

**THE BELOW CONTENT IS STRICTLY EMBARGOED UNTIL 21:00
SUNDAY 8TH JANUARY 2023**

**DANCING ON ICE
SERIES 15
PRESS PACK**

IF USED, PLEASE INCLUDE THE BELOW CREDIT:

**DANCING ON ICE STARTS SUNDAY 15TH JANUARY,
6:30PM ON ITV1 AND ITVX**

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DANCING ON ICE COMING SOON TO ITV1 AND ITVX

The greatest show on ice is back! Dancing on Ice, created and produced by Lifted Entertainment, returns to ITV1 and ITVX in 2023 with a new cast. Eleven celebrities prepare to embark on the ultimate challenge as they take to the ice each week, skating live in a bid to impress both the panel and viewers at home.

Back for a sparkling new series, the greatest show on ice promises more glitz, glamour and show stopping performances as the celebrities brave it all to learn this dangerous discipline. But who has what it takes to master the skill and steps and lift the trophy at the end of the series?

Phillip Schofield and Holly Willoughby return as hosts. Meanwhile, ice royalty Jayne Torvill & Christopher Dean resume their roles as judges on the ice panel alongside dancers Ashley Banjo and Oti Mabuse.

The celebrity competitors taking part in the new series are actress and DJ **Patsy Palmer**, football legend **John Fashanu**, Love Island winner **Ekin-Su Cülcüoğlu**, olympic gymnast **Nile Wilson**, Coronation Street's **Mollie Gallagher**, Drag Queen and TV personality **The Vivienne**, TV personality **Joey Essex**, comedian **Darren Harriott**, actress and West End star **Carley Stenson**, singer **Michelle Heaton** and The Wanted's **Siva Kaneswaran**.

Guiding the celebrity novices from their shaky first steps to spectacular routines are their professional partners. A new addition to the 2023 line-up is world-class ice dancer **Olivia Smart**. Returning to the new series are three Dancing on Ice favourites – **Sylvain Longchambon**, who last skated in the 2019 series and **Vicky Ogden** and **Klabera Komini** who both last skated in the 2021 series. Meanwhile, **Matt Evers**, who has been a part of Dancing on Ice since it launched in 2006, returns to the show alongside fellow series favourites **Alexandra Schauman** and husband **Łukasz Różycki**, **Mark Hanretty**, **Brendyn Hatfield**, **Vanessa Bauer**, **Tippy Packard** and **Colin Grafton**.

Dancing on Ice has been commissioned for ITV by Katie Rawcliffe, ITV's Head of Entertainment Commissioning and David Smyth, Entertainment Commissioner, ITV. Dancing on Ice is created and produced by Lifted Entertainment (part of ITV Studios) and the Executive Producers are Fiona Clark, Iona Mackenzie and Sam Rees-Jones.

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COMPETING IN WEEK ONE:

**Michelle Heaton and Łukasz Różycki
Joey Essex and Vanessa Bauer
Patsy Palmer and Matt Evers
Nile Wilson and Olivia Smart
Ekin-Su Cülcüloğlu and Brendyn Hatfield
Siva Kaneswaran and Klabera Komini**

COMPETING IN WEEK TWO:

**Darren Harriott and Tippy Packard
Mollie Gallagher and Sylvain Longchambon
The Vivienne and Colin Grafton
John Fashanu and Alexandra Schauman
Carley Stenson and Mark Hanretty**

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HOLLY WILLOUGHBY HOST

How does it feel to be back for a new series of Dancing on Ice?

It's always good to be back! It's a great start to the year because Christmas is over and you have a little bit of a peak for New Year's Eve and then it's January - it's gloomy, grey and cold and it's back to work and back to school. Suddenly, Dancing on Ice is back too and it's the antidote for all of that.

This year it's Series 15. What makes you keep coming back?

I think because there isn't anything quite like Dancing on Ice. I think I'm a fan of this type of show anyway, when somebody challenges themselves to do something and when someone works with an expert. The professionals are so fantastic and the choreography is so beautiful. Ice dancing is so beautiful to watch - I remember watching Torvill & Dean as a kid. It's the combination of all of those things that I love and obviously with Dancing on Ice you have that added bonus of the ice itself which is its own character. The ice is unreliable, it adds an extra challenge and it's dangerous. So, although it is beautiful, it has an element of real danger about it.

Do you feel anxious when you're watching the celebrities' performances? It's live and anything can happen!

100%. And the only thing that makes any of that better is the fact that I'm watching it on a monitor backstage. When it's the skate-off, it's the only time that me and Phil are rink-side to watch the skates. I hate it - I stand there with my eyes shut and especially if I know there is a move or headbanger coming up! When I'm backstage watching it on a monitor, I can convince myself somehow that this isn't actually happening live. I don't know how people sit in the audience, particularly the front row and watch it because it's faster than you think in reality.

Is there anyone in particular from this year's line up that you're particularly excited to see take to the ice?

I'm really excited about Ekin-Su - I'm a massive Love Island fan. She's a brilliant character and she's a woman who knows what she wants and goes and gets it. She looks gorgeous, she's going to look like an angel on the ice. I'm thinking she will put that determination into her boots and we're going to see something wonderful from her.

If you were to take to the ice, what song would you love to skate to? Or a particular theme?

It would have to be 'Disney Week' and I'd quite like to do something from Peter Pan and I'd like to be Tinkerbell who actually gets to fly across the ice!

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Last year we welcomed Oti to the judging panel. What do you think she brought to the show?

Her absolute expertise in dance and her enthusiasm for getting the best out of people. I think that comes from being on both sides of it really. Having been a professional on Strictly [Come Dancing] and working with celebrities and having that understanding of how much work goes in and how nervous they are. I think it gives her a really unique take on it.

Do you enjoy getting glammed up every Sunday night?

It is really nice to dress up, there are no two ways about it. I don't know why we've decided to go uber glam on this show but it just fits. It is lovely. When else would you get to wear a dress like that? And have your hair and make-up done like that? It's dress up every single week.

What advice would you give to the celebs taking to the ice this year?

I'm not an expert but I think the thing that would hold me back from enjoying this experience would be the fear of hurting myself. I think you've just got to really trust in your professional, trust in the process that you're learning bit by bit and the skills that you're learning will be enough to carry you through. And just to keep pushing and try to put that fear aside because when the fear takes over, it gets you to a certain level and then you plateau. It's those that keep pushing and chipping away at it that seem to go on to that next stage. It's so much easier said than done when I'm standing on the sidelines but I think that is the key really.

Have you ever been tempted to ask one of the professionals to teach you?

I would love to but not on camera! But I would love to, there is no doubt about it. I would be useless, I'm scared of everything. If no-one was watching then absolutely.

How did it feel to have the audience back last series?

Really good! During COVID, it was brilliant the show could go on and you made the changes and it felt different. You can't shy away from the fact that there is an atmosphere that an audience brings, it's showtime! You hear them coming in and the rumble of the cheer, the warm-up and the music - there is an energy in that room that is provided by an audience. I think it actually makes the celebrities perform more because you've got something to perform to.

If you and Phillip were to take the ice, who do you think would receive the highest scores from the judges?

Phil has done it before when he hosted with Christine Lampard - they had lessons and they've done it. He's a step ahead of me. I think he would because he would dedicate himself to it and learn properly whereas I know I'll get the fear!

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PHILLIP SCHOFIELD HOST

How does it feel to be back for another series of Dancing on Ice?

It's a massive relief that we're back. Obviously these are very tricky times, we seem to have left the worst threat of COVID behind us and we can begin to get back to some normality. It was tricky last year and hopefully a lot easier this year. I think it's one of those things where you just want something back. It was so lovely to see I'm A Celebrity...Get Me Out of Here! back in the jungle where it should be. We'll be back hopefully with a full audience.

We always say that you get Christmas and New Year and once you've done that you're not far away from Dancing on Ice. Before you know it when it's finished, you're in the spring! That has always seen us through the worst, it's been something great and exciting to do. Hopefully the worst of the weather has gone and we haven't had to fight our way through blizzards and floods!

Why do you think Dancing on Ice is so popular with viewers?

There is no question that it's the hardest one on TV. All of these other shows of a similar ilk are fantastic but this is the one that is dangerous - this is the one that can hurt them. There are blades on the bottom of their boots, they're sharp! We don't ever want an injury but we've had all manner of things that have happened to the celebs. It's probably the most unpredictable of these types of shows. The mere fact that they're doing this means they're driven in some way or competitive in some way or have something to prove to themselves or somebody else, or they get to a point in their life and want to do something really exciting!

Is there anyone in particular from this year's line up that you're particularly excited to see take to the ice?

It's difficult to pick one out as we've got a really good group! I adore Joey [Essex] and always have and I think he is definitely going to throw himself into it. Patsy has Matt which is a terrific partnership - something about Matt gets the best out of people. Patsy will be great fun. If you look at who we've got, it's such a mixed bag of talent. We've got some new pros as well which will be great to see. And we've got The Vivienne, that's an amazing booking and that is some proper glamour on the ice.

If you were to take to the ice, what song would you love to skate to? Or a particular theme?

My favourite song is always Steve Harley & Cockney Rebel - Make Me Smile. If I was a pro then I would have to skate to Make Me Smile. If it was Musicals Week then I'd probably do something from The Greatest Showman.

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Last year we welcomed Oti to the judging panel. What do you think she brought to the show?

Oti is sunshine on a plate! We've got such a brilliant judging panel with each one bringing their own individual aspect. Oti really knows her stuff and she also doesn't miss anything - she's quite forensic in what she sees and she's such fun! From the instant she came in she was one of the team. And she lights up a room.

Is there a celebrity in particular you'd love to see on the ice?

I think Dermot O'Leary would be fun - I'd quite like Dermot to have a go. Maybe if Dermot was doing it, we could get Alison to do it as well. Alison is very elegant, so I think Ali would be really funny and elegant. I think Tom [Cruise] would be very good. Clearly he can do anything and clearly he is unbreakable and an extremely nice person. He'd come in and sign autographs for the entire audience. I'm into F1 so I'd like a few racing drivers - Lewis [Hamilton] would be great, you'd know they'd be fast and fearless. Let's get Lewis, George [Russell] and Lando [Norris] on.

What was your highlight of the last series?

Bez with the melon on his head! Your highlights don't always have to be the greatest skate, your highlights can be the characters. You admire the skating ability enormously and someone who is really pushing that envelope and doing something that is really far out of their comfort zone, you've got to admire that and if they do it with style and humour - that's what Bez did.

What advice would you give to the celebs taking to the ice this year?

Please don't hurt yourself. Please don't fall over in a way that prevents you from actually doing the show! First and foremost, learn how to fall because it's so easy to forget that this is a really dangerous show. Those skates are blades! We've seen some horrible injuries so that is the last thing you want. Skate within your means until your pro says you can go beyond that.

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JAYNE TORVILL & CHRISTOPHER DEAN ICE PANEL JUDGES

How does it feel to be back for another series of Dancing on Ice?

Jayne: It's always good to be back. The early part starts for us in October but it's always exciting because we get to see the new group of celebrities. There is always a buzz because you wonder what's going to happen and how far are they going to go.

What was your highlight of the last series?

Chris: For me, I think it was Regan's showcase. You felt like you watched him get better and better and then suddenly on his showcase number he looked like a professional. With all the other skaters around him and the production, anybody watching wouldn't be able to see that he was the non-skater. You feel quite proud when somebody has gotten that far.

Jayne: I agree with Chris, it would be my favourite too. All the top three were brilliant.

Chris: We want to be wowed, we want to be excited. Sometimes your expectation on somebody, you think they'll be great but in actual fact it can be a role reversal and you get really surprised by some people who take it on and just become good at it.

Chris: This year I have a feeling about The Vivienne and that she'll surprise people.

Jayne: We did the two days of boot camp and just watched her take in information. She watched and was trying stuff herself. You can see she's got a good work ethic.

How did it feel to have the audience back last series?

Chris: We always love an audience. When the skaters finish skating, the audience gives you their affirmation on whether it's been a great performance or a humorous performance or a little bit sad because something might have gone wrong. This year, we've got more seats than last year. In that small space when people are cheering it sounds great - the noise level is amazing!

Why do you think Dancing on Ice is so popular with viewers?

Jayne: It has real jeopardy about it. We've had some real characters over the years. There is that real danger element to it and the audience finds that exciting. But equally when there is a beautiful performance, they enjoy that as well.

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Chris: Like a lot of shows, you get to a certain time of year - it's Dancing on Ice time! We've established that come January when it's dark and bleak, on TV it's a glitzy and over the top jeopardy show...

Jayne: And it's entertaining!

Chris: Families can sit down and watch. They can sit down with the kids and be entertained by it. It's not just about standing up on dry land, they've actually had to learn how to skate so the jeopardy factor as Jayne was saying is so much higher.

Last year we welcomed Oti to the judging panel. What do you think she brought to the show?

Jayne: She's very qualified in the world of dance. She knows when people are in time with the music and if their style of dance is suited to whatever the music is. She has lots of energy.

Chris: She's very vivacious.

Is there anything you'd like to see specifically on the ice in this series?

Chris: Something that we haven't seen before - new and creative! Who is going to bring that? I don't know.

Jayne: Something that we haven't seen a celebrity be able to do before. That will be challenging.

Chris: We're tossing that gauntlet down to everyone but there is a gymnast in there!

What do you think of this year's cast? Is there anyone in particular you're excited to see perform?

Chris: I'm excited about The Vivienne.

Jayne: And Nile.

Chris: Yes, Nile who is a gymnast and what he is going to bring. Also, we have Ekin-Su on ice!

What advice would you give to the celebrities taking part in the new series?

Jayne: The same as every year - put the hours in with all the basic training. But also enjoy it! If you enjoy it then you'll want to do more and you'll want to work harder. It's about having fun at the same time as working hard.

Chris: It's the enjoyment factor. I don't want to make it sound like a job but everyone takes it on very personally - it's their Olympics in a sense! You get into this bubble and everybody is trying to do the best they can and they want to survive each week and get to the final. Each week we always used to say that when we leave the ice we want to feel like we've achieved something.

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How would you describe your judging style?

Jayne: I think our first focus is on the skating and the quality of that and how difficult it is. Sometimes you'll have someone where the skating skills aren't there but they manage to give a performance and it's entertaining. But if that performance doesn't have the skating skills, then you're not going to get high marks.

Chris: I think we can see through the glitz and glamour, the smoke and mirrors and see the skating. Dress it up but we can still see the skating! I think we're fair, honest, not critical but we critique.

Is there a celebrity who has yet to take part in this show that you would love to see on the ice?

Chris: Margot Robbie! She did play a skater once in a film.

Jayne: Regé-Jean Page from Bridgerton! Shall we see if he is free?

This year it's Series 15. What makes you keep coming back?

Jayne: It's our baby!

Chris: We started it and developed it 15 years ago. It feels a part of us.

Ashley said during the break he has sweets behind the desk. Do you have anything that the viewers can't see?

Jayne: My daughter bought me a little heart-shaped ornament and I always put it on the desk.

Chris: My eyesight isn't what it was once so I have to keep sneaking my glasses from behind the desk!

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**ASHLEY BANJO
ICE PANEL JUDGE**

How does it feel to be back for another series of Dancing on Ice?

It feels really nice. Every year, in all honesty, I can't quite believe it's come around again. I still remember my first series and being the new boy and now I feel like I'm part of the Dancing on Ice furniture. It feels really good to be back.

What was your favourite moment from last series?

I think the last series was all laughs on and off stage because of Oti. It was Oti's first series and I just loved her energy!

What's it been like working with Oti and what do you think she brings to the panel?

It's really nice for her to bring her dance and performance perspective but also she's not just an expert performer but an expert performer in partnering. She understands what it's like to go through this process. I love how she brings an understanding of this unique idea of learning a new skill, being partnered with a professional and doing it under pressure - she knows that process inside out.

Who would you say is the most mischievous out of all four of you on the panel?

Jayne - she's the most mischievous!

What do you all get up to in the commercial break? Are there sweets being handed around?

Oh yes! Mine are above the desk, I'm not trying to hide them. Sometimes I make it a game, if I know Holly and Phil are going to come to me, I'll think I can eat three of those before they come to me. I just have to make sure I've cleared the wrappers away!

Do you have a favourite move or routine from the years you've been on the panel?

There's quite a few. I do think when Perri did the backflip, to everyone else he was just meeting expectations because it's Perri. But I know because I know him how much hard work and fear there was to conquer that in front of everybody. I don't know if it gets enough credit because he's Perri. It's amazing because he's not a skater.

What do you think of this year's cast? Is there anyone in particular you're excited to see perform?

Patsy Palmer - I'm super excited because I just think she's great energy.

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What advice would you give to the celebs taking part in the new series?

Enjoy it! It's a lot of hard work but it's a once in a lifetime experience. Life is short so give it your all and try to be the best you can be.

How would you describe your judging style?

Honest, fair and positive at the same time.

Is there a celebrity who has yet to take part in this show that you would love to see on the ice?

Matt Hancock!

Is there anything you're yet to do in your career that you'd love to do?

I think there are always new things to try. I'm nearly 15 years in from winning Britain's Got Talent and we're doing new things all the time. This year we performed at the late Queen's Platinum Jubilee and that was something we'd never done before. There are always things we can do. We've just got to keep being the best we can be and things present themselves to us.

What makes you keep coming back to be a judge on Dancing on Ice?

I don't massively enjoy giving people critique but I love seeing their progress more than anything else. I love giving positive feedback and critique where people want it. I get the best seat in the house on a Sunday, I get to come and sit with Jayne and Chris, legends of ice and listen to what they have to say and watch them perform. I get to watch all the hard work the celebrities put in and watch all of those performances every single week.

If you weren't on the panel, would you take part in Dancing on Ice?

Probably because I love a challenge! That's very revealing of me because you've asked me 'Would I take part?' and all I heard was 'Would you win it?' Yes, I would absolutely do it but the question is would I win it? I don't know if I'd be good enough!

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**OTI MABUSE
ICE PANEL JUDGE**

How does it feel to be back for another series of Dancing on Ice?

It feels like last week we were here doing the Semi-Final and waiting for the Final! It's exciting and it's such a big show. I feel like Dancing on Ice starts the year, it's the big glamorous sparkly show and it helps you transition from cold January into the warmer months. Dancing on Ice is there every Sunday night to give us a bit of glitz and glam. For me, it's honestly such a privilege to be on the panel and it's great not to be the newbie anymore!

What was your highlight of the last series?

It was Brendan [Cole] and Vanessa's [Bauer] rain dance. For me, it was an absolute standout moment. I love when Kimberly [Wyatt] did that whole inverted upside down split - she was so fearless with everything she was doing. And Bez, how can we forget Bez?

Why do you think Dancing on Ice is so popular with viewers?

It is the element of a working platform when you get celebrities to learn a skill they have never done. It's also got a bit of an edge to it, you're learning how to skate which is a skill with a bit of an edge to it. I think it has its own fan base and its own people who love skating. It's winter and it is that time where ice rinks are being built in malls and parks, everywhere - it's something that people can relate to. They might do it on a first date or on the weekend. Once you start it, you get obsessed with it. We saw it with Stef [Reid] from last series, she hasn't stopped!

Is there anything you'd like to see specifically on the ice in this series?

Ashley and I were talking a lot about creativity and creating storylines. The Dancing on Ice professionals - that's something they do really well. That is something I'm really looking forward to - the goosebumps, the exciting entertainment element of it. I'm really looking to everything!

What do you think of this year's cast? Is there anyone in particular you're excited to see perform?

I love this year's cast! I love The Vivienne - first drag queen which is such a big statement and I'm just looking forward to seeing her. It's going to be exciting. I love Carley [Stenson], this is a great opportunity and a great TV comeback. I can't wait to see Darren Harriott, he is so hilarious - I've worked on shows with him and I know he's got a great personality. And with comedians, we know they're funny but we never see the work ethic and in shows like this we see how hard they work.

What advice would you give to the celebs taking part in the new series?

Work hard! It's never enough, you always keep working, working, working. Obviously, ice is very different as the amount of work you can put in is selected because you're on ice and it's cold

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and you want to keep people safe. But you can still practise off ice and practise those lines. I would say work hard and show people your personality because that's what people really fall in love with.

Would you ever give it go?

Absolutely, 100%!

How would you describe your judging style?

I think I get emotional because I feel for them and I understand they're being put in that position as a non-professional which is really hard. I also understand the professionals side as well because they're experts and they're champions in what they do, so to teach someone who has never done this before, it's hard. I think I understand because I've been there and I've experienced it.

Is there a celebrity who has yet to take part in this show that you would love to see on the ice?

So many! The Beast from The Chase is my number one. I'd love to see people who wouldn't normally do it. Susanna Reid would be a great one - I think she would be great. Maybe Charlene White, she's so articulate and I'd love to see her do it.

Ashley said during the break he has sweets behind the desk. Do you have anything that the viewers can't see?

I have a heater, a hot water bottle and I don't wear my shoes. People see me walking and they see the shoes but as soon as we go to an ad break, I'm in my slippers. I wear my dressing gown and another thing, I wear my joggers. If I don't wear a dressing gown, I'll wear my joggers. Sometimes the dresses aren't comfortable to sit in so I scoop them up and I'll wear my joggers so that's why you don't see me standing.

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**PATSY PALMER
ACTRESS & DJ**

Why have you decided to sign up for Dancing On Ice?

I thought I wasn't going to do this because it's going to be too hard! I was also thinking about my age and that I might hurt myself and I'm in LA, I didn't know how it would work. But then I thought it could work out quite well. It's definitely going to be a brilliant challenge. I always want my kids to see it's good to be doing fun things, challenging yourself and getting out there. And to get nice and fit!

What are you most looking forward to?

Learning the skill! It's really high level. I think it's going to be really amazing. I'm excited about that.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

I think they'll be excited. We don't watch much TV but I'll be watching some of the clips back with them. I've been watching clips on YouTube to try and get my head around it - it looks a lot of fun! They'll be super happy about it though.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I think Regan Gascoigne was incredible. I'm not putting myself anywhere closer to that level. I probably need to watch a few of the more mature contestants. Denise Welch is a very good friend of mine and I've watched her - I was impressed!

Will you be asking Denise for advice?

100%.

Do you have any ice skating experience?

I like ice-skating, I used to go with the kids but I'm in no way an ice dancer!

Is this one of the scariest things you've ever done?

When I was doing Strictly Come Dancing I used to get sick from spinning. I hadn't really watched it so I didn't realise how much spinning was involved. I was really gutted about that because it used to set me back. If I hadn't had that I think I could have gone way further in the competition. I'm hoping that with the momentum on ice, it won't happen. I'm obviously nervous about hurting myself, especially at my age as I'm 50 now - I don't want to break any bones or anything! Mainly it's just the physical side that makes me scared but I know for a fact that I'll be

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super nervous when it comes to the live shows - I do get very nervous. But it's good to have a little bit of nerves.

How do you think you will deal with criticism from the judging panel?

I'll either cry or laugh! I'll try and keep it level but it's never nice to be criticised when you've put a lot of work into something.

What would you say are your strengths and weaknesses as you embark upon this challenge?

Physically I'm not very strong and I don't do any rigorous working out. Obviously, I've had four kids and caesareans really weaken your muscles. But I think my strength is that I'm good at taking direction. I feel like I'm very good at mind and body, so I'll be able to take instructions.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I know Todd Carty did it. That really made me laugh - it was hilarious. He is the nicest person in the world.

Are you in to win it?

I would say I am doing it for the experience but can I not be in something to win it for once? Everything else I do in life, I say 'anything is possible' and there is always a solution to everything. I would love to be in it to win it and I need to get that mentality but in my realistic head I'm thinking it's never going to happen and these people are going to be phenomenal. But I'm in this, I'm 50 years-old and I'm there for the 50 year-old women. You can do this! Maybe I could win it, who knows?

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EKIN-SU CÜLCÜLOĞLU LOVE ISLAND WINNER

Why have you decided to sign up for Dancing On Ice?

I'm really competitive and I used to ice-skate when I was a little girl - I did a show when I was six or seven and then I started doing ballet. I've always had a performance side in my blood and I do think Dancing on Ice will be hard but it's an opportunity to show a different audience a side to me. I think I'd be good and I can see myself winning it.

What are you most looking forward to?

Showing my personality with the costumes and the music. Having an audience and that adrenaline! Being in front of those judges and hopefully impressing them will be great. I've asked if I can sing and skate at the same time but I don't think I will be able to!

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

I think my dad will be scared of me hurting myself! My friends will be supportive - they have seen me on Love Island and this is totally different. Davide will definitely be jealous that I'm doing this because he likes to move! It'll be nice for him to see me skate, I think he might find that attractive - a bit of salsa music playing. I'd love for him to come and watch me rehearse, it's exciting for him to see me because it's an achievement. He's my number one supporter.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I remember watching when Gemma [Collins] fell over and Maura Higgins was amazing. I love musicals so that inspires me, I'd love to do something from a musical and put some acting into my performances too.

Do you have any ice skating experience?

I skated when I was a kid but it's been ages since I skated, you forget don't you? During the pandemic I forgot how to walk because we were stuck inside for two years! I'm very competitive so if I have to do two hours of rehearsing then I'll be there for four - I'm going to aim for the sky!

Is this one of the scariest things you've ever done?

I've never been scared in my life, I've never been nervous in my life, I've always been confident. I think the only time I'd be nervous would be at the final. I know I'm going to fall and hurt myself because in life you fall and hurt yourself. I'm ready.

How is this going to differ from your Love Island experience?

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Love Island you have an objective - to find the love of your life. You're in a bubble. But the thing they have in common is that your mindset has to be focused. With Dancing on Ice you have to practise on getting better but with Love Island you have to practise letting go of everything else and focusing on your emotions and being in the moment.

What are you most scared or nervous about?

The thing I'd be most scared of would be that Davide would be cheering me on while I'm doing a performance, I do the splits and then split my pants in half! And then he would shout 'You're a liar. An actress!'.
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Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

Professional skaters and dancers, they learn quickly so they'd definitely be my competition.

How do you think you will deal with criticism from the judging panel?

They're not all going to say that I'm great and if they said that I wouldn't work harder. So, if they say that I need to do better, that would make me work harder. I would rather receive criticism than get a 10 out 10 each week. I want them to criticise me, I'm ready for that.

What would you say are your strengths and weaknesses as you embark upon this challenge?

My strengths would be that I'm competitive, passionate and I learn movement quickly. My weaknesses would be overthinking and getting impatient. If I can't do something, I'll try and try until I can do it.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I know Wes from Love Island did the show - he did very well! I'd quite like to speak to him really, someone who has gone the whole way.

Are you in it to win it?

Yes I am, otherwise I'm not doing it. I don't mind going home early but my mind doesn't work like that. If I'm doing it, I'm putting 100% in. I'm going to believe in myself, I believe in myself so much.

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THE VIVIENNE DRAG QUEEN & TV PERSONALITY

Why have you decided to sign up for Dancing On Ice?

A new skill! I've always watched the show and thought 'How amazing is it that the celebs pick it up so quickly?' And I've wondered if I'll be able to do that. I'm very competitive and I want to win. I want to show people a different side of me.

What are you most looking forward to?

I'm excited for the costumes. I'm used to glamorous costumes in my work but also the element of pushing myself. My mum is petrified! I've asked if she is going to come to a live show and watch and she's like 'I don't know if I could watch!'

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

My mum's petrified and my husband's nervous and he's said 'Please don't break anything!' One of my friends Jennifer Ellison did it and I keep seeing that video of her kicking herself. I can't even touch my toes so there is no risk of me kicking myself in the head! Jennifer said we can go skating together. Everyone's really excited - I've got a lot of support from my husband.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I used to DJ every Saturday night years ago when the show was on. I used to sit and watch Dancing on Ice and just be in awe. Every time they're flying - it's my dream to fly like in the Mary Poppins routine. I'd love to do Wicked. I'm a big musical theatre geek - I've seen Mary Poppins like 12 times! I love themes like 'icons' because I love Cher and Dolly Parton - anything to do with impersonation, there's just so many different elements to it.

Do you have any ice skating experience?

I've skated a few times so I can move a bit, as long as there's a wall next to me that I can grab on! Stopping is not my strong point. When it comes into town at Christmas I'll go with friends but nothing to this level or standard. Being lifted in the air or lifting people in the air, I hope I've got a strong partner!

Is this one of the scariest things you've ever done?

Yes! You're being slung about on rock hard ice - the slipperiest surface ever with knives on your feet. It's pretty dangerous.

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What are you most scared or nervous about?

Getting kicked in the face. You could break anything but hopefully not!

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

I wish my friend Donna [Preston] who is on Apocalypse Wow was - I would love to be on it with her. Other drag queens too! I don't want to be against anyone who is really flexible or really good at choreography or a great dancer because that is everything I am not.

How do you think you will deal with criticism from the judging panel?

I should be alright with criticism as long as it's fair. Otherwise, I'm not afraid to snap back!

What would you say are your strengths and weaknesses as you embark upon this challenge?

My strengths would be characterisation and movement. It's one thing being able to dance and move but choreography is such a hard thing. Anything to do with characters and emotion is a strength but choreography was always my downfall on Drag Race - I'll be nervous about that.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

It's only Jen that I've spoken to. She said I need to make sure that I get my flexibility up. Do lots of squats! And don't overdo it with other work and be laser focused on the ice and don't hurt myself.

Are you in it to win it?

Yes! I enter everything to try and win. I think when people say they didn't do it to win, they're the people who didn't win! You've got to put things out into the universe.

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**MICHELLE HEATON
SINGER**

Why have you decided to sign up for Dancing On Ice?

I've always watched the show and I'm a massive fan of the show. My band mate Jessica [Taylor] did it many years ago and I've always wanted to do the show but it's never been my time. Obviously, I've suffered from addictions so even though I've always wanted to do the show and my name has been in the hat, it was never the right time. I feel really strong and ready. I want to do it because it's always been on my bucket list. The show is magical - the costumes and doing something that is different and outside my box. I'm not a professional dancer, I'm a popstar and a performer but I'm not professional at anything! I've had to get some confidence back with my recovery and I think it's the right time.

What are you most looking forward to?

For my kids to be proud of me! I want to try my very best and put my all into this. Getting to experience something that brings a lot of happiness to us as a family - they've been my support system through recovery. And performing of course - my first memory as a little girl was Bucks Fizz on Eurovision - that was the moment that I decided I wanted to do that. To get to do something different and perform at 43 is pretty cool.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

When I called my husband and told him I got it he was so happy - he's my biggest supporter. Faith was with me when I received the call and I cried! Faith said when I was crying that she thought it was bad news and I told her I got it and she hugged me and said 'I'm so proud of you mummy'. My kids are my biggest supporters. You'll have to tear them away because they'll be there every week!

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

Whenever there is a performance with feeling in it and the narrative is emotive with the lyrics and you see the passion between two people on the ice, that's what I've always wanted to recreate. Evoking a feeling from the audience by skating on ice and performing - that is what I want to do.

Do you have any ice skating experience?

I'm not anywhere near what would be classed as a confident ice skater. The only time I would have ice skated is the odd time with Matt [Evers], I'm very fortunate that he has taken me out a couple of times but not in a teaching capacity. Just with the kids, the normal type of thing. I'm not terrible in that I can stand up but I've got no experience.

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Is this one of the scariest things you've ever done?

It has to be! It really is the most dangerous sport - we have knives on our feet. To have trust with each other is scary as well. It is scary from a perspective of getting hurt or injured. Also, I've learnt not to be scared of anything. I really just want to focus and do the best that I can do. I'm really excited about learning something new. I'm fascinated by ice skating. I always watch ice skating at the Olympics - I remember when Torvill & Dean were there and my mum was talking to me about it.

What are you most scared or nervous about?

The headbanger - it's not something you dream about doing is it? It looks amazing when you see it.

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

A lot of my friends have done the show before - Gareth Gates, I would have loved to have done the series with him. Jeff Brazier is a good friend of mine. Jessica has done it too. The kind of people who I'd be more nervous about competing against would be people like Ray Quinn or Regan Gascoigne. It's obviously going to be scary if I'm in the competition with people who have more experience with dancing or ice skating. I've just got to do the best that I can do.

How do you think you will deal with criticism from the judging panel?

That brings me back to 2000 when I did Popstars. It wasn't open to the public, it was just the judges. It's like a full circle. I had to audition all of my younger life, get approval to get to the next step and here we are again. I'm a massive fan of all the judges. Ashley choreographed my performance for The Real Full Monty so I've been very fortunate to work with him. I've got so much respect for him as a creative dancer. Whatever the feedback is, I will accept it because they know more than me. I'll accept it with decorum and grace.

What would you say are your strengths and weaknesses as you embark upon this challenge?

My weakness is ice skating! I'm obviously 43 so I might not be as flexible as one wishes. But I'm a good listener, I'll take direction and I will do what they tell me to do, within reason! I'll be vocal if I think I'm pushing myself. I want to have an open communication with my pro. If there is something that I'm not pulling my weight with, I want them to tell me. I'm here to do a good job and to enjoy myself. I really want to be able to talk about anything that I'm feeling, I'm quite an emotional person!

My strengths would be performance, I'm very emotive and I feel things. I like to think that I can translate music and lyrics the way I would like to perform. Me and my daughter do these dances at home and it's all about feeling the way we want to with movement.

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Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I've spoken to Jessica and got some advice from her - 'listen and take direction'. I'm seeing Gareth [Gates] soon and I'm going to get his advice too. Suzanne [Shaw] is a good friend of mine too. Kimberly [Wyatt] I know, so I think I'll reach out to her because she is incredible!

Are you in it to win it?

Of course I am in it to win it - I want to win! I want to do the best that I can do. I don't ever want to feel like I haven't given it my all. I have to think I want to win. If I don't win but I've done my best then I'm happy. The end goal is to do the Bolero, I know how proud and astonished my mum and dad would be if I got to perform that on TV. Whatever else is a bonus!

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**MOLLIE GALLAGHER
CORONATION STREET ACTRESS**

Why have you decided to sign up for Dancing On Ice?

I think I've always found the idea of ice skating really magical. There are always ice rinks at Christmas and it has this magic vibe. Also, as I've gotten older I've realised that I don't have very good coordination and I'm always thinking 'How can I improve it?' After doing Dancing on Ice, I'll be able to do anything! I don't even drive but once I do this, I'm going to get that driving license. I don't really have any hobbies, I just wanted to be an actor growing up and I put all my time into that. Now, I'm lucky enough to act every day on Corrie so it would be nice to have a hobby as well that I enjoy doing.

What are you most looking forward to?

I love performing. This is completely out of my comfort zone so it will be a bit different but I've never performed live professionally - Coronation Street was my first job. I've not performed live since drama school and I absolutely love it. I think with Dancing on Ice, I'm learning a new skill but it is performing and you can create these characters and use your acting skills in that way. So, I'm looking forward to the whole performance element, the costumes and the music!

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

My mum is really excited! I told her that I was going ice skating before I knew I was doing the show because I wanted to see that I enjoyed it. She was like 'What are you going ice skating for?' and I said 'Oh, I just fancy it.' When I told her she said she wondered why I had been going ice skating! She'll 100% come down and watch me.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I did grow up watching the show from the first series. I remember all the funny moments like when Todd Carty skated! Obviously, the Headbanger... I always think 'Who is going to be doing it this series?'

Would you like to give the Headbanger a go this series?

No, I actually don't think it will be me!

Do you have any ice skating experience?

When I was younger I would go with my mum. I went to Winter Wonderland last year and I wanted to get off the rink! I think the Christmas markets are a bit too busy. I always find myself holding onto the side.

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Is this one of the scariest things you've ever done?

Definitely - it will be scary.

What are you most scared or nervous about?

I'm definitely most nervous about the coordination. As I said, I don't have the best coordination and it really bothers me! My lack of coordination affects me every day. Hopefully I'm going to get better at it. When we're on to the live shows and I have to learn the choreography, that freaks me out a bit. My brain just goes blank sometimes.

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

I'm probably going to be scared of everyone! I'm really competitive in terms of things that I'm good at but with Dancing on Ice, I don't know how I'm going to be.

How do you think you will deal with criticism from the judging panel?

I'm quite an emotional person so I don't know to be honest! It is good that we get feedback because you're going to learn from it. I'm scared that I'll cry!

What would you say are your strengths and weaknesses as you embark upon this challenge?

I'd probably say I'm quite self-motivated and I'll be well disciplined. I'll want someone to drill choreography into me. I'll take everything they say but I'll tell them that I might need to practise things a few hundred times!

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I'll be asking everyone from Corrie who has done the show about their experience and the general ice-skating questions.

Are you in it to win it?

I'm just hoping I can skate and hoping that I won't be terrible! It's something that is so unknown to me - that's the fear. Obviously I've been on a rink to make sure I don't fall everytime I move but I'm thinking 'What if I can't do anything more than skate a bit?' Hopefully each time I skate I'll progress into something else. I'm not even thinking about winning at the moment but I'll put all the effort in.

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**CARLEY STENSON
ACTRESS & WEST END STAR**

Why have you decided to sign up for Dancing On Ice?

Getting to learn something and hopefully add a string to your bow - I'm extremely grateful to have this opportunity. The glamorous part of it with the costumes! And getting to dance again. I've been hungry to dance again and I'm fully aware this is going to be different to dancing but I love performing and to do it in any capacity because it's in my blood. It's an incredible opportunity, I would never get to do this on my own.

What are you most looking forward to?

When that music comes on and I get to perform! That feeling that you just can't explain.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

My mum hasn't said it but I know she is terrified of the Headbanger! My dad is excited and will want to come and watch every week. My husband is so raring for me to just embrace something for me. We've had a baby and I've put me to the back. He's just like 'Go get it. Go get it.' He's so excited for me.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I want to do everything and I want to do stuff that has never been done. I came years ago when Chris Fountain did the show - he was amazing. Ray Quinn, it goes without saying that he was amazing and Suzanne Shaw and Hayley [Tamaddon]. Jake Quickenden recently was amazing and I love Kimberly from the Pussycat Dolls - she is an exquisite dancer. But when you look at someone like Jake who is not necessarily a dancer, he was amazing. I want each of our performances to have something special in each one. I'm going all out for this!

Do you have any ice skating experience?

No, not at all! I've been on the ice with my mates messing around. I think I went ice skating for New Years Eve one year but that was just me trying to help my 10 year old niece skate around in a circle.

Is this one of the scariest things you've ever done?

I'm a bit naive when it comes to the physicality of things. Doing something I have absolutely no ability in is what scares me the most. I think I'm going to have a few days where the fear is going to kick in. I'm going to have to get over that. I'm assuming it's dancing and I'll be able to perform but I'm going to have to tackle a massive wall first, which is that it's on ice.

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What are you most scared or nervous about?

I've not really had a chance to let it all sink in. I've never done live telly before apart from interviews. Performing live, that is scary and that is massive. But I love adrenaline and I hope I work well with that adrenaline. I've done theatre but once it's done in theatre, it's gone and it's not recorded. You might hit a bum note or you might forget a line but it's done and sometimes the audience doesn't notice. This is recorded for life and that is a little bit scary!

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

I like healthy competition but I always want to be friends with the competition! It's impossible because he's passed away but Gene Kelly would have been amazing - he is my idol! Beyonce, if she is free?

How do you think you will deal with criticism from the judging panel?

I thrive off it! Obviously if it gets personal then it's not very nice but it's not that type of show. I'm so used to doing auditions where you don't get anything apart from 'Sorry. You weren't right.' and that is worse because you can't do anything with that! I want to be the best that I can be so tell me!

What would you say are your strengths and weaknesses as you embark upon this challenge?

I'd like to think that each of my performances would tell a story. So, performance, determination and drive - I would be on the ice for six hours if they let me. I want to keep going and going. My weakness would be if my body can't hold out with that and the ability to skate! I'm impatient and I would want to do it even if I'm still like Bambi!

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I've already messaged Jorgie [Porter] actually - she was exquisite! Jorgie is so elegant and beautiful, she was like a gorgeous fairy you put on top of the Christmas tree. She said 'Do it. I had such a blast.' She gave me advice as I gave her advice because she's having a baby - we've kind of life-swapped!

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JOEY ESSEX TV PERSONALITY

Why have you decided to sign up for Dancing On Ice?

I think the reason I've decided to do this is it's going to bring a nice bit of structure into my life. I also like competition and I'm very competitive. For me, this is very exciting. Taking part in Dancing on Ice now is the right time for me. If you spoke to Joey Essex at 23 and 24, I could have said 'yes' to it but I probably wouldn't have put 100% into it. I feel like doing something like this, I'm very ready for it.

What are you most looking forward to?

I'm looking forward to learning a new skill properly because with ice skating, from what I know, once you've learned it, you remember it. The whole journey! I just want to get into it and start working. I've got a proper long job ahead of me and I'm excited because I love working and being busy.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I've watched snippets. I really go hard so I'm one of those people that if I'm doing something, I'll take big risks. I want to excite people. I'll really push myself and put 150% into this. I'll go overboard which is quite dangerous really because you don't know whether you're going to mess it up. I'm no professional athlete but when I'm doing something, I like to consider myself as professional as possible. Potentially, I could do something quite ridiculous and fall over.

Do you have any ice skating experience?

I used to go ice skating at Romford Ice Rink when I was 11 or 12 - I would just go there with my friends.

Is this one of the scariest things you've ever done?

It's probably the most competitive I'm ever going to be in any show. With The Jump, I went into it and didn't even think in my head that I was going to win. I'm really good under pressure and I don't have much fear. It's like going on stage and people get stage fright - I will have stage fright but I will make you think I'm not frightened whatsoever!

What are you most scared or nervous about?

I'm not really nervous about anything, maybe a little bit but I'm more excited.

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Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

I wouldn't say there is anyone I'm scared to be up against. I beat Louie Spence at Lip Sync Battle and Mike Tindall at The Jump - no one scares me! You could be a professional dancer, I will beat you. You could be a rugby player, I'm going to beat you. I'd probably be more scared of an underdog, someone like myself!

How do you think you will deal with criticism from the judging panel?

It's one of those things, you just try your best. It depends how you feel about what you just did. If you think you did well and they think you didn't then it's a bit of a kick in the teeth.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I'm not going to ask anyone for advice. I'm going to be fresh out of the water, if that is a quote? And then I'm going to be fresh on the ice!

Are you in it to win it?

I am in this to win it. I really want to challenge myself. Normally, I say winning is a bonus which it is but if I say I'm going to win it then I might be cursing myself. But I would like to win it.

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**DARREN HARRIOTT
COMEDIAN**

Why have you decided to sign up for Dancing On Ice?

I like dancing and I like ice, that is actually a lie - I hate both! Why would I sign up for this? What's wrong with me? I'm looking forward to it, I just want to be graceful. I like learning new skills and Dancing on Ice is a new skill. I'm not a graceful guy, I don't have much grace. I've always said I'm like a full fridge and I want this fridge to move like it's got wheels. I want to look good, be graceful and feel confident on the ice. I'm probably not going to quit comedy for ice skating, however if I can look really good then I might keep it going. I'm quite competitive and I know it can improve my fitness and flexibility and I get to wear some bomb ass costumes as well. I'm looking forward to wearing something with feathers!

What are you most looking forward to?

I think the lights, camera, action bit. I'll be nervous of course but I'm a performer by trade so there is a part of me that thinks if it goes badly then you can still save it, you can still work around it, be funny and interesting even with a broken ankle! All I want is just one great routine, not good but great!

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

I said to my mum that I was doing Dancing on Ice. She said 'You can't dance!' They think I'm crazy but I've done some crazy stuff over the past few years in my career so I think they're used to it. Everyone's really excited because they know it's such a big show. A lot of my friends who wouldn't normally watch the show are going to because they're going to hope I fall over!

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I respect anyone who does the show. From what I've seen of the show, it's quite easy when you see them doing their moves but the amount of work that goes into it behind the scenes to get to that point....that is one thing that I'm not taking lightly, the work you need to do behind the scenes. I know my strength is that I'm strong but in terms of my flexibility and balance, terrible!

Is this one of the scariest things you've ever done?

I would say it's the scariest. This is months of training and then a live show on ice! It's going to be a lot. Your whole body is on blades.

What are you most scared or nervous about?

My main worry is getting in my own head about stuff. If there is a basic thing I can't do and there is no way around it. I get so into stuff like that, really committed and it starts to take over.

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Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

My main worry would be athletes who already have a great understanding of competitive nature, flexibility and training. And dancers! However, they're not funny so I need to use what I've got and be funny! You know what would be really funny to me? Someone who doesn't take it that seriously but it actually shows - I would love that, you'd see it on the ice and it would be so entertaining.

How do you think you will deal with criticism from the judging panel?

I'm a comedian so I'm used to criticism. I don't really mind it because I'm not a pro ice skater so I can deal with it a bit more. It'll be good, I'll try not to take anything seriously. Judges on the show always want to see you trying and want to see that little bit of improvement. I will definitely be listening to what they've said and make notes of it.

What would you say are your strengths and weaknesses as you embark upon this challenge?

My main weakness is that I get in my head a bit. My strength is that I'm willing to learn and I'm always willing to push myself as much as I can. I would say I'm physically strong but I need to work on my flexibility and balance. I'm also going to have custom boots as well, they've never had boots my size before - they've never seen size 14 in skates before!

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I will definitely drop Sonny Jay a message because he did the whole thing. I saw some of his performances and he was having a great time. I think he'll be a great port of call.

Are you in it to win it?

I'm only in it to win it! But I just want to make it to the final or get past halfway.

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NILE WILSON OLYMPIC GYMNAST

Why have you decided to sign up for Dancing On Ice?

It's an unbelievable opportunity. I've been retired from sport for the last couple of years. You struggle to find the real purpose, it's a really difficult thing. This is something that is learning a new skill, it's essentially a new sport and I'm excited to feel like a professional athlete again. I'm going to take my training seriously. I'm a competitor so I really, really want to win! There is a fire inside of me that makes me a competitor. It's going to be a really amazing experience. With my gymnastics background I'm body-aware and I'm really passionate about doing something on the ice that no other contestant has done before - I really want to shock the viewers and almost make history!

What are you most looking forward to?

I think performing live, for sure. It's what I used to do for a living. I trained my whole life to do a performance in front of 10,000 people. Performing live week in week out will give me the most unbelievable buzz and I'm sure it will for everyone. The thing I loved the most about being an athlete was performing.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

They're buzzing! They will be there screaming the house down once the live shows start. They're happy that I get to experience this opportunity. It'll be a similar experience for them as they used to love coming to watch me compete. I'm sure they'll get invested in my routines. I've got an unbelievably supportive family.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I know Ray Quinn was one of the most superior ice skaters and Perri did the backflip on the ice and that was something that hasn't been done before. That stands out massively for me and I want to replicate that. I'm only 5ft 6" and a 60kg little boy so doing the lifts isn't going to be my thing - I want to impress everyone with my skating ability and my dancing on ice essentially. Perri's done the backflip, I need something else that has never been done!

Do you have any ice skating experience?

Apart from going on double dates when I was 13 years old, absolutely none. I can skate and stay on my feet but no. That's what excites me a lot as we get into training - I want everyone to see me on the first show thinking I've been skating my whole life! I'm going to really dedicate myself to training but I have zero experience.

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What are you most scared or nervous about?

It is nerve-wracking in terms of you can get hurt because the ice is rock hard. I have a lot of confidence in my body awareness because of gymnastics - I know how to fall. I'll be nervous every weekend when it comes to crunch time when you've got to step out there and perform a routine - if i wasn't, I'd be a bit worried!

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

If anyone was competitive like me, I'd like that and I wouldn't necessarily be scared by that. A lot of my friends are from a similar background to me and we're competitive animals. If someone on the show was like that, it's going to spur me on and it will spur them on. I really hope we can get that dynamic on the show. I'm sure every person is going to be competitive and want to be the best they can be. Bring it on, I'm ready!

How do you think you will deal with criticism from the judging panel?

With the background I've got, feedback is the breakfast of champions. Gymnastics is a sport where we get judged and we get told what we're doing wrong every day. I won't feel disheartened or upset, it's going to be completely normal for me. If I do make mistakes or they think I need to improve then I'll be straight back in the gym on Monday improving on what they need me to.

What would you say are your strengths and weaknesses as you embark upon this challenge?

Sometimes I think my biggest strengths can be my biggest weakness - I'll probably want to go too fast. I'll get obsessed with whatever it is in terms of ice skating, learning and growing. Maybe my partner will want to slow me down and make me take baby steps. That can be a strength because I'm really dedicated and I love training. I can be a nightmare at times when I'm in the gym. My experience with my coaches is that some days they'll want me to do certain things and I just won't be up for it and I try and listen to my body - it's not necessarily a weakness but I think communication is going to be really important. This has to be a collaborative experience.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

Beth Tweddle is a good friend of mine and Amy Tinkler. I'll certainly be talking to them and getting advice and seeing what it was like. I've watched a lot of the shows in the past. I'm such a live in the moment person so it'll be one step at a time.

Are you in it to win it?

I'm going to win. I'm winning this show for sure [laughs]. Of course, I'm in it to win it but I just want to have a great time, learn a lot. I'll be like a sponge absorbing information. One of my biggest goals regardless of winning or wherever I place in the show is that I'm really passionate

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about doing something that no one has ever done before - that's going to be my number one focus. Hopefully the public and everyone watching will enjoy that and keep me in it.

ENDS

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JOHN FASHANU FOOTBALL LEGEND

Why have you decided to sign up for Dancing On Ice?

I thought this is something which would push my talents. I've been good at martial arts, boxing and playing football and the ultimate is doing something that is going to push you to the limits! I think Dancing on Ice is going to push me right to the limit much more than any other sports programme.

What are you most looking forward to?

I'm really looking forward to relating with the viewers and the fans of the show. I know it's very difficult to skate on ice, let's not kid ourselves! There is something in me telling me this is a challenge that I've got to be able to meet. I'm really excited because I'm a really competitive person so this is fantastic.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

They say to me 'Dad, you've done everything you need to do. Why is it that you now need at your age to break your leg or hip? Why do you want this challenge?' And I tell them it's because we love a challenge.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I've seen the show several times and I like these challenges. I'd like to be able to dance with my partner and do something a little bit different. I'm not sure that I'll be able to manage it but the challenge is there.

Is this one of the scariest things you've ever done?

Without a shadow of a doubt. I would say this is the most worrying, scariest sport or project that I've ever had. You've got a 6ft3" guy trying to be Bambi on the ice - it's very difficult!

What are you most scared or nervous about?

Everything! Don't let me fool you, the preparation is there and my mind is there but I'm at the level there now where I have to show what I've got!

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

David Seaman, he was always a pain in the a** to play football against! I know he has been on the show many years ago. Torvill & Dean would be a challenge I'm sure!

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How do you think you will deal with criticism from the judging panel?

Bring it on! I don't want anyone to say 'John Fashanu is fantastic' when he's absolutely useless.

What would you say are your strengths and weaknesses as you embark upon this challenge?

I would think that my mental strength is a plus - that is one of my strengths. I always say 'Yes, we can make this!' I would say I'm not as strong as I used to be. I'm an entertainer though and this is a show where I'd love to be able to entertain.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

I trust David [Seaman], he's a good guy and I trust he will give me all the advice I need.

Are you in it to win it?

In my head, I've already won the show!

ENDS

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SIVA KANESWARAN THE WANTED SINGER

Why have you decided to sign up for Dancing On Ice?

I've decided this year to do a lot of things that I'd never do and face my fears. Obviously, this year has been eye opening for me with Tom and witnessing his courage, which was infectious to say the least. It reminded me that life was worth living and to take it all and to enjoy it. From that, I've been making decisions based on that - doing my driving test finally in Los Angeles, booking the flight I wanted to always go on, and signing up to a songwriting degree course. In comparison, it's just not as scary anymore, all my fears have shrunk. I'm grateful for everything that comes at me and this is another thing that has come my way. Bring it, let's have fun with it and put on those Spandex!

What are you most looking forward to?

I would like to imagine getting close to the final and feeling like I've achieved something. Overall, I am looking forward to learning how to skate. I don't know how to do any sports - I wasn't that great at football or basketball. I'm kind of a geek at heart so the idea of doing a sport is jarring to me. I am quite analytical so I'm looking forward to learning the skill of skating and hopefully by the end of it, I'll come out of it learning something new and an experience. Winning would be great! I'm looking forward to being in front of the crowd and the performance aspect. My fiancée Nareesha grew up learning to skate so she was like 'Oh my God - you're going to meet Torvill & Dean.' She's from Nottingham so they're like gods to her! I'm going to show her some moves. There are little things like that that I am excited for.

What do your family and friends think about you doing the show? Are they going to come down and watch the live shows?

It would be nice to have a few family members and obviously my partner who loves skating there to support me. It's always nice to get someone there in your corner in case you fall! Jay [McGuinness] has obviously won Strictly Come Dancing so I need that winning attitude. I'd love for all the boys to come down and support me at some point.

Have you seen much of the previous series? Are there any standout moments that you would like to recreate?

I've worked with Sonny Jay and I like how playful his performances were. It wasn't so serious and in the past I would've thought 'Let's do this suave performance.' But now I'm in a space where I want to have fun, put on a performance for the audience and for my family - I want my family to watch and have a laugh and make them proud of me. I'm facing my fears and having fun.

Is this one of the scariest things you've ever done?

I would definitely say it's the scariest thing! There is a mixture of nervousness, terror and excitement. I think the more I practise and the more I skate, the more confident I'll get.

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What are you most scared or nervous about?

I don't have a good sense of balance, I fall over a lot and I'm quite clumsy - that is not great when you're skating on knives.

Is there a celebrity you'd be nervous to compete with or anyone you'd love to see on the show alongside you?

I think maybe another boy band member and if they were dancers who had rhythm - it would then be battle of the boy bands and that would freak me out! But generally, anyone who is athletic or good with their body, I'd be concerned about that.

How do you think you will deal with criticism from the judging panel?

On tour and stage, I can do any move and get a screaming crowd whether it's bad or good! The idea of having to be precise with my movements and be in front of a trained judging panel and an audience of people who love to see ice skating, it's disturbing to say the least! My first reaction is terror but I'm thinking that if I enjoy it, everyone else will enjoy it. I'm only there to have fun and as long as people see that. Whether I fall over or make a fool of myself, as long as I'm having fun, I think everyone's going to enjoy it. I love to put on a show.

What would you say are your strengths and weaknesses as you embark upon this challenge?

My strengths are I like to be very repetitive with my movements, I'll do it until I get it right. I'm quite analytical in that way and I think that will help with the skating. My weaknesses would be that sometimes it can get too much for me and sometimes I get overwhelmed and hot under the collar and make mistakes. I want to be present and focused and I know my pro is going to be passionate about their job and artform so I want to do them justice and deeply listen to them. And to give them my best as they're going to give me theirs.

Do you have any other friends who have taken part in the show previously? Will you be reaching out to them for advice?

Sonny Jay has given me feedback - I'm getting a winner's advice. He's given me some nice tips on how to keep moving which will help me.

Are you in it to win it?

Me and Jay have done Hunted and we won that. And Jay has won Strictly Come Dancing so we're a team of winners - it's expected of me to win! I think it would be great to win and I'm aiming for that, I'll do the best I can. Overall, I'm just looking forward to getting out there on the ice and hopefully at least putting on a show for people to get to know me.

ENDS