



# BECCHETTI BASEBALL ACADEMY

## REMOTE PACKAGE

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### ATHLETE PROGRAMMING

- **Personalized Hitting Programming:** Tailored to each athlete's mechanics and goals
- **Custom Fielding Program:** Focused on positional mastery and consistency
- **Throwing Program:** To build arm strength and prevent injury
- **In-Game Hitting Approach:** Development to sharpen real-time decision making

### STRENGTH & CONDITIONING

- **Year-Round Strength & Conditioning Plan** for both in-season and off-season development
- **Interactive Workout Journal** -Athletes will log every rep, set, and weight lifted in a custom training journal to track progress, build accountability, and guide performance improvements.

### NUTRITION

- **Complete Nutrition Plan:** To fuel performance and recovery.
- **Weekly Meal Plan:** Custom to the Athlete

### MENTORSHIP

- **1-on-1 Mentorship:** With experienced coaches and former players who've competed at the highest levels
- **Weekly Check-Ins:** For accountability, adjustments, and support
- **Video Analysis:** With breakdowns of mechanics and technique
- **Mental Skills Training:** Confidence building, focus techniques, and managing adversity

### STRATEGIC RECRUITING SERVICES

- **Nationwide College Coach Access:** Connections with 100s of programs at all levels
- **MLB Draft Mentorship & Advice:** Process and understanding what scouts are looking for in a prospect
- **College Recruiting Support:** Including guidance and direct mentorship
- **NIL Opportunity Support:** Guidance and access to brand partnerships