



# Aisling Roche for PRO

By Aisling Roche

I'm 19

## Facts about me!

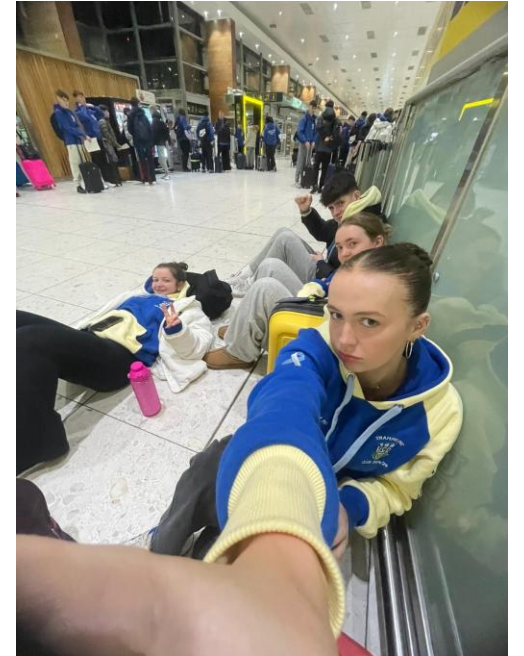
I started  
trampolining at  
19

I'm in 1<sup>st</sup> year  
health and  
performance  
science

This is me →



It took multiple  
attempts for me to  
upload this  
successfully



I'm from  
Wicklow

My first  
manifesto  
deleted

I have a  
chipped bone

I've only missed 1  
flight in my life

I designed my TY hoodies

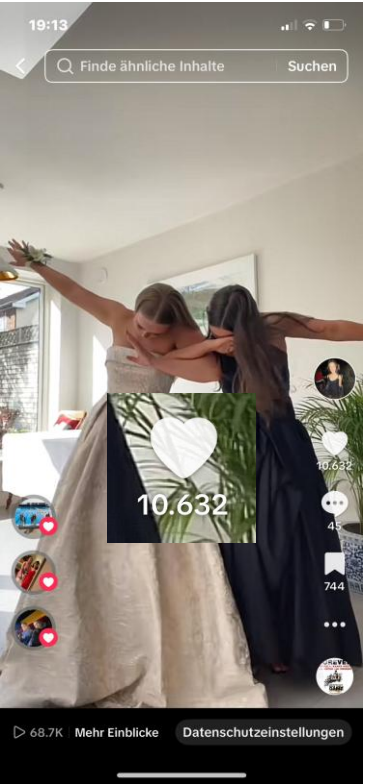
My relevant experience

Top model books where my favourite growing up

I was in charge of my school spirit Instagram in 6<sup>th</sup> year

I organised and designed my hockey teams jumpers

I have 1 viral tiktok



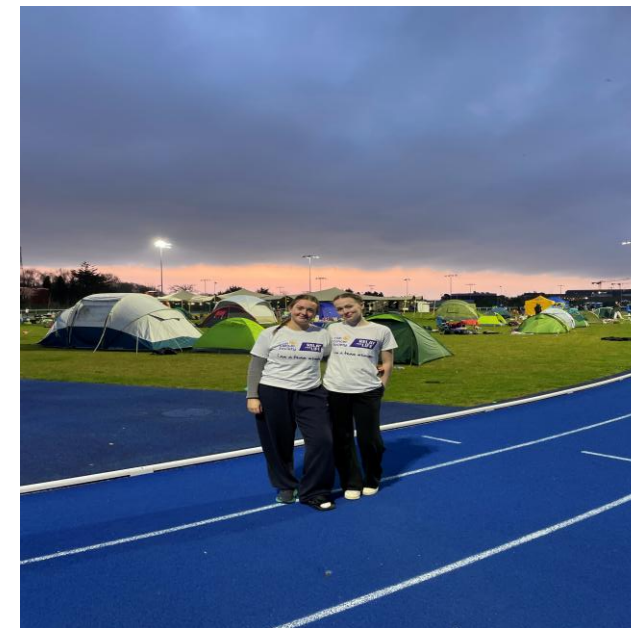
Look into getting competition tracksuit bottoms

My ideas

Post monthly/ weekly recap videos on tiktok



Post new skills learnt by members at training on instagram



Post routines, skills and hard work done by members in trainings and competitions on socials

Keep up to date on trends and post consistently

