Ada Edwards
South Tully High School
Avg Improvement: 40%
Check-ins: 157
Soccer (W)
Age: 17

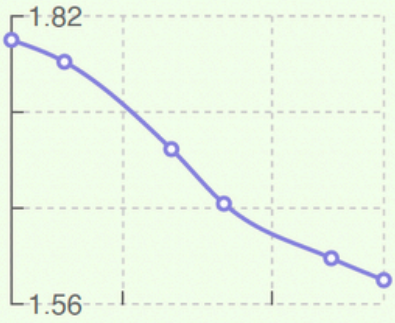
Notes

Ada Edwards has logged 143 check-ins and achieved an average improvement of 39% across her tracked metrics, reflecting a strong commitment to the program and meaningful growth over time. Her Bench Press improvement of 110% has earned her the top ranking on the Women's Soccer team and a tied-for-6th ranking overall out of 112 athletes, showing what dedicated effort can produce. With continued focus, metrics like the 40-yard Dash — where a 4% improvement leaves room for further development — represent exciting opportunities for Ada to expand her already impressive performance profile.

10 yd Fly

1.58 s

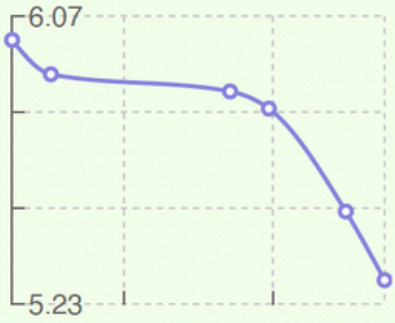
1.8 s	-0.22 s	1.58 s
01/08/24	*(+12%)*	05/07/26



40 yd Dash

5.3 s

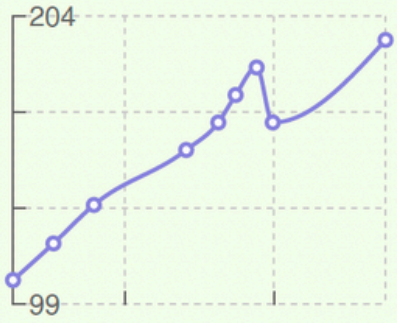
6 s	-0.7 s	5.3 s
01/19/23	*(+12%)*	05/23/26



Back Squat

195 lb

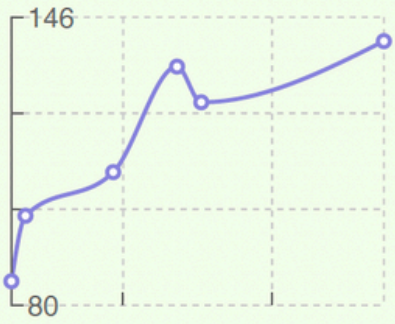
108 lb	+87 lb	195 lb
12/19/23	*(+81%)*	06/09/26



Bench Press

140 lb

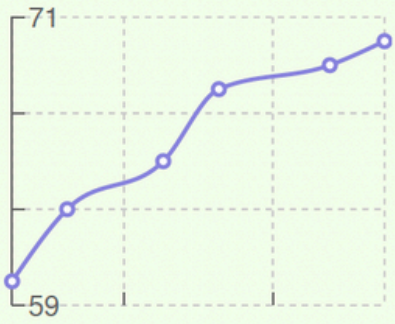
85 lb	+55 lb	140 lb
12/26/23	*(+65%)*	01/05/26



Broad Jump

70 in

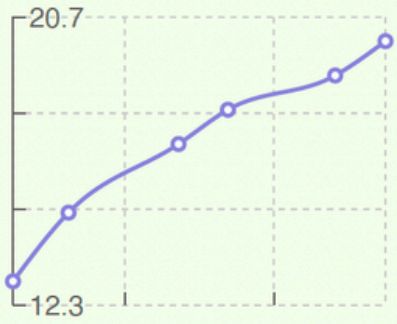
60 in	+10 in	70 in
01/19/23	*(+17%)*	05/26/25



Vertical Jump

20 in

13 in	+7 in	20 in
01/02/23	*(+54%)*	05/02/25



Scan to access
Athlete Account

Scan to access
Parent Account