

**Mary Yarrison
Springfield, Va.
Women's Platform, Synchro Platform**

It might seem like diver Mary Yarrison just doesn't get enough of a workout at her competitions. While others are relaxing, she walks. Instead of eating or drinking, she walks. She focuses her energy between dives on the walks she takes – and they're not just leisurely strolls.

"I probably walk a couple of miles during a 30 person contest," she said. "I walk and listen to music – I stick with the fast stuff to get me going."

Not that this teenager, who wants to be a stunt double, needs a lot to get her excited.

"Some kids want to be the president or an astronaut," she said. "But if I were a stunt double I would get to do crazy things all day long. I'd be jumping out of windows and driving fast cars. It would be a total rush, and no two days would be the same."

Diving in the 2004 U.S. Olympic Team Trials – Diving presented by Bank of America looks to be a rush for Yarrison too, who has competed in very few national competitions. She will compete in the 10-meter individual and the 10-meter synchro, where she teams up with Jessica Livingston.

"I just finished learning my list on 10-meter the week before Speedo American Cup, so I'm pretty new at this," Yarrison said. "I think it's going to be a lot of fun, and it'll certainly be a different kind of meet than I've ever competed in, because junior diving seems like nothing now."

She has focused more on the platform while training and is spending less time than normal on the springboard in preparation for the Trials.

In addition, she also takes ballet classes three days a week, which have "helped me a lot, but it's so hard," she said. "It makes me want to cry."

Most of the time though, her tears are from laughing uncontrollably.

"You can usually find me laughing about one thing or another," she said. "Sometimes things that really shouldn't be funny. But I'm hard-working and goal-oriented, and I'll usually do whatever it takes to reach my goals. I can get sort of tunnel-visioned, which I guess is good and bad."