

# Alex Mitsopoulos

Setter, creator, team member, and leader with experience in multiple different roles. Dedicated to learning and improving while lifting up those around me.

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## EXPERIENCE

### MetroRock Boston

- *Head RouteSetter*: July 2024 - Present
- *Assistant Head RouteSetter*: Jan. 2024 - Jul. 20024
- *RouteSetter*: Sep. 2022- Jan. 24'
- Create daily plans for commercial setting
- Lead crew during setting and forerunning each day
- Train new setters
- Manage wall, rope, draw, hold , and equipment maintenance

## COMPETITION EXPERIENCE

- USAC Region 92 Events
  - Youth Boulder QE Everett 22'
  - Youth/Collegiate Rope QE MetroRock Vermont 23'
  - Youth Boulder QE Everett 23'
  - Youth/Collegiate Rope QE MetroRock Vermont 24'
  - Youth/Collegiate Boulder QE Everett 24' (Chief)
  - Youth Boulder QE Newburyport 26'
- USAC Championship Level Events
  - Youth Rope Regionals Everett 23'
  - Collegiate NQE Everett 24'
  - Youth Rope Divisionals Everett 24'
  - Youth Rope Regionals Everett 26' (scheduled for March)
- In House Competitions
  - Dark Horse Bouldering Series
    - Everett Championship Round 23', 24', 25', 26'
    - Newburyport Round 23'
    - Littleton Opening Round 24'
  - Summer Send Off Boulder Comp 23', 24' (Chief), 25' (Chief)

## EDUCATION

**B.A. in Communications**, specializing in Journalism and Digital Media from **Loyola University, Baltimore, MD** — Cum Laude

SEPT 2018 - MAY 2022

Course work focused on being an effective reporter, fact-finder, and storyteller across multiple digital mediums. Completed classes focused on radio, video, writing, podcasting, and multimedia productions. Contributing writer for *The Greyhound* campus news publication and anchor/editor of award winning special radio broadcast *Voices of Covid-19*

## SKILLS

Extensive Work at Height experience with multi-rope systems

Efficiency setting on wood and concrete walls

Creative volume usage

Strong eye for individual route and overall set aesthetics

Ability to work under tight deadlines

## Certifications

USAC Level 2 Routesetter

