



Josh Cates

MANAGER, THE ULTIMATE CLIMBING GYM

Josh is a former climber who grew up at the Ultimate Climbing Gym and has been a vital part of its success since he began working there in 1994.

Certifications: USAC coach certified, USAC Level 3 route setter, wilderness First Aid certification, CPR, Safe Sport, Clean Sport CAN Level II.

The climbing teams that Josh previously coached were second in the Mid-Atlantic Region three times. He has coached five World Cup climbers. His team was named Team-of-the-Year in the region three times.

Josh is a graduate of UNC-G with a degree in business. He is married and has a son who is now climbing. Josh felt it was huge in building his confidence as a child and wants his son to experience the same.

Josh's teaching philosophy: "I teach because this sport helped to shape who I am. Even though this is 'just a sport', it instills the mentality of not giving up. People's character really shows when they are 30 feet up!"

