



**Josh Altmann** is going into his third year with Baseball Institute as a Utility Instructor. Altmann played collegiate baseball for Olivet Nazarene University in Bourbonnais, Illinois where he was All-Conference twice and NCCAA All Region once. He played for the Tigers for three years before being drafted by the Texas Rangers in the 22nd round of the 2015 MLB Amateur Draft.

“I didn’t have any accolades out of high school, I was just the normal run-of-the-mill type of ball player in high school,” Altmann said. “Then I was drafted in 2015 out of college in the 22nd round and I couldn’t have been happier. It was an amazing experience.”

Josh has since gone on to play over 5 seasons of Minor League Ball making it as high as Double AA in 2019. While Josh is still continuing to pursue his dreams of playing Major League Baseball, Josh enjoys having the opportunity to come back to Baseball Institute and spread the knowledge he has accrued over the 20+ years of playing organized baseball.

Josh is a big believer in having an approach and focusing on the mental side of baseball. “I want everyone I teach to be able to trust their approach. You got to have a plan when you’re in the box,” Altmann pointed out. “I’m big on self-talk; positive influence before and during an at-bat. It’s a must to be successful.”

Altmann will continue to serve as a Utility Instructor for Baseball Institute when he is back home. He looks forward to giving back to the community he grew up in and preparing young athletes for the season to come.

**\*Josh Altmann Fun Fact\*-** Josh hit 20 Homers during this 2018 Minor League Season.