



Official Training Equipment
of Major League Baseball®



BASEBALL & SOFTBALL PITCHING MACHINE

Athletic Training Equipment Co.

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GENERAL USE

Read this manual completely before using your *CASEY PRO 3G*® pitching machine.

WARNING

Never put any part of your body or any object on or near the throwing wheels. Doing so could cause severe injury!

CAUTION

Children must use the Casey Pro 3G® with adult supervision ONLY.

- Always use a grounded 110 Volt electric outlet (220V for International). Up to 100 feet, the size cord to use is a #16/3. From 100 to 200 feet, use a #14/3 cord. Over 200 feet, use at least a #12/3 extension cord or consult a local electrician
- When using the Casey Pro 3G for pitching, use a Protective Screen to shield the operator and machine. A variety of quality screens are available from ATEC.
- Never step in front of or allow others to step in front of the Casey Pro 3G while the throwing wheels are turning.
- Batters should always use a protective helmet with face guard.
- Never use the Casey Pro 3G near water or with damp or wet balls.
- Always turn the Casey Pro 3G off when not in use.
- Always TEST-PITCH your machine before a hitter steps into the batter's box to assure proper alignment and the safe delivery of a pitch.
- This machine is not intended for commercial use. Commercial use without the prior written consent of ATEC will void your product warranty.

The Casey Pro 3G features the new micro adjustment features. Operation requires diligent care and use:

- Always test pitch the machine without a batter to assure the proper strike zone has been achieved.
- After each adjustment retest pitch without batter to ensure location.
- When using the micro adjustment knob, operator should use extreme caution, as a small turn of the knob will move pitch location
- Make sure all adjustments are tight and secure prior to pitching.

SAVE THESE INSTRUCTIONS

CASEY PRO 3G

“Third Generation of the Casey Machine that Revolutionized High Performance Training”

The highly innovative and revolutionary Casey Pro 3G is the ultimate Baseball and Softball training equipment ever produced. This newest version of the highly successful Casey® series of machines introduces the highly functional and desirable “micro-adjustment” system that allows for instant pitch changes for creating game like hitting situations and pitch specific training. This is truly a ground breaking design whose patent pending design allows a coach to quickly and precisely move the a selected pitch up or down, or left and right instantly. The adjustment can be made in 1 to 2 seconds never causing a delay between pitches and cannot be detected by the batter.

The “micro-adjustments” are ideal for locating any particular pitch to a desired location that may be a hitters weakness allowing them to repeatedly see that pitch and work at successfully hitting it with consistency. For defensive drills the “micro-adjustments” allow the ball to be moved from side to side and for short and deep fielding drills creating a truly versatile training program.

The Casey Pro 3G includes all the great features found on the Casey line of machines including the following:

- Micro-Adjustment Feature: Adjust pitches in specific increments for pin-point control; Adjust Left/Right up to 18inches and Up/Down Height up to 36 inches.
- Center of Gravity Design allows for full 360° range head rotation and 120° vertical pivot.
- Throws a variety of pitches such as sliders, curves, screw balls, drops, risers, knuckle balls and fast balls.
- Centering Lines for proper alignment.
- Dual Concave Wheel design for maximum ball control
- Variable speed control up to 100 mph for baseball and 90 mph for softball.
- Built in transport wheels and quick release legs for quick set up and easy storage.
- Precision Aluminum cast wheels with have steel and stainless steel welded construction with durable power coat finish.
- Limited Lifetime Warranty
- Patent Pending

INTRODUCTION

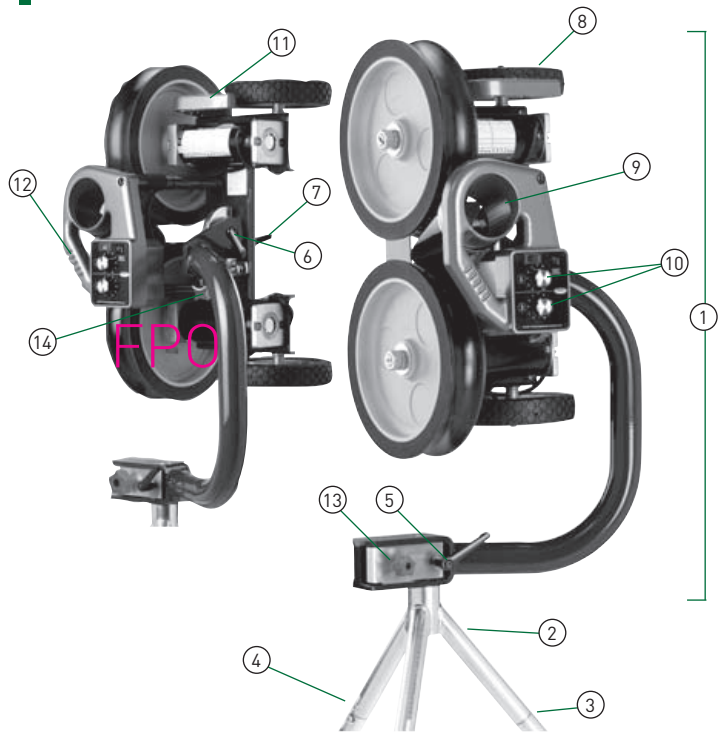


Accessories			
AT1020	Easy Transport Machine and Tripod Caddy	AT1060	Machine Cover
AT8215	20 Ball Baseball Feeder	AT8220	15 Ball Softball Feeder
AT8847	300 Ball Baseball Feeder	AT8848	200 Ball Softball Feeder
AT2415	22 Ball Baseball Soft Toss Feeder	AT2404	16 Ball Softball Soft Toss Feeder
AT0441	Wireless Feeder Remote Control	AT0380	Tuffy Dimpled Baseballs
AT0385	Tuffy Supersoft Dimpled Baseballs	AT0387	Tuffy Dimpled Softballs
AT03391	Tuffy Supersoft Dimpled Softballs		

FOR MORE INFORMATION AND DETAILS ON THIS AND OTHER FINE ATEC TRAINING PRODUCTS CALL OUR CUSTOMER SERVICE DEPARTMENT AT: 1-800-998-2832

OPERATING INSTRUCTIONS

1. Throwing Head Assembly
2. Tripod
3. Leg (3 ea.)
4. Spring Clip
5. Left/Right Macro Adjustment Lock
6. Up/Down Macro Adjustment Lock
7. Pitch Selection Lock
8. Transport Wheels
9. Ball Feed Chute
10. Speed Controls
11. Handle
12. Control Panel Handle
13. Left/Right Micro Adjustment Knob
14. Up/Down Micro Adjustment Knob



ASSEMBLY & USE

Your Casey Pro 3G pitching machine comes pre-assembled as 3 components, the Throwing Head Assembly (1), the Tripod (2) and the legs (3).

Remove the Tripod and the three legs from the carton. Depressing the Spring Clip (4), insert a leg into the Tripod. Be sure the Spring Clip locks into the alignment hole on the Tripod. Repeat this with the other two legs.

Loosen the Left/Right Adjustment Lock Handle (5) and mount the Throwing Head onto the Tripod. Be sure that the Lock is backed out far enough to allow the Throwing Head to seat itself all the way down onto the Tripod.

ELECTRICAL

The Casey Pro 3G machine is designed to operate on a 110V AC power source (220V for International). The speed control is protected from overload damage by a built-in AC surge protector and a 10 amp circuit breaker.

Voltage tends to drop over distance and running any equipment on low voltage can shorten motor life. Therefore, it is important to always use the proper extension cord with your machine.

Up to 100 feet, the size cord to use is a #16/3. From 100 to 200 feet, use a #14/3 cord. Over 200 feet, use at least a #12/3 extension cord or consult a local electrician.



Always use a Protective Screen

OPERATING INSTRUCTIONS

If you use a generator with your Casey Pro 3G use a 1200 Watt continuous duty generator with a built-in Automatic Voltage Regulator (AVR), or bolt in inverter.

Always be sure the generator is up to full output before turning on the Casey Pro 3G. Also, always turn your Casey Pro 3G off before shutting down the generator.

Never let the generator run out of fuel while the Casey Pro 3G is in operation.

The Speed Control Knobs (10) are used to adjust the speed of the throwing wheels independently.

ACCURACY

Many factors can effect the accuracy of a pitch. In addition to the obvious ones of moisture and wind, the size, weight/balance and wear elements of individual balls can also affect the speed and repeatability of a pitch.

The Casey Pro 3G pitching machine will throw both regulation balls and ATEC practice balls, like the Tuffy® and SuperSoft®. Practice balls are recommended for their durability and more consistent pitch accuracy over time.

Coaches have found that seamed, leather balls will cause less consistent pitch accuracy and greater wear of the throwing wheels.

TRANSPORT

The design of your Casey Pro 3G allows for quick and easy transport. Simply rotate the Throwing Head back to the full vertical position and lock it in place. Next, rotate the head left or right until a single leg extends to the rear of the machine and lock it into position. Take hold of the head and tip the machine forward onto the two transport wheels.

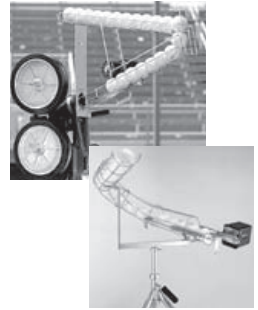
Remove the two front legs by depressing the Spring Clips and pulling. This leaves the remaining leg in the proper position to be used as a convenient tow handle.

PITCHING MACHINE BALLS

Regulation size pitching machine balls are designed to be consistent and have better wear factors than any other type of ball when used in pitching machines. ATEC has a full line of pitching machine balls to cover every need for indoor and outdoor use. For more information please visit us at www.atecsports.com or contact your local ATEC dealer. You can also contact ATEC at 1-800-959-2832.

REGULATION "LEATHER" BALLS

Regulation leather balls can be used in pitching machines however they will not pitch as consistent as a pitching machine ball and they have a shorter lifespan. In addition they tend to transfer material to the wheel(s) or throwing pads. This material transfer may cause a build up to develop on the throwing surfaces. Material build up, if left un-checked can affect performance of the pitching machine but can be controlled by removing it with #60 sandpaper or emery cloth. This should be done on an "as needed" basis at the time the material buildup is detected.



A variety of Ball Feeders are available for your Casey Pro 3G Pitching Machine.

OPERATING INSTRUCTIONS

DO NOT USE SYNTHETIC COVERED BALLS

(Even if they are regulation)

Synthetic covered balls were not designed to be used in pitching machines and may leave a massive amount of buildup on the throwing surfaces of the machine, effecting pitching machine performance. When using regulation balls, use only leather ones.

BALL CONSISTENCY

In order to assure accuracy, the balls being used should be of the same type, wear and manufacturer. A pitching machine will only be as consistent as the balls being used:

- Never mix worn "old" balls with new balls
- Do not mix different brands of balls
- Do not mix different types of balls
- When using a seamed ball, feed the ball into the machine with the seams in the same general position each time.
- Wet or damp balls tend to slip on the throwing surfaces. Towel dry any balls that have moisture on them before using in a pitching machine.
- Extreme cold can cause balls to become harder than normal. This could cause the balls to pitch slower and / or inconsistently.

SPEED

The Casey Pro 3G is best used at a pitch distance of 50 to 60 feet. All motors require a minimum recovery time after 'loading up.' The optimum period between pitches for the Casey Pro 3G is 6 seconds.

CASEY PRO 3G SPEED SETTINGS

Baseball			Softball		
#1 Dial	#2 Dial	MPH	#1 Dial	#2 Dial	MPH
2	4	35	2	4	30
3	5	40	3	5	32
3	6	45	3	6	35
4	6	48	4	6	40
4	7	55	4	7	45
5	7	60	5	7	50
5	8	68	5	8	57
6	8	72	6	8	62
6	9	78	6	9	68
7	9	80	7	9	70
7	10	85	7	10	72
8	10	90	8	10	75
9	10	94	9	10	80
10	10	100	10	10	85

SET-UP FOR PITCHING

Never make any adjustments to the speed or trajectory of the pitch while a batter is at the plate or when anyone is in front of your pitching machine.

WARNING Never put any part of your body or any object on or near the throwing wheels. Doing so could cause severe injury!

CAUTION Children should always use the Casey Pro 3G with adult supervision ONLY.

CAUTION Always test-pitch your machine before a hitter steps into the batter's box to assure proper alignment and the safe delivery of a pitch.

Place your Casey Pro 3G at the desired pitch distance (ideally, 50 to 60 ft.) and set up your Protective Screen.

Position the Tripod so that a single leg is to the rear (towards center field) and align the front of the machine with home plate.

Select the desired Throwing Head position and motor speeds from the 'Speed/Pitch Settings' label located on the top motor. Adjust, then secure the throwing head accordingly.

It is a good idea when first using your Casey Pro 3G to take a few minutes and experiment with the varied speed settings and head positions.




Make sure the area in front of your machine is clear and safe. When it is safe and you are ready, release a ball into the Ball Feed Chute (9).

SETTING PITCH TYPE AND SPEED




- Using the 'Speed/Pitch Settings' label located on top motor, set Throwing Head position with Pitch Selection Lock (7) and select motor speeds.
- Firmly tighten Pitch Selection Lock (7).
- Make sure area in front of machine is clear and safe.
- Test pitch without batter by releasing ball into Ball Feed Chute (9).

SETTING PITCH LOCATION

Left/Right Adjustment

- Check to make sure Micro Adjustment Lines are centered using the Micro Adjustment Knob  (13)
- Loosen Macro Adjustment Handle  (5) and set machine to desired pitching zone and then firmly tighten Macro Handle (5)
- Test pitch without batter
- To fine tune pitching location right and left, use MicroAdjustment Knob  (13)
- Turn CLOCKWISE to move pitch RIGHT and COUNTERCLOCKWISE to move pitch LEFT. Do not overtighten the micro adjustment
- After each adjustment, retest pitch without batter to ensure location

Up/Down Adjustment

- Check to make sure Micro Adjustment Lines are centered using Micro Adjustment Knob  (14)
- Loosen Macro Adjustment Handle  (6) and set machine to desired pitching zone and then firmly tighten Macro Handle
- Test pitch without batter
- To fine tune pitching location right and left, use MicroAdjustment Knob  (14)
- Turn CLOCKWISE to move pitch UP and COUNTERCLOCKWISE to move pitch DOWN. Do not overtighten the micro adjustment
- After each adjustment, retest pitch without batter to ensure location

OPERATING INSTRUCTIONS



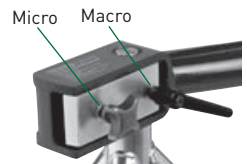
Left Hand Curve



Right Hand Curve



Slider



OPERATING INSTRUCTIONS

USING MICRO ADJUSTMENT FEATURE

The difference between strike 3 and ball 4 can be the difference between winning and losing. The Micro Adjustment Feature allows the user to accurately move the ball to the exact location during training. Work on the inside and outside of the strike zone by easily adjusting the Left/Right Micro Adjustment Knob. Work the top and bottom of the strike zone using the Up/Down Micro Adjustment Knob. Or use them together to go up and inside or down and out. Turning the Micro Adjustment Knob one quarter of a turn moves the ball approximately 2".

- Micro Adjustment Range
 - Left/Right – 9" left or right of center
 - Up/Down – 18" up or down from center

NOTE If the Micro Adjustment Knobs are not centered before use, adjustment in each direction will vary.

You're ready for batting practice!

When you prepare to deliver a pitch, always raise your arm and show the ball to the batter before every pitch. This will signal him, and others that you are about to throw.

The batter is also able to see your arm fall as you deliver the ball to the machine. This simulates live game action and will help the batter to develop his timing.

The ease of adjustment and pitch repeatability with the Casey Pro 3G allows a coach to work on the specific weaknesses of a hitter. For instance, if a player has trouble with pitches high in the strike zone a coach can work that zone over and over. Remember, redundancy is key to learning anything.

To teach a player to place-hit, try using colored balls. Choose four colors; white for left field, blue for center, red for right and yellow for bunt.

With several of each color, mix up your delivery. This forces the hitter to focus on the ball and react on instinct. When he sees red a right-handed hitter must wait on the ball and 'push' it to right field, white he must 'pull' to left and so on.

Not only does it teach bat control, but it forces the hitter to stay back, make decisions and react after the pitch is released. What a great drill for perfecting timing!

SET-UP FOR FIELDING DRILLS

Set-up the Casey Pro 3G near home plate. The **routine** you want to run will determine the best position on the field for your machine.

For infield drills the best machine setting is a drop pitch at a speed appropriate for the level of play. Fly ball and line drive drills will use a high speed setting in the fast-ball position.

Loosen the Left/Right Adjustor to allow free rotation of the Throwing Head. Back off on the Elevation Adjustment Lock to allow full depression and elevation of the Throwing Head.

Take hold of the built-in Handles (11) on the upper frame and the Control Panel (12) to quickly and easily change the position of the Throwing Head.

In this manner you can effectively run fungo, line drive, hot grounder, double play and pop-up drills to any position on the field.

For a man who has coached and managed some of the highest profile players in the game today – marquee names like Ken Griffey Jr., Mark Grace, Jose Conseco, Matt Williams and Sammy Sosa – Jim Lefebvre gets most animated when he talks about baseball while sitting in his own backyard.

“This is where it all starts,” Lefebvre says. “All great ball players started in the backyard with their father, or maybe a brother or neighbor.”

It is this backyard venue and the neighborhood parks that will produce the high profile hitters and the defensive standouts of tomorrow. And it is those same fathers and brothers, moms and neighbors who will help these would-be Major Leaguers realize their dreams.

“The Casey Pro 3G is the most exciting piece of training equipment to come along in years for developing the reflex skills of a ball player.”

The ‘PRO’ is so versatile in its application for drills that it is like having an extra coach on the field.

“Over time and using the many advance training technologies available, there has developed a systematic method of teaching the fundamental principles of hitting and fielding.” However, those fundamentals remain the same today as when the ‘Babe’ strode to the plate!”

This manual offers these fundamental principles in a way that allows anyone, a father, a mother, a brother or neighbor to coach an athlete to become a high profile hitter and a great defensive performer. But, instead of dry mechanics and complicated theories, you will learn the brilliance of simplicity!

Here’s how easy it is.

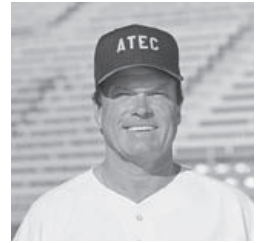
“Sustained, optimum performance is the goal of any training program. And a player’s personal goal should be to continually elevate his level of performance.”

There are four levels of performance and using hitting as an example, here is how they work.

The initial level is the moment itself, when your adrenaline surges, igniting your **Swing Thought**. This is called the *Broad* Level of performance.

The next level, the *Broad Internal*, occurs when you begin processing the mechanical or technical aspects of your swing. You actually visualize what you will do to the ball.

JIM LEFEBVRE'S TRAINING PROGRAM



“**Congratulations** in choosing the Casey Pro 3G, the official Pitching Machine of Major League Baseball®.”

Closing the Loop

“A good athletic training program requires an **objective**, proper **equipment** and a **routine**. The best coaching tip I can give you is to be organized and be equipped.”

Jim Lefebvre
Major League Player,
Coach & Manager

JIM LEFEBVRE'S TRAINING PROGRAM

As you reach the *Narrow Internal* stage, that emotion that comes with visualizing the perfect swing, contact with the ball and the roar of the crowd takes over and boosts you to the fourth and final level.

Now you are *Narrow* in your focus and muscle memory takes over. All that is left is for you to read the ball. Everything else is on auto pilot!

Understanding this simple transition can help you (dad, mom, sibling or friend) to be as effective a coach as a Pro.

"A good athletic training program requires an **objective**, proper **equipment** and a **routine**. The best coaching tip I can give you is to be organized and be equipped", says Lefebvre.

"Your objective as a coach should always be to bring out the best performance of which a player is capable."

And just as a good mechanic wouldn't dream of starting a job on your car without the right tools, you've taken the first step towards good coaching with your purchase of the CASEY PRO 3G® from the Athletic Training Equipment Company.

CLOSING THE LOOP

"My training concept is called **Closing the Loop**. This represents the routine, or training regimen part of the program."

"The 'Loop' expresses the training cycle itself. It will take the athlete full circle through the physical, technical and mental attributes of a high profile performer.

This redundancy develops muscle memory. Fundamentals will become pure reflex, unconscious and without thought."

Preparation for *Closing the Loop* is broken into three distinct disciplines. An athlete should always **Warm-up, Form-up and Time-up**.

Timing gets refined in every practice session. However, unless an athlete has taken the time to warm-up and form-up first, that practice time is often unproductive.

Consider it this way. Hitting statistics prove that in a regular nine-inning game the average player will get 6 minutes in the batter's box, or 90 seconds per at-bat. NINETY SECONDS! That's the only chance he gets to make a positive offensive impact on the game.

To create success out of a single plate appearance requires years of practice. With the most active major league player getting only 20-25 swings per day in the batting cage he must make sure he gets the very most out of that time. As your son's or daughter's coach, that's your job!

THE HIGH PROFILE HITTER

The routine that follows should be your regimen for both practice and pre-game, both in-season and off-season.

The only difference between an off-season and an in-season program is the number of swings you take during a session. In the off-season your swings should double or triple depending on your conditioning level.

Once developed, it is critical to maintain that “feel” of hitting thru the off-season.

Here are a few basics to keep firmly in mind as you work on your hitting form.

Your ultimate goal in this hitting program is to develop your **Swing Thought**. “That Swing Thought should be *line drive-down*,” says Lefebvre, and here is what that means.

In the Major League 70% of all line drives result in a base hit. Interestingly, 37% of hard grounders will get you on base, while only 17% of balls hit into the air will get you safely to first. “Hitting 370 can win you a batting title!”

Understanding this, it makes sense that your goal every time you step to the plate is to hit a line drive. Secondarily, if you were to miss-hit the ball your best percentage is to hit a hard grounder, down, rather than into the air. This is why your Swing Thought should always be *line drive-down*.

This is not the mechanics of the swing itself, but the visualization of a level, compact swing through the ball. Drive the ball hard into the dirt at the outfield grass line and the percentages of the game are in your favor.

“Only time can develop this skill as an unconscious reflex, so let’s get to work!”

WARM-UP Take 10 to 20 swings

Objective

- Stretch & loosen up slowly.
- Swinging at half speed, hit every ball into the target zone of your Catch Net.

Equipment

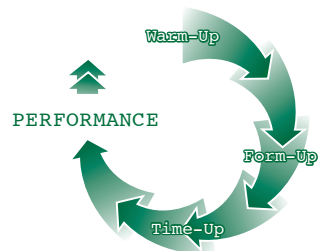
- Tuffy Tee from ATEC®
- Catch Net from ATEC®
- Baseballs & 7 oz. weighted balls
- Bat & counter weight for bat routine

Routine

- Using the tee & weighted bat, hit 5 each of the regulation and weighted balls.
- Repeat using the unweighted bat.

JIM LEFEBVRE'S TRAINING PROGRAM

This program will, “...take the athlete full circle through the physical, technical and mental attributes of a high profile performer.”



JIM LEFEBVRE'S TRAINING PROGRAM

FORM-UP Take 20-40 swings

Objective

- Develop your Swing Thought.
- Develop swing technique & hand speed.
- Hit every ball into the target zone.

Equipment

- Tuffy Tee
- Catch Net
- Baseballs & 7 oz. weighted balls
- Bat and counter weight for bat

Routine

- Using the tee & weighted bat, hit 5 each of the regulation & weighted balls.
- Repeat using the unweighted bat.
- Repeat 2 more sets of the above.

TIME-UP Take a minimum of 40 swings

Objective

- Perfect your Swing Thought.
- Maintain your Form-up skills as you perfect your Swing Thought.
- Hit every ball into the target zone.

Equipment

- The Casey Pro 3G Pitching Machine
- 4 dozen Tuffy balls
- Catch Net
- Bat

Routine

- Using your Catch Net as a backstop, set up your Casey Pro 3G at a pitching distance of 50' and the speed controls to the 'Medium Fastball' position.
- Take a minimum of 12 swings. Do this without taking a stride in your swing.
- Your Swing Thought is line drive-down. This means a level swing, hitting down through the ball straight at the infield grass line.
- Set the speed controls to the 'Fast Fastball' position and take a minimum of 20 swings, again without taking a stride.
- Repeat this same routine against the slider and other breaking ball pitches.

Preparation for
Closing the Loop
is broken into three
distinct disciplines.
An athlete should
always **Warm-up,**
Form-up and **Time-up!**



When the Casey Pro 3G is only 50' away with a medium speed setting, the reduced reaction time is equivalent to a 75 mph pitch. This is why you work this routine without taking a stride.

These routines will develop the natural skills of any player. They will help to hone those skills to the point that they become unconscious reflex. This frees the hitter to focus on reading the ball (pitch), making the best use of the short reaction time.

Repetition is a critical factor in all training. Repetition allows such development and will lead to the enhanced performance levels that are the objective of all high profile performers. Nothing but time spent effectively in practice can accomplish this. There is no shortcut to the process.

THE HIGH PROFILE DEFENSIVE PLAYER

Hitting is only half the game. You can't lose if the other team doesn't score!

"There is no substitute for time in play with live game conditions to develop your defensive skills and reaction times," says Lefebvre. No other training equipment available today gives you the controlled versatility of the Casey Pro 3G in duplicating this real-time game action.

"The same principles practiced with the hitting program should be applied to your defensive practice sessions. That is, **Warm-up, Form-up and Time-up**, all in an effort to continually raise your level of performance."

This program will refine your fielding skills as well as enhance your general conditioning program in the process.

As those skills become a natural unconscious reflex, all you need do is focus on reading the ball and making the play.

WARM-UP

Objective

- Stretch & loosen up slowly.
- Focus on reading the ball.

Equipment

- Glove
- A couple dozen balls

Routine

- Develop a slow stretching regimen to insure against injury (10 minutes minimum). Fielding requires a great deal of lateral movement. While legs and arms are key, your torso and all other muscle groups are also important and should be worked.
- Throwing at half speed, play catch with another person or with a pitch-back type screen.



The Swing Thought

In the Major League 70% of all line drives result in a base hit.

Interestingly, 37% of hard grounders will get you on base, while only 17% of balls hit into the air will get you safely to first. "Hitting 370 can win you a batting title!"

JIM LEFEBVRE'S TRAINING PROGRAM



FORM-UP

Objective

- Develop your lateral, dropstep, angle and forward agility.
- Develop your visual read of the ball.

Equipment

- The Casey Pro 3G®
- 4 dozen Tuffy balls
- Catch Net
- Glove

Routine

- Set up the Casey Pro 3G® just in front of home plate with the controls set for a medium speed drop curve. Set your Catch Net to the side for throw-back and retrieval of balls. Assume an infield or outfield position and;
- Take 5-10 grounders straight on, throwing them back into the target on the catch net.
- Hold your position and with the operator rotating the throwing head left and right, take 5-10 grounders to each side. Throw back.
- Elevate the throwing head and adjust the controls to a fastball setting. Take 5-10 pop-ups and throw back.
- Adjust the controls back to a drop curve setting and depressing the release angle take 5 to 10 hard, bouncing grounders. Do this straight on and to each side.

TIME-UP

Objective

- Perfect your lateral, dropback, angle and forward agility.
- Perfect your visual read of the ball as well as your reaction time in various situations.

Equipment

- The Casey Pro 3G®
- 4 dozen Tuffy balls
- Catch Net
- Glove

Routine

- Set up your 'Casey' just in front of home plate with the controls set for a fast drop curve. Place the Catch Net to the side for throw-backs. Take whatever infield or outfield position you want to work on and;
- Take 10-15 grounders straight on and throw them back. Be sure to throw to the target zone in the net.
- Hold your position and take 10-15 grounders each to your right and left, mixing them at random. Throw back to the target.
- Have the operator elevate the throwing head and adjust the control to a fast fastball. Take 10-15 pop-ups and throw back.
- Depressing the throwing angle, with the controls set for a fast drop curve, take another 10-15 bouncing grounders. Mix them at random to the right and left.

Hitting is only half the game. You can't lose if the other team doesn't score!



MAINTENANCE

CAUTION Be sure your machine is unplugged prior to performing any service.

The primary wear components on your Casey Pro 3G are the throwing wheels. These do not require attention unless ball control is affected. Some material build up left by balls is typical and may or may not affect accuracy.

GENERAL CARE

Dirt and material build-up on wheels can typically be removed using a mild dish soap and warm water. Always rinse thoroughly and never use a commercial cleanser or "revitalizer" like Armor-All® on your wheels.

Should your wheels require something more, call ATEC Technical Services.

Your wheels use an elastomeric urethane for its better wear and memory features as well as to provide the best ball control. This material, by nature is very pliable. To maintain optimum performance you should never store or transport your Casey Pro 3G laying it on its throwing wheels. Also, you should never store or transport your machine in an environment that will exceed 120°F.

TROUBLESHOOTING

Inoperative:

- Check and reset, if necessary, the circuit breaker on the speed control box. If breaker trips repeatedly, call ATEC.
- Check to be sure wheels will turn by hand and are not 'locked-up'. If locked, call ATEC.
- Using a voltmeter, verify 110-120V AC from your power supply. If not, call an electrician.

Speed Consistency:

- Confirm ball condition. Be sure all balls are of like wear and type. Try a new ball. If not correctable, call ATEC.

Erratic Pitches:

- Check ball condition. Be sure all balls are of like wear and type. Try new ball. Assure you are allowing at least 6 seconds between pitches. Check wheels for build-up or wear. Clean or replace.

WARRANTY

Your Casey Pro 3G comes with a Lifetime Limited Warranty.

Under normal use and care, Athletic Training Equipment Company guarantees to the original owner, the Casey Pro 3G to be free from defects in materials and workmanship with the following limitations,

- 1) Lifetime on all structural components.
- 2) Two years on all moving and wear components.

During this period ATEC will repair or replace with new or refurbished components, at ATEC's sole discretion, any component found to be defective without cost to the owner, provided the defective product is returned to the factory freight prepaid for such service.

Consult ATEC or your local dealer for details.

Should you have any questions or require service assistance, please contact ATEC Technical Services at 1-800-758-2832.



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