

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Humboldt State University

Ciera Lathe

Senior

Ciera finishes her career as a four-year varsity athlete for the Humboldt State University Crew Team. Before rowing, Ciera was a dedicated weightlifter and cross-fitter, so she showed up to the gym and quickly became our go-to example for technique. Her dedication in the weightroom won the respect of her coaches and peers, and made Ciera one of the most productive and valuable members of the team. It wasn't long before Ciera was a "de facto" assistant coach anytime her team was in the facility. She is now a highly valued member of the Strength Staff, and as she heads into her senior season, she's in charge of each of the Crew team's lifting sessions.

~Andrew Petersen



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD