

National Bank Open

Monday, August 12, 2024

Toronto, Ontario, Canada

Amanda Anisimova

Press Conference



J. PEGULA/A. Anisimova

6-3, 2-6, 6-1

THE MODERATOR: Hard luck tonight, Amanda, but an incredible week, just talk us through your emotions after the match today.

AMANDA ANISIMOVA: Thank you. Yeah, there have been a lot of emotions today from the morning, like before the match, and all day. I mean, it's an important and big day for me, but I just wanted to be proud of myself with everything that I could do today.

I think I did my best, and, I mean, at least I can go to sleep knowing that I did that, and that I'm proud of myself. Yeah, I just did everything I could, and I didn't get the win today, but at the end of the day that's all that matters to me.

THE MODERATOR: First question?

Q. On court when you were giving your speech post-match you did something that we don't see a lot from tennis players, and you took a moment to sort of acknowledge what you've done this week and say that you were proud of yourself. Why do you think we don't hear that more often from players, and can you elaborate a little bit on those feelings?

AMANDA ANISIMOVA: Yeah, I don't know. Actually, I thought about that, like, I don't think anyone ever says that about themselves, and I think that's important. Obviously, the support of everyone around you is so important, but I think the most important thing is the support that you give to yourself as well.

It's not easy, I mean, for every single person, it's not easy being your own best friend, you know, so I think we all struggle with that a little bit. It's something that I've worked a lot on is trying to be less critical of myself and to try and just provide myself with as much support as I can, because at the end of the day that's only going to help me.

Yeah, I think that that's something that has really pushed

me into the right direction, and has helped me even just this week alone. Yeah, I just wanted to say that, and maybe spread the message to other people that you can be proud of yourself, and to just push through challenges or whatever it is, and at the end of the day it's only you at the end of the day and you only have your self, so I think that's really important.

Hopefully, you know, a lot of players can kind of think about that, because it's not easy playing an individual sport, dealing with losses is not easy, so hopefully that can send the right message.

Q. Considering where you were a year ago and where you are today, can you say what did you show yourself, what did you show the tennis world this week?

AMANDA ANISIMOVA: Yeah, I took the break last year, I stepped away from the sport, and probably not a lot of people knew how I would come back or results I would be having. I didn't either, I mean, nobody could predict that.

I put the work in, I kept my head down, and I tried to come back to the sport with more of a relaxed feeling, you know, trying to enjoy each day as it comes and not being so serious about everything, because I think that takes away the joy from a lot of things. I think with that kind of approach to my everyday life, I think that's helped me a lot.

Yeah, life is short, so I just want to enjoy each day no matter how difficult this career and job can be, because at the end of the day it's not going to be very long. If I play for six more years it's, you know, it's not that long, so I want to try and just enjoy it as much as I can.

Yeah, I think that also feeds into a lot of success, because if you're not happy, I don't think that you're ever going to really do a good job, or at least it's not going to be sustainable.

Q. Today's match, how did you see it play out, she came out strong, you really pushed back in the second, and then obviously the third went the way it did, how did you see today play out from your perspective?



AMANDA ANISIMOVA: I really thought I had it there after the second set, but she really stepped it up, and she was playing some amazing tennis, it was a very, very difficult match out there today.

I was trying my best, I tried different game plans, but it didn't work in my favor today, so just going to try and learn from it. I think it was a great experience and a great opportunity I had today to be in a final, so, yeah, I think that at the end of the day I can just take away that, you know, I played an amazing player, a top-3 player, I'm pretty sure, or top 5, and, yeah, I'm just going to go from there and build on this.

Q. I know you played in the French Open semis, pretty big match, big stage, Roland Garros, but because of this match, it's probably your first WTA 1000 finals, was there maybe some nerves in the beginning?

AMANDA ANISIMOVA: Yeah, for sure, I mean, I think that day that I had during the semifinals was a very different day, since it was so long ago. I think I stepped into the match without even thinking. I think back then when I was like 17 years old I would just attend the match without even a game plan. I probably didn't even listen to my coach, I was just like, I'm just going to go out there and, yeah, we'll see what happens.

Today I was really thinking, and trying to just visualize what I'm going to do out there, and I was preparing myself as much as I could. I told myself a couple things that, no matter if I get the win or the loss, I want to stick to these things so that I can be okay with myself after the match and know that I did everything I could, and to never really, you know, not break down mentally during the match, and I think I did a pretty good job of that, despite the challenges.

Q. What was the atmosphere like for you to play in today, and what did the support mean to you, especially during your speech, it felt like the fans really respected it, and it resonated with them, your message.

AMANDA ANISIMOVA: Yeah, from the beginning, from the first round I have really enjoyed playing out here, the fans have been incredible. Canadian people are super welcoming and super just pleasant to be around. I think that's, like, from a personal standpoint, and then on the court they actually bring out a very lively atmosphere, which I always appreciate, it's kind of like a US Open feel, it's very energetic out there, so I absolutely love playing in front of crowds like that in that sort of atmosphere. I've enjoyed every single day that I've stepped out onto the court.

Yeah, with my speech, yeah, I really appreciated everyone's support, and just the energy that I was receiving, and especially afterwards it was really nice to hear the words from people.

Q. Your path to the final today included a lot of great wins, what aspects of your game are you most proud of?

AMANDA ANISIMOVA: I'm not really sure what I did really that well today. When I look back at the match there wasn't really anything that stood out to me that I was, like, I did this really well. I think I've had a very good week of tennis, and that was kind of in my head today, like, will I be able to reproduce the tennis that I've been putting out there, so that was kind of in the back of my head.

I think the nerves kind of got to me a little bit today. Yeah, I think all the long points that we played, I lost the majority of them, which was not easy, but she's the type of player who is there, digs deep in those really long rallies, so it just wasn't easy.

I tried to be aggressive, I tried to be defensive. I think the most important thing is that I tried many different things, and I think just trying to play smart tennis and change it up a bit was the only thing I could really do.

Q. You were obviously emotional afterwards in the match in your chair, but does it feel good that you're in a match like this with high stakes, high magnitude, that you're playing a high, you know, WTA 1000 final?

AMANDA ANISIMOVA: Yeah, for sure, I mean, it is very special, but a lot of emotions go into it. There has been a huge build-up of emotions as well in this week, it's really difficult to even put into words the sort of feeling that you feel, because I think that you're in a high-stress state every single day for the whole week, so I think a lot of that started to come out today.

You know, it's a final, so it's very important, and you want to do your best and put on a good display and a performance. I think, when it wasn't going in my direction, a lot of the emotion started to overwhelm me, but also I know that I'm human, and it's normal, and I try to just appreciate whatever comes my way when it comes to that, and just try and process it, feel my emotions and move on.

It doesn't matter what stage of a tournament you're at, it's always not easy to lose, but I still tried to look at the positives and just be in the moment, so I'm happy I was able to do that.

FastScripts by ASAP Sports...

 . . . when all is said, we're done.®

