

**WARRANTY
& SERVICE**

The Elevation Control Handle is lightly coated with an anti-seize compound at the factory. Clean and lightly lubricate the threads with bearing grease once per season, or as necessary depending on the use and conditions

The same should be done for the Elevation Limiter each season.

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 discs 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 balls. Be sure to allow 6-8 seconds between pitches. Check wheels for build-up or wear. Clean or replace

WARRANTY

Your Rookie comes with a 5-Year Limited Warranty.

Under normal use and care, Athletic Training Equipment Company guarantees to the original owner, the Rookie to be free from defects in materials and workmanship for a period of 5 years from the date of original purchase with the following limitations

- 1) Five years on all structural components.
- 2) Two years on all electrical 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.

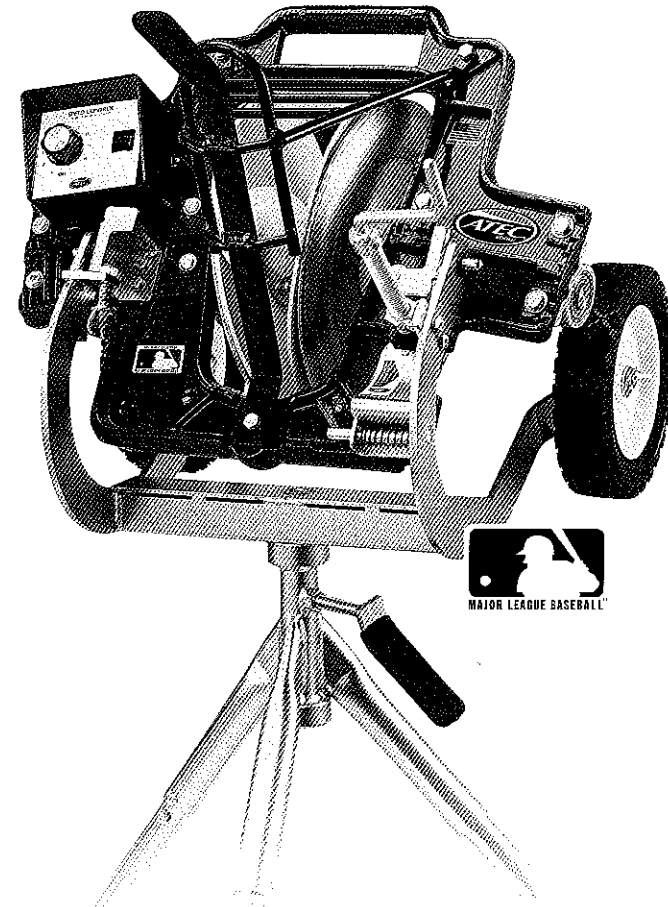
Should you have any questions or require service assistance, please contact ATEC Technical Services at 1-800-758-2832



655 Spice Island Dr Sparks, Nevada 89431
www.atecsports.com



The PROS' CHOICE!



R O O K I E[®]
PITCHING MACHINE



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GENERAL USE

Read this manual completely before using the Rookie®.

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 Rookie with adult supervision ONLY.

- Always use a grounded 110 Volt electric outlet (220V for International). When using an extension cord, use at least a #14/3 cord up to 150 feet. Over 150 feet, use a #12/3 cord or consult a licensed electrician.
- When using the Rookie as a pitching machine, always 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 Rookie while the throwing discs are turning.
- Batters should always use a protective helmet with face guard.
- Never use the Rookie near water or with damp or wet balls.
- Always turn the Rookie 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.

ATEC carries a full line of commercial machines. For more information please contact Commercial Sales at **1-800-775-ATEC**.

and will help the batter to develop his timing.

The ease of adjustment and pitch repeatability with the Rookie 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 control placement at the plate, 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 Rookie in the same way you do for batting practice. The routine you want to run will determine the best position on the field for your machine.

For infield drills a ball speed setting of a 5 to 7 is most appropriate. Fly ball and line drive drills to the outfield will use a speed setting of 9-10.

Loosen the Swivel Lock Handle to allow free rotation of the Throwing Head. Back out the Elevation Control Handle to allow full depression of the Throwing Head.

Take hold of the built-in Handle on the Ball Feed Chute 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 in the field.

MAINTENANCE

CAUTION:

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

The primary wear components on your Rookie are the throwing disc pads. 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.

Dirt and material build-up on pads can be removed in many cases with dish soap and water. Rinse and dry thoroughly prior to use. Build-up from leather balls (the use of which voids the warranty on pads) may be removed with soap and a scrub pad such as Scotch-Brite®.

Should pad replacement become necessary over time, it is a simple task. Just call ATEC, then follow the easy instructions that come with your pad replacement kit.

WARRANTY & SERVICE



The Rookie® is the official pitching machine of Major League Baseball.

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OPERATING INSTRUCTIONS

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 discs. Doing so could cause severe injury!

CAUTION:

Children should always use the Rookie 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 Rookie at the desired pitch distance (ideally, 40 to 50 ft) and set up your Catch Net as a backstop.

Position the Tripod so that a single leg is to the rear (toward center field). Adjust the Elevation Control Handle so that the Main Frame is angled forward, toward the batter at about 45°

Loosen the Swivel Lock Handle, then sight thru the Ball Feed Chute (10) and between the discs toward home plate. Tighten the Lock Handle firmly and set the Speed Control on '6'.

It is a good idea to take a few minutes to experiment with your Rookie when you first set it up. Make sure the area in front of your machine is clear and safe

Hold the ball firmly against the back of the Ball Feed Chute, release it and let it roll down the chute.

Observe the ball delivery. Adjust the trajectory right or left as needed by loosening the Swivel Lock and rotating the Throwing Head. Adjust the elevation by using the Elevation Control Handle. Pitch a second ball.

Before allowing a batter to enter the box, set the speed control to '8' and without adjusting the Throwing Head, pitch another ball.

Note the change in the delivery point. Again, without adjusting the Throwing Head set the Speed Control on '10' and pitch another ball. Observe the change in pitch delivery.

This will give you a feel for the needed adjustment in elevation when you vary pitch speeds.

Now, set the Speed Control at the desired ball speed for your **routine** and test-pitch at least two balls. Remember to allow 8 seconds between pitches. Adjust the Throwing Head as necessary.

Now 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.

He is also able to see your arm fall as you deliver the ball to the machine. This simulates live game action

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 Rookie is an ideal piece of training equipment for developing the reflex skills of a ball player."

The Rookie 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 advanced 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.

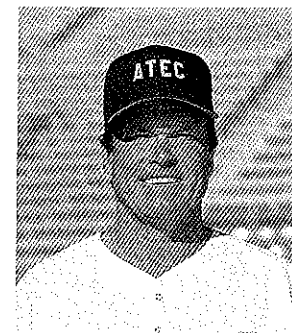
The initial level is the moment itself, when your adrenaline surges, igniting your **Swing Thought**. This is called the **Broad Level** of performance.

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.

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!

JIM LEFEBVRE'S TRAINING PROGRAM

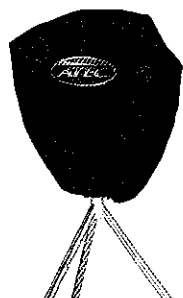


Jim Lefebvre

Major League™ Player,
Coach & Manager

Closing the Loop

"All athletic training programs require an **objective**, the proper **equipment** and a **routine**. The best coaching tip I can offer you is to be organized and be equipped."



Protect your investment. Use an ATEC Machine Cover (P/N BG01060) to extend the life of your Rookie® Pitching Machine.

JIM LEFEBVRE'S TRAINING PROGRAM

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

"All good athletic training programs require 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 toward good coaching with your purchase of the Rookie® from Athletic Training Equipment Company

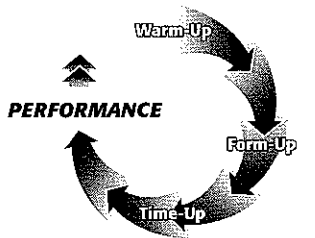
CLOSING THE LOOP

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

"The 'Loop' expresses the training process 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

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.

When using a 120V AC generator to power the Rookie, a 600 watt continuous duty minimum output is required.

Always be sure the generator is up to full output before turning on the Rookie. Also, always turn the Rookie off before shutting down the generator.

Never let the generator run out of fuel while the Rookie is in operation.

The Speed Control Knob (8) is used to turn the motor on and off as well as adjust the speed.

ACCURACY

Many factors can affect 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 Rookie 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 disc pads. Use of regulation balls will void the warranty on the disc pad component (only).

TRANSPORT

The design of your Rookie allows for quick and easy transport. Simply rotate the Throwing Head until a single leg extends to the rear of the machine. Re-secure the Lock Pin (6). Take hold of the handle grip built into the Main Frame (9) and tip the machine forward onto the two transport wheels

SPEED

The Rookie is best used at a pitch distance of 40 to 50 feet

Major League Baseball® perfected the "short pitch" concept. Using the Rookie at a 30' pitch distance with the speed control set at '7' will simulate an 70 mph pitch. So even in a more confined space, like a batting cage, you can create live game action at a reduced machine speed.

Your Rookie is capable of delivering consistently accurate pitches from a 25 mph slo-pitch arc to a 65 mph fastball (55 mph with a softball!)

All motors require a minimum recovery time after 'loading up'. The optimum period between pitches for the Rookie is 8 seconds

OPERATING INSTRUCTIONS

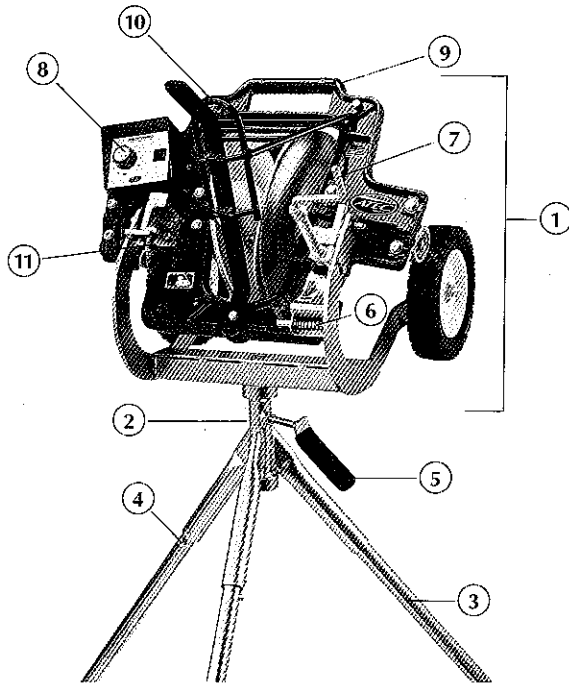
SPEED CHART

Speed Setting	MPH BB	MPH SB
3	24	22
4	30	28
5	35	32
6	41	37
7	47	45
8	54	53
9	59	56

Note: These spreads are approximate. Actual speeds may vary ± 5 mph

OPERATING INSTRUCTIONS

1. Throwing Head Assembly
2. Tripod
3. Leg (3 ea.)
4. Spring Clip
5. Swivel Lock Handle
6. Main Frame Lock Pin
7. Elevation Control Handle
8. Speed Control Knob
9. Main Frame (Green)
10. Ball Feed Chute
11. Elevation Limiter

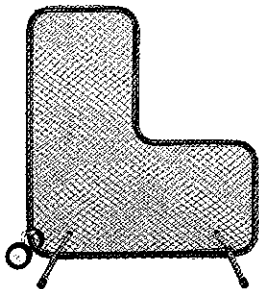


Caution:

Never lay your machine on its throwing disc and never store or transport your machine where temperatures may exceed 110°F.

Caution:

Always Use a Protective Screen



Pitcher's L Screen PS07530

ASSEMBLY & USE

Your Rookie pitching machine comes preassembled 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.

Next, loosen the Swivel Lock Handle (5) and insert the Throwing Head into the Tripod. Be sure that the Swivel Lock is backed out far enough to allow the Throwing Head to seat itself all the way down into the Tripod.

The machine is shipped with the Main Frame Lock Pin (6) in the locked position to protect it during transit. This much be released before you can use your Rookie.

To release the Lock Pin, slowly rotate the Elevation Control Handle (7) counter-clockwise until the spring load releases the pin.

ELECTRICAL

The Rookie 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 5 amp circuit breaker.

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. Secondly, 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

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

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 & counter weight for bat

Routine

- Using the tee & weighted bat, hit 5 each of the regulation and weighted balls
- Repeat using the un-weighted bat
- Repeat two 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 Rookie®
- 4 dozen Tuffy® balls
- Catch Net
- Bat

THE HIGH PROFILE HITTER

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

JIM LEFEBVRE'S TRAINING PROGRAM

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!"

Routine

- Using your Catch Net as a backstop, set up your Rookie at a pitching distance of 40' & a control speed of '6'
- 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 '8' position and take a minimum of 30 swings, again without taking a stride.

When the Rookie is only 40' away with a speed setting of '6', the reduced reaction time is equivalent to a 65 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 Rookie 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.

FORM-UP

Objective

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

Equipment

- The Rookie®
- 4 dozen Tuffy® balls
- Catch Net.
- Glove

Routine

- Set up the Rookie just in front of home plate with the speed set at '7'. 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 setting of '8'. Take 5-10 pop-ups and throw back.
- Set the speed control at '6', 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, drop-back, angle and forward agility.
- Perfect your visual read of the ball as well as your reaction time in various situations.

Equipment

- The Rookie®
- 4 dozen Tuffy® balls
- Catch Net.
- Glove

Routine

- Set up your Rookie just in front of home plate with the speed control at '8-10'. 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 hard 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 speed control to '10'. Take 10-15 pop-ups and throw back.
- Depressing the throwing angle, with the speed control at '10', take another 10-15 bouncing grounders. Mix them at random to the right and left.

THE HIGH PROFILE DEFENSIVE PLAYER

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