time it was playing on Ashe in front of the American crowd. I remember, I was a break down, 2-Love down, had break points down, and I came back.

I'm expecting a different Shelby, I guess. Like, she's going to put up a fight and use her experience.

**Q. To be clear, is it just Nick who is with you? I think I saw your mum and Jane with you in Auckland. Is your mum here with you and Nick?**

EMMA RADUCANU: Yeah, my mum and Nick is here.

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