

Ada Edwards

South Tully High School

Avg Improvement: 21%

Check-ins: 134

Soccer (W)

Age: 17



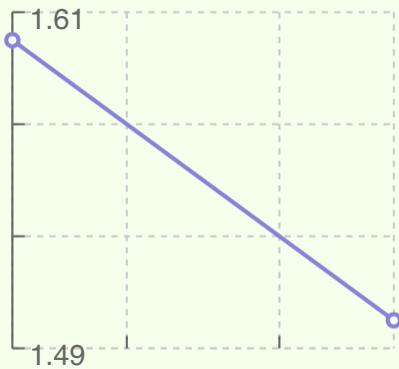
Notes

Ada Edwards has demonstrated meaningful growth across several key performance areas, with a 71% improvement in Vertical Jump and a 39% improvement in Broad Jump recorded over the course of her training. Her 134 check-ins reflect a strong commitment to the program, and her average improvement percentage of 21% across all tracked metrics signals a positive development trajectory. Bench Press shows a recent decline, representing an opportunity for focused attention that could further round out her overall athletic profile.

10 yd Fly

1.5 s

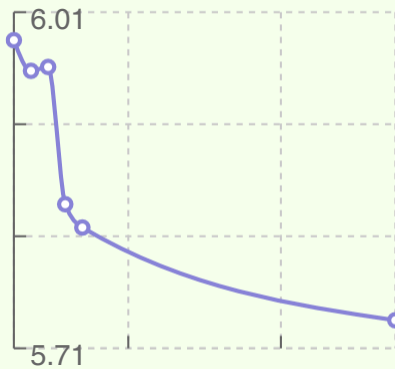
1.6 s   -0.1 s   1.5 s  
06/08/26   (+6%)   06/08/26



40 yd Dash

5.73 s

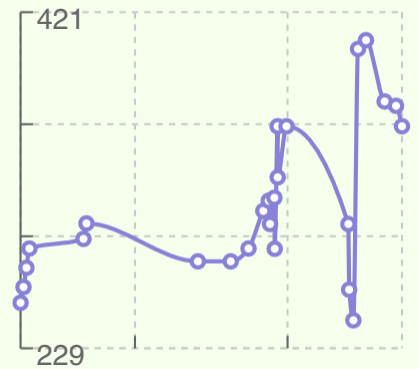
5.98 s   -0.25 s   5.73 s  
12/19/23   (+4%)   05/23/24



Back Squat

356 lb

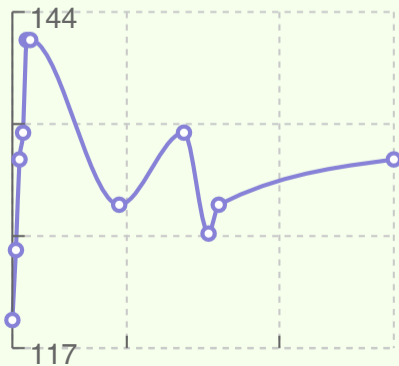
255 lb   +101 lb   356 lb  
12/19/23   (+40%)   06/09/26



Bench Press

132 lb

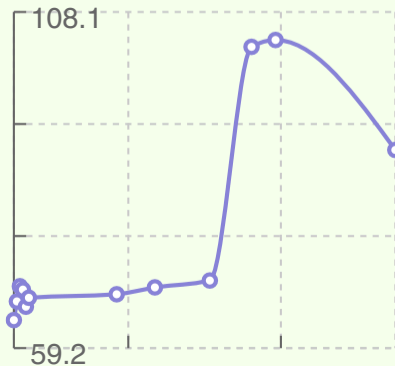
119 lb   +13 lb   132 lb  
12/19/23   (+11%)   01/05/26



Broad Jump

88 in

63.2 in   +24.8 in   88 in  
12/19/23   (+39%)   05/26/26



Vertical Jump

29 in

17 in   +12 in   29 in  
07/02/25   (+71%)   10/15/25



Scan to access  
Athlete Account



Scan to access  
Parent Account