NCAA Gymnastics Regionals
UCLA Press Conference — 4/1/2023

UCLA Head Coach Janelle McDonald, Student-Athletes Chae Campbell, Jordan Chiles, and Selena Harris

UCLA Head Coach Janelle McDonald
Opening Statement
"I was incredibly proud of our team today. Not everything was perfect, but they fought for every single routine and they came together in a way that I could only dream of and I couldn't be more proud of how they went out there and fought to be able to hit this milestone and be able to be headed to nationals."

On the improvements on vault
"I am really proud of our team and they work that they have been putting in, in the gym, to show improvements. In the gym, I would say that it has probably been the last six weeks, vaults have looked better, they have looked higher, they have looked cleaner, they have been landing better, and I really feel like it is just the hard work coming to fruition and I think today was really special in that we knew that we needed to have a great vault rotation to be able to advance to nationals, and it was really cool to see so many big vaults done really, really well with great landings. We have a lot of great vaulters on our team and I know that has sort of been the story out there, but for me I have never been worried about vault because I see our process throughout the season of that event building. It was really cool for them to finish the meet on vault today and just really crush it. It was great."

UCLA Sophomore Jordan Chiles
On if she knew how close Missouri was and how she got the team to regroup before vault
"I did know how close we were going into vault, and I was still out of breath from my floor routine. I was running over, and I was like 'oh my god, I really gotta vault,' but at that moment I kind of knew. We told each other in our circle before we even went over to vault that every tenth counts, every position counts, every toe point counts, whatever it is it counts in this moment because of where we were in this position. Honestly, going into vault, I trusted each and every one of them. I made them watch until it came to my turn because I had to go up and watch Selena [Harris]. But I didn't watch because I knew in that moment we were going to get this, and we are just going to go out there and do what we did. But obviously it's still that pressure at the end, when waiting for that score to get in and everything. In that moment our emotions and our celebration were true. It wasn't like we already knew; it was a very true celebration. I was just excited, I was like man, we really did that. Wow, we really did that, we are going to Fort Worth, Texas with the NCAA Championships. That's where we are going, wow.

UCLA Freshman Selena Harris
On her first perfect 10
"Oh my gosh. I wasn't even planning on getting that. I was just thinking about my corrections the whole time. I was kind of stressing myself out a little bit. But I got my first ten. I can't even think

to process that. It hasn't sunk in yet, but I just stood there like solid. I made sure not to celebrate early because I wanted to get a ten. Jordan [Chiles] taught me that. I just remembered saluting and I was like 'oh I can move now', then I ran off, but oh that was great. I trained in the gym so many times so I'm happy that it was finally shown."

On how she stays so poised under pressure
"I knew I had to stay calm because I know that if one person is tense then we can all feel it and it affects us all, so we all have been taking that deep breath, so we can all stay calm together because we have to move as a unit. There's one in front of the other. We have to move as one, and we have to stay calm as one to be great, and that's what we did."

On making it through the season
"It feels good knowing that I did have my moments in pre-season, but now that I'm able to put pieces together and finally show up for my team when I need to. It just means so much, I think that's why I cried so hard before and after the meet."

UCLA Junior Chae Campbell
On what the message was going into the floor routine after being tight on bars and beam
"Yeah, I think what was consistent throughout is that we were fighters, and for floor, we always have a floor party, and we knew that's where we could make up some ground. The key was just to be us and, yeah, I feel we were a little bit tight, even in warmups we weren't doing what we were normally doing, and I think that once we got to floor, we started hitting out flow and I could feel the energy shift once we started floor that we were going to do something really great."

On what's it like to bring UCLA Gymnastics back
"It's been a long time in the making. I know for me personally, I have dreamed of being on the UCLA team and making it to nationals with my teammates, and we did it this year. To me, it really hasn't sunk in yet that it happened and I'm so proud of this team's fight. It was not easy at all, and that's what I think kind of makes us more prepared to go into nationals going up against really good teams and the fight that we show is going to carry us.

On the culture change from last year to this one
"I think the culture change is really good because it lets us have fun after a tough season last year and this year we wanted to leave the season with no regrets and now that we are here, in this moment and that we have made it to this point, I would say that we have successfully done that and we still have more to go, but I am extremely grateful for Janelle [McDonald] and the rest of the coaching staff for what they have done this season with us and letting us be ourselves and just being able to get to know us this one year and look at the results that it's given us. I am feeling really grateful for everything right now."