



## Breaking Barriers

In the early 1970s, a time when expectations for women were slowly beginning to shift, two young females, Evelyn and Clara, went to a college where they both shared the passion for sports and their friendship would uphold their future and career. Evelyn and Clara met during their first year at a sports women's college, a place where education was just beginning to open the doors of opportunity for women. Evelyn, with her spirit and love for

basketball, was known for her spirit on the court. Clara, with the passion of playing rugby, she was known for her amazing endurance and determination. Despite the lack of opportunities for women in sports, they both were strong individuals who strive to keep going.

Their bond happened at a sports event where Evelyn struggled with her physical techniques in basketball, Clara then heard the frustration from Evelyn she then approached her with encouragement and lifted her up. This act of kindness sparked a conversation that revealed their shared dreams and struggles. They soon found themselves inseparable, united not only by their passion for sports but also by their determination to challenge their goals and morals.

College life in the 1970s encountered unique challenges. Evelyn and Clara faced certain traditional roles for women. This result was that women's roles were to be stereotypically supportive mothers/wives as well as being a stay at home female and that sport was only preferable for men. Despite that Evelyn and Clara were not affected or they didn't care what others or what the society would say. They trained almost every day together in secret, practiced their skills at night and competed in local events despite the obstacles. Although Clara's parents were against her from playing sports, she continued to fight for her passion and prove not just her parents but everyone wrong.

Their dedication soon began to get recognised, both as individuals inspired other young women to pursue their own athletic dreams. They want to let everyone know that you should always chase your dream and to forget about the negative attention. Their connection extended beyond their sports career, they worked together to organise and apply for better facilities and opportunities for women athletes at their college. They organized events to showcase women's sports and used their growing influence to push for greater acceptance and support for other female athletes.

As they almost graduated Evelyn and Clara reflected on their journey with pride. Their college years had been marked by struggle and with so much challenges, but their greatest achievement was the impact they had made. They had not only broken through the stereotypes of women in society but also to enhance a better future for women in sports.

Furthermore, their story serves the impact of passion, resilience, bravery and a healthy wellbeing. It also influences many others to never give up. Evelyn and Clara through their love and passion for sports and their support for each other, they both gained a lot and continued to live their dream.

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