Joshlyn: My name is Joshlyn and I was made an Aspire offer to do Bachelor of Applied Science and Master of Speech Pathology. I was involved with Arden Calisthenics ten years ago when I was eight years old.

As a child, I was really shy and I wanted to find an activity that would boost my self-confidence. I really wanted to give younger girls the same opportunity that I had.

I hope that I’ve become a friendly face for the girls and that I have been able to be a role model and help boost their self-confidence.

Melanie: I’m the president at Arden Calisthenics. And the club has been in existence for nearly 60 years, so 59 years this year. As a mum, it’s really good to see the younger girls looking up to the older girls when they are helping out in class or any of the competitions and concerts.

Girls like Joshlyn when they come they just are a really positive influence on the girls. Nothing is ever a problem and they are not bothered when the younger girls are hanging off them. The girls just love it.

Joshlyn: La Trobe’s Aspire program is an early admissions program that recognises community involvement for students who are applying for a course. The Aspire program has helped me as it has given me re-assurance. It was really good to meet new people and current students as well as future students.