



SWINGAWAY®
SPORTS PRODUCTS



SWINGAWAY - PRO TRAVELER

THE ULTIMATE PORTABLE BATTING STATION



ASSEMBLY INSTRUCTIONS AND OWNERS MANUAL

© SwingAway Sports Products Inc.

4781 WATERHAVEN BEND

MARIETTA, GA 30062

Phone (800) 999-1968 Fax (866) 474-4323

www.swingaway.com e-mail: service@swingaway.com

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US PATENTS 5,795,250 AND 7,914,400



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From the desk of the President

Dear SwingAway Customer,

Thank you for your new purchase of a SwingAway Batting Systems. Today will be the new launch of your baseball or softball career. With your hard work and determination combined with your New SwingAway, you will simply become a better Hitter! Below are several IMPORTANT Items to make sure you have a Long Term and POSITIVE Experience with your New SWINGAWAY.

WARRANTY – SwingAway Sports Products stands 100% behind all of our products. Please check the contents of the box to make sure ALL the parts and components are intact. Remember some of the components listed may be already Pre-Assembled. If a part is missing or was damaged during shipping call SwingAway at 800-999-1968 or email us at service@swingaway.com and we will take complete care of any issue.

DO NOT CALL OR TAKE BACK THE MACHINE TO THE RETAILER, they do not carry our Parts and Components. Please register your purchase on-line at http://www.swingaway.com/contact_us.htm .



The Most Important Next Step is to ASSEMBLE the SWINGAWAY properly. Follow the instructions in the Manual; a copy is attached to this letter, and to go to our Social Media Sites for the Most Updated Videos. Please pay close attention to **How to assemble and Attach the Ball-Kits, Tether and Bungees.**

See us on



SwingAway's Facebook Page- Open the following link, Like us and Follow SwingAway <http://www.facebook.com/SWINGAWAYSPORTS> . This Page will allow you to view and Post comments Pics and videos will staying current with SWINGAWAY

SwingAway's YouTube Channel- Follow link and Subscribe to this Channel <http://www.youtube.com/user/HittingPro>. This Channel will be constantly updated with ASSEMBLY INSTRUCTIONS, TESTIMONIALS, and INSTRUCTIONAL VIDEOS. Simply go to the Channel to find the appropriate Playlist

Remember if you have any questions or issues with your New SwingAway – Contact us directly, your retailer can not help or give you the Technical Support or Replacement Parts

Once the SwingAway is set up properly, then you are ready to SWINGAWAY and achieve your True Hitting Potential and **“GET REAL GOOD, REAL FAST”!!!**

John J Flading- President and CEO
© SwingAway Sports Products, Inc.



INTRODUCTION

Thank you for purchasing the SwingAway®. The SwingAway® has been designed to be safe when used as intended; the swinging bat is the most dangerous aspect of SwingAway® use. To ensure safe operation with maximum benefit, please read the following recommendations and review them with anyone who will be working on or around the machine.

- ✓ **A batting helmet with NOC-SAE approval must be worn** at all times when working on or around this and any other mechanized baseball equipment.
- ✓ Children using the SwingAway®, or in the area of use, under the age of 12 must be supervised at all times.
- ✓ Users must be aware of coaches and spectators in the surrounding area. We recommend a 16' X 16' area be roped off around the area before use.
- ✓ The SwingAway® net is a very effective rebounder. **DO NOT use for “pepper” drills!** In other words, do not hit a loose ball into the net. Use only a baseball or softball which has been properly attached to the SwingAway® and is in good condition.
- ✓ Hit the ball towards the net only. **Do not intentionally hit cords, net or frame.** Closely supervise beginners who may have trouble hitting the ball. Hitting the cord will accelerate cord wear. Hitting the cord will direct the bat back towards the batter creating an unsafe condition.
- ✓ Do not stand on or jump on the SwingAway®. Do not jump on the SwingAway® to dunk a basketball.
- ✓ Do not use the SwingAway® under the influence of any drugs or alcohol.
- ✓ The SwingAway® can weigh approximately 45-65 pounds, depending on the model and accessories. Caution should be used in lifting and moving it – request help if necessary.
- ✓ **Attach and adjust all cords and tighten knobs before use.** Hand-tighten knobs only – over-tightening may cause damage to the tubing.
- ✓ Always use the SwingAway® on level ground. Avoid wet or slippery areas.
- ✓ When using the SwingAway® on hard or smooth surfaces (indoors or out), we recommend it be placed on a piece of rubber-backed indoor/outdoor carpet. A sandbag may be used on the rear base frame loop to stabilize it when used by a “heavy hitter”. A specially designed sand/gravel bag is available. Please refer to the parts form for ordering information.
- ✓ When transporting the SwingAway®, ensure it is securely fastened on or inside your vehicle.
- ✓ Exercise caution when using the pitchback net. Throw the ball lightly into the net until a feel is gained for how it rebounds.
- ✓ **Inspect all parts prior to each use. Do not use if there is any sign of wear or damage.** Balls and cords are subject to wear with use. The SwingAway® is designed to be weatherproof; however, continual unprotected outside storage will accelerate deterioration of components. Contact your Rep or Rebound Sports Technology for information on maintenance and replacement parts
- ✓ We recommend the use of a wooden bat. With continuous use of an aluminum bat the SwingAway® softball may dent the bat.

PRODUCT WARRANTY INFORMATION

The SwingAway Hitting System comes with a limited warranty. Please go to www.swingaway.com for complete warranty information and coverage. All customers MUST register their SwingAway Purchase on line or by calling **800.999.1968 in order to be covered under the warranty and other guarantees.**

Parts inspection & Setup

Please read all instructions before beginning the setup of this machine. The steps should be performed in the order described.

HELP

If you encounter any difficulties, call toll-free 1-800-999-1968.

CAUTION

Use of an aluminum bat with the softball may dent the bat.

CAUTION

Remove the ball from the unit during periods of outside extended storage.



- 1) Bungee cord with 2 rubber cord connectors.
- 2) Net and Hitting Strike zone rope.
- 3) Net fastener clips.

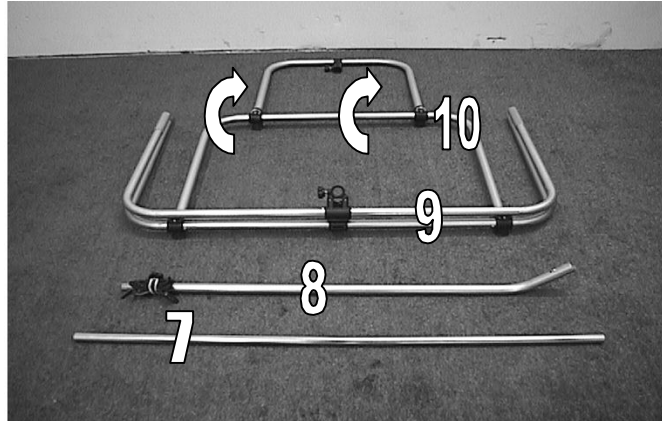


- 4) Boom end pulley.
- 5) Home plate swivel pulley.
- 6) Hardball or Softball (whichever ordered) with tethers.

ASSEMBLY INSTRUCTIONS

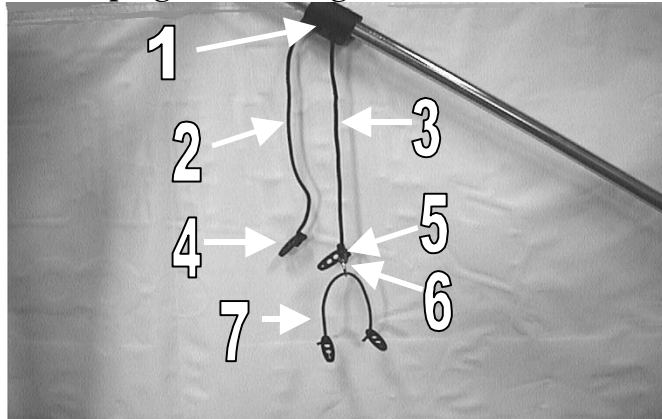
HELP

Save extra red bungee ball for future use in transporting or storage.



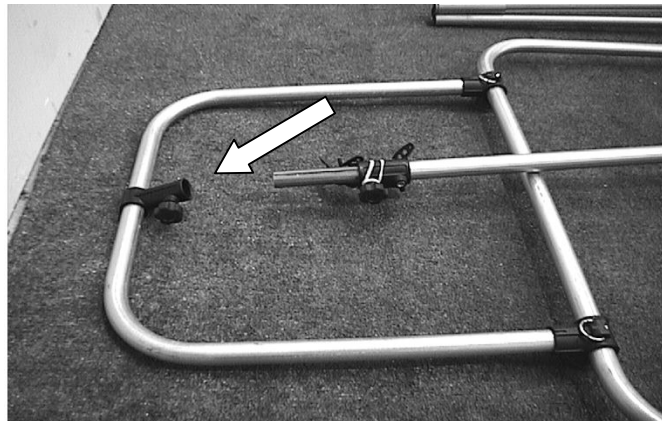
- 7) Boom
- 8) Telescoping pole with inner tubing.
- 9) Net Frame
- 10) Base Frame

Telescoping Pole, Fitting and Cords.



- 1) Ball adjustment fitting.
- 2) Upper ball adjustment cord.
- 3) Lower ball adjustment cord.
- 4) Rubber cord connector.
- 5) J-Hook
- 6) Silver ring
- 7) Tether tension bungee with 2 rubber cord connectors.

Step 1

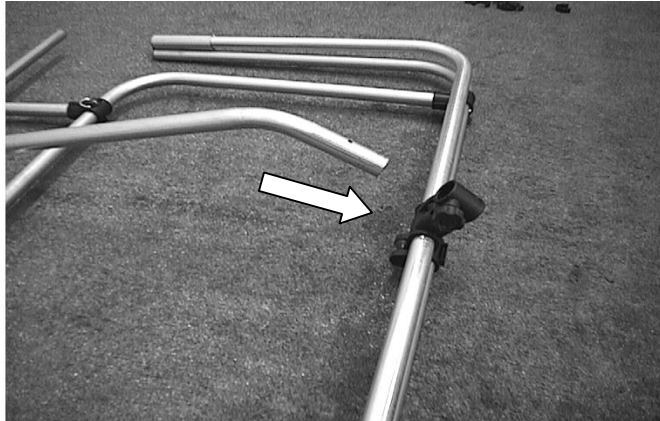


(Step 1)

- 1) Rotate the frame base so that the feet on the fittings are pointed down as shown in the picture above.
- 2) Insert the telescoping pole into the fitting on the back of the base frame. It may be a tight fit the first time.

ASSEMBLY INSTRUCTIONS

Step 2

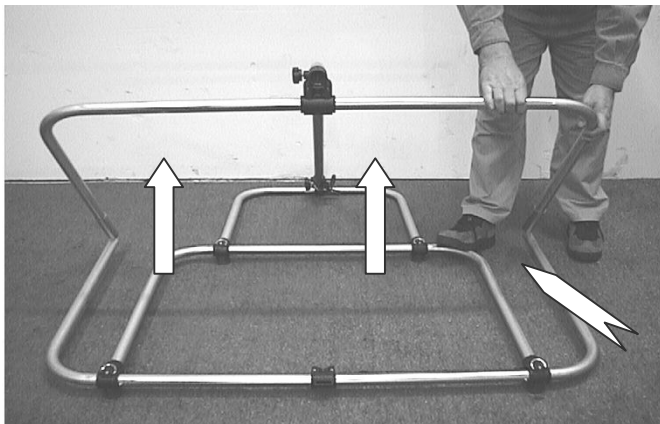


(Step 2)
1) Insert the opposite end of the telescoping pole into the top of the net frame.

HELP

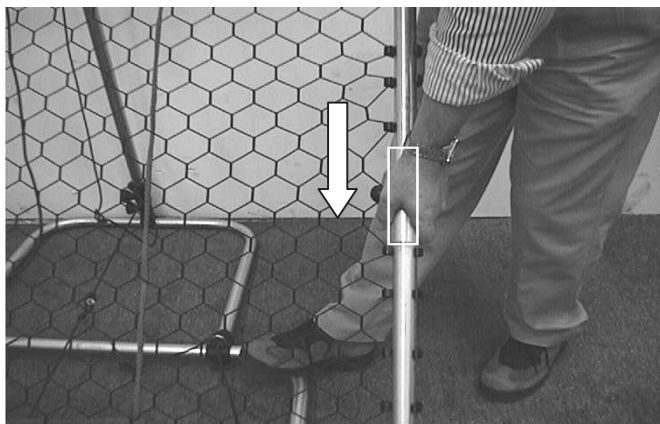
The reverse of this sequence of steps is used for breaking the SwingAway® down for storage or transporting. (See Chapter 6.)

Step 3



(Step 3)
1) The knob on the telescoping pole fitting should be loosened.
2) Hold the frame base down with your foot.
3) Lift the upper half of the net frame until it is completely unfolded. You may require assistance with this until you become familiar with the operation.

Step 4



(Step 4)
1) Slide the left and right sleeves down the net frame until they cover the hinge and contact the stop screw on the back of the frame.

WARNING

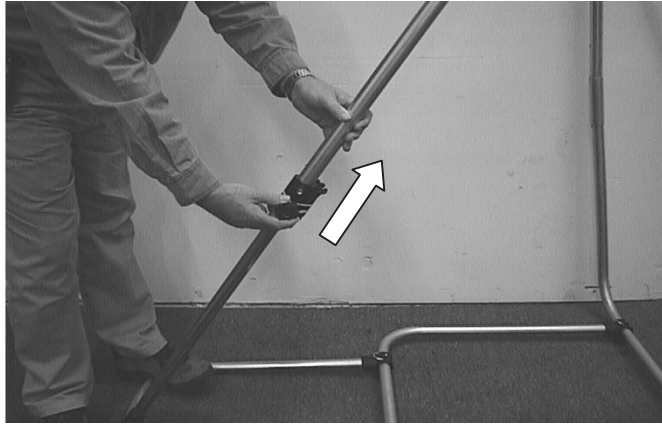
Do not place hands or fingers near the middle of the frame hinge. A pinch could occur.

ASSEMBLY INSTRUCTIONS

Step 5

HELP

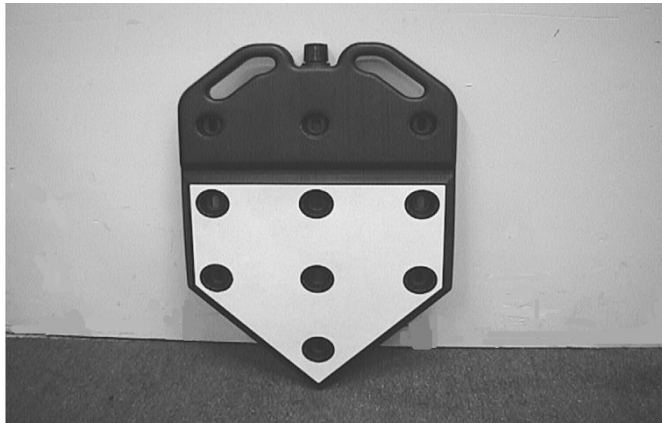
Be careful not to over-tighten the fitting knob. Over-tightening may crush the tubing.



(Step 5)

- 1) Slide the telescoping pole up until the net frame is 1-2 inches short of vertical and tighten the fitting knob. This locks the screen into the upright position.
- 2) The SwingAway® is designed to operate most efficiently with the net tipped back slightly.

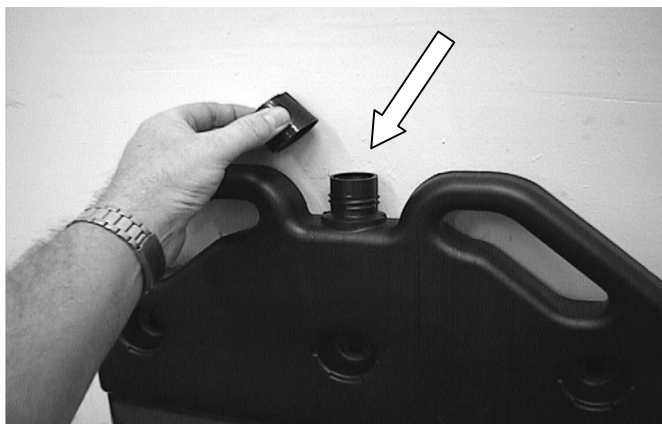
Step 6



(Step 6)

- 1) Fill the home plate with sand or water, which gives it the weight needed to keep it stationary.
- 2) If the home plate is filled with water, it should not be stored in an area where the temperature may fall below freezing.

Step 7



(Step 7)

- 1) Remove the cap and fill with water or sand. The filled home plate will weigh about 30 lbs. if filled with water.

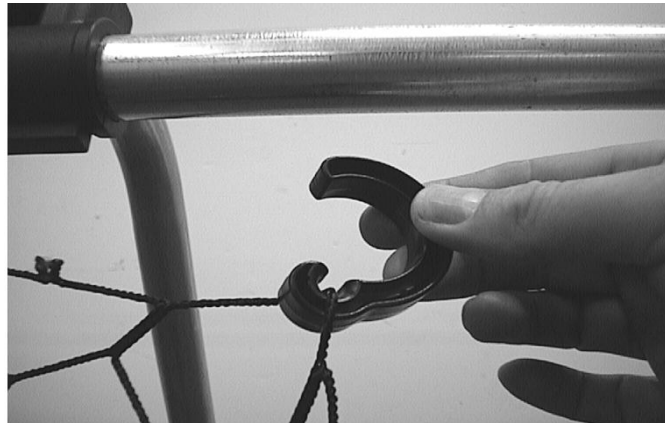
Net Installation

The net installation is done in sections and may require a helper.

Lay out the following parts:

- ✓ Net
- ✓ Net attach clips
- ✓ Strike zone rope

Step 1



(Step 1)

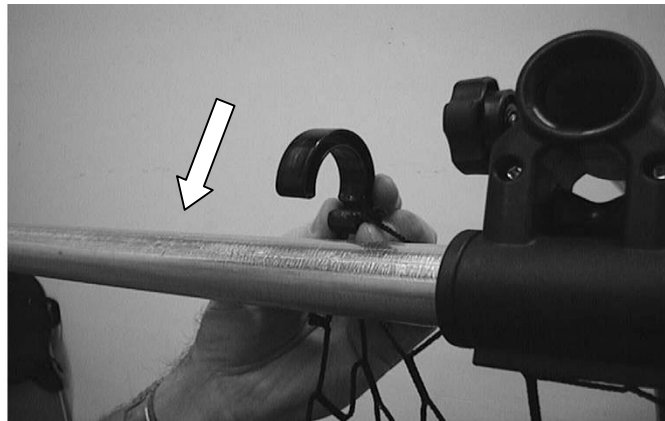
1) Facing the front of the frame, unfold the net and find the top center.

2) To attach the net to the frame with the net fasteners, pass a net clip through a section of the top center of the net.

HELP

Net attachment clips should face forward, with the open end of the clip facing away from the telescoping support pole. (Towards the home plate.)

Step 2



(Step 2)

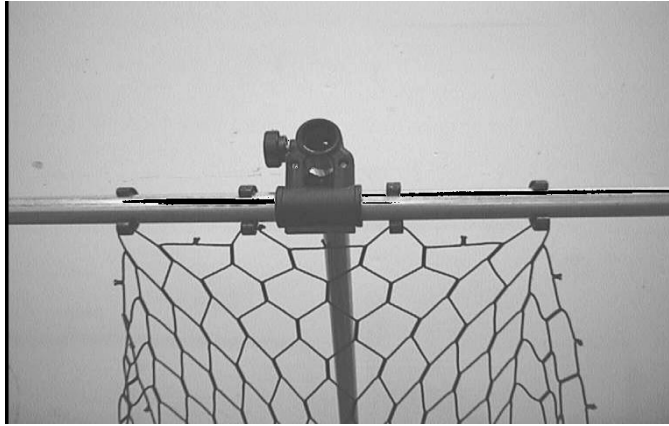
1) Snap the clip around the net frame.

HELP

Space fasteners in every net section on the sides of the frame, then every other again across the top and bottom.

ASSEMBLY INSTRUCTIONS

Step 3



(Step 3)
1) Install 4 clips on the top of the frame, using every other net section.

Step 4

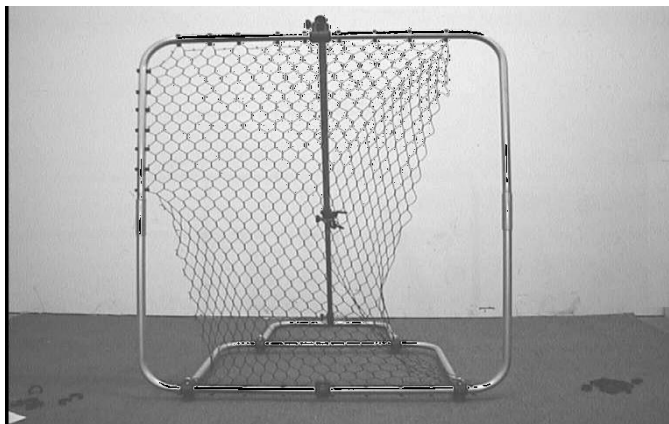


(Step 4)
1) Attach fasteners to the bottom of the net frame.

HELP

The net will be tight. You may need help to stretch the net while applying the fasteners.

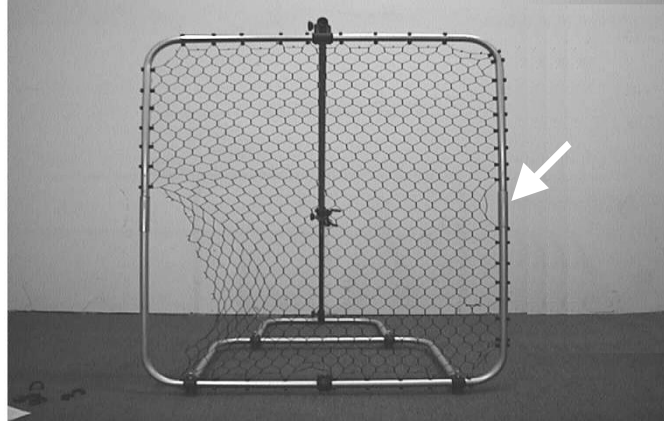
Step 5



(Step 5)
1) Finish attaching the net to the top of the frame.
2) Attach half way down the left side of the frame.

ASSEMBLY INSTRUCTIONS

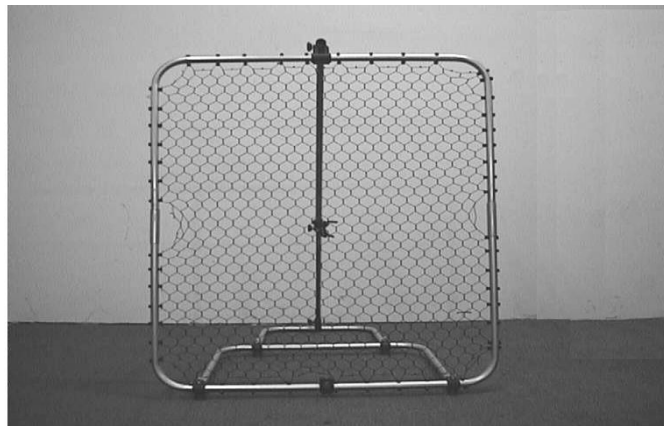
Step 6



(Step 6)

- 1) Attach the clips all the way down the right side.
- 2) Do not place attachment clip in frame hinge area.

Step 7

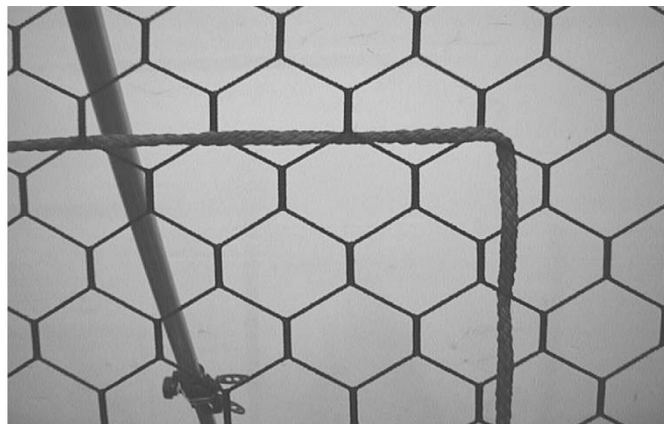


(Step 7)

- 1) Finally attach the lower left side of the net to the frame.
- 2) Installation completed. Good work!!

----- **Hitting/Strike Zone** -----

Step 1

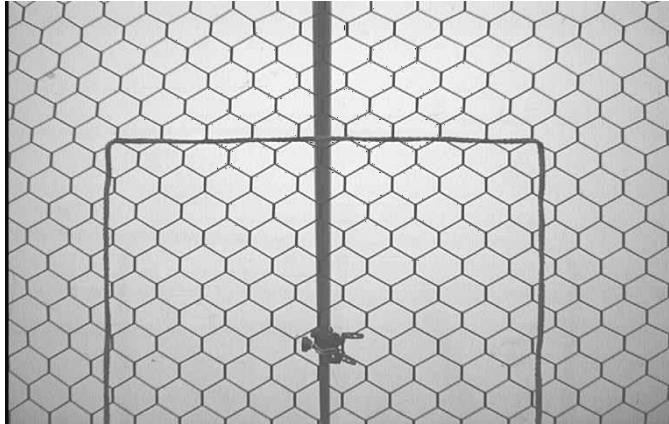


(Step 1)

- 1) Start to weave red rope in the middle of the net about 1ft. down from the top of the net.
- 2) Weave the rope 5 holes either side of the center.
- 3) Adjust the rope so that there is an equal length hanging down on each side.

ASSEMBLY INSTRUCTIONS

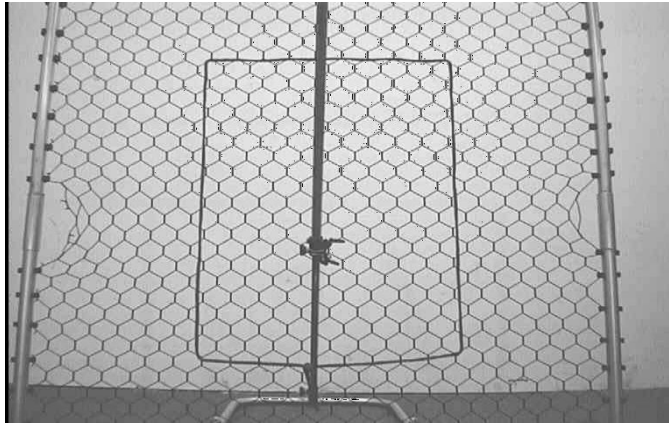
Step 2



(Step 2)

- 1) Weave the rope down the sides to about 1ft. above the bottom of the net.
- 2) Weave the rope across to the middle of the net.
- 3) Tie the ends together.

Step 3

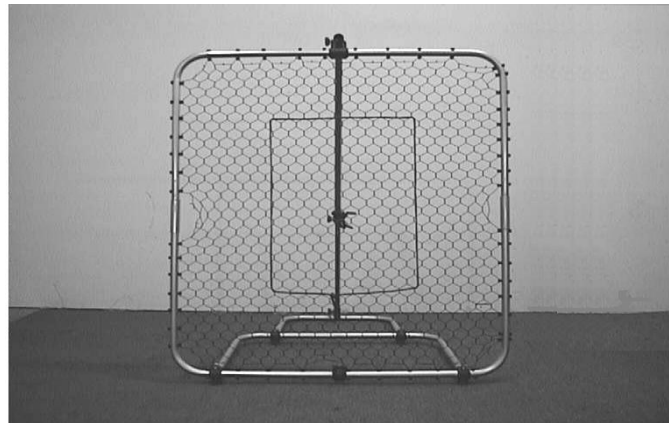


HELP

The red Hitting/Strike Zone rope maybe placed anywhere on the net for use in other throwing drills.

The Hitting/Strike Zone will be the focal point of your training on the SwingAway®. If you are hitting the ball correctly it will hit the net in the Hitting Zone.

Step 4



When you convert the SwingAway® to a Rebounder/Pitch-Back, (Chapter 8, Pg. 26) the Strike Zone gives you a perfect target for your throws and pitches.

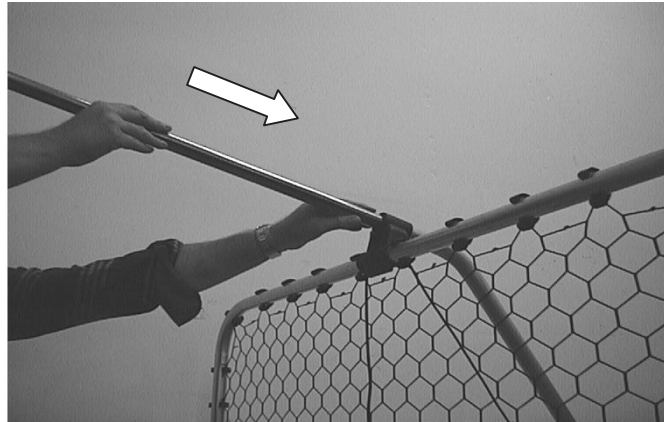
Boom & Bungee Installation

The Boom is the upper attachment pole for the ball and suspension cords.

Lay out the following parts:

- ✓ Boom and Boom end pulley
- ✓ Home plate

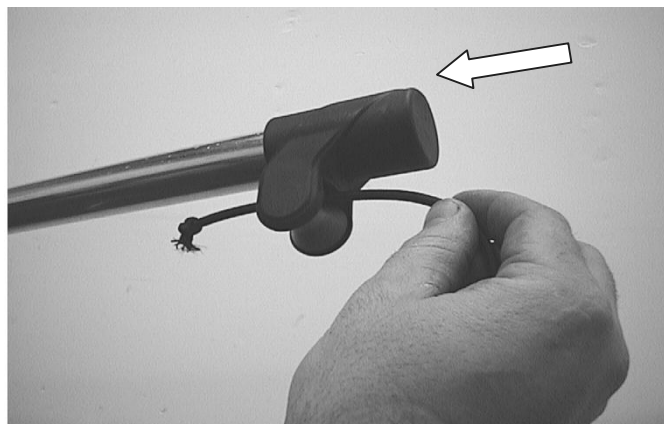
Step 1



(Step 1)

- 1) Insert the one end of boom into top frame fitting.
- 2) The boom will be held in place by the tension of the ball suspension cord system. Tip the screen back 1-2 inches from vertical for best results.

Step 2



(Step 2)

- 1) The boom pulley slides on to the end of the boom.
- 2) The top bungee cord is threaded through the boom pulley.

HELP

The tension from the suspension cord holds the boom in place. There is no need for a fitting with a knob to tighten against the boom pole.

ASSEMBLY INSTRUCTIONS

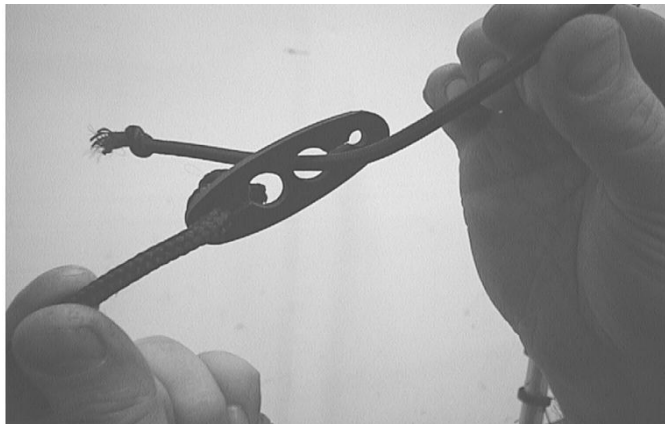
Step 3



(Step 3)

1) String the bungee cord through the pulley at the boom base.

Step 4



(Step 4)

1) Undo the rubber band from the bundle of cord on the telescoping pole.

2) Use the upper cord with the rubber cord connector to attach the bungee strung from the boom base pulley.

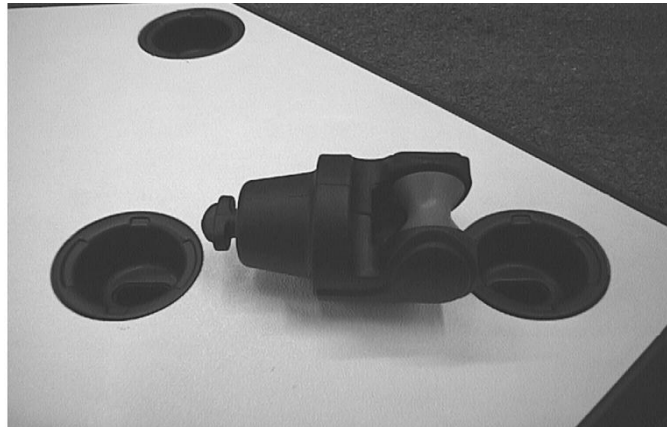
3) Pull cord tight into smaller slot above hole. The knot will hold the cord.

Step 5

HELP

The home plate should be filled with water or sand to give it the needed weight to remain stationary during operation.

ASSEMBLY INSTRUCTIONS



Step 6

CAUTION

The home plate, if filled with water, should be stored in an area where the temperature remains above freezing.

(Step 5)

1) Shown left is the home plate swivel pulley and one of the holes in the home plate.

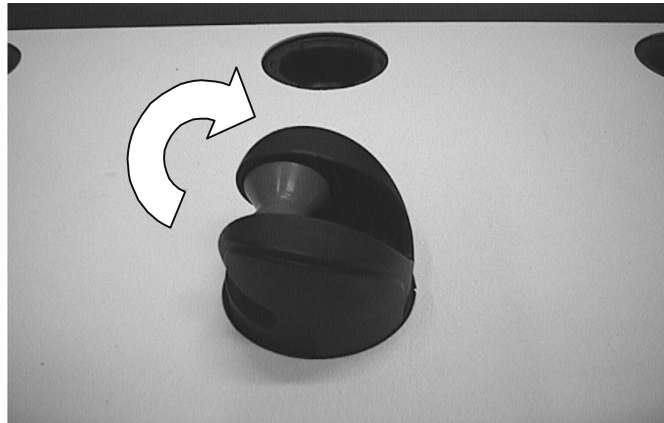
(Step 6)

1) Insert pulley into the desired hole. Twist clockwise to lock in place.

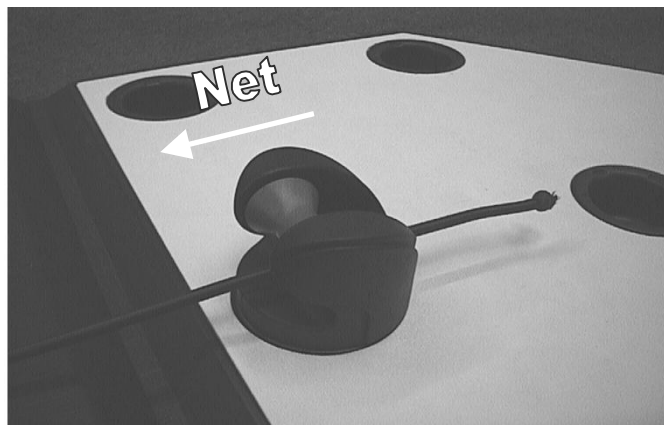
2) The pulley side of the swivel pulley should be facing the net.

(See Chapter 7 (Pg. 24) on how to use the SwingAway®.)

ASSEMBLY INSTRUCTIONS

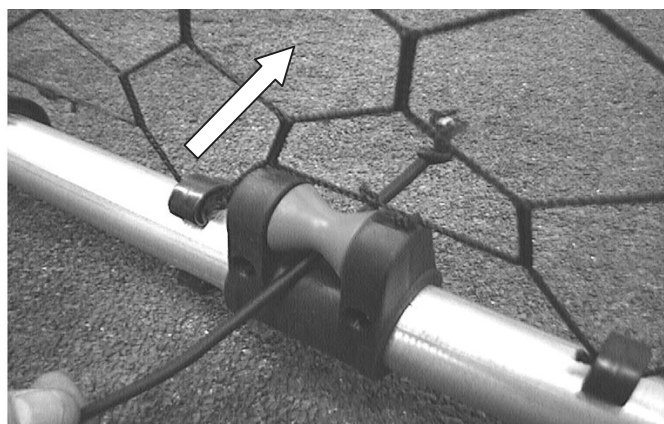


Step 7



(Step 7)
1) String lower bungee through plate pulley.

Step 8

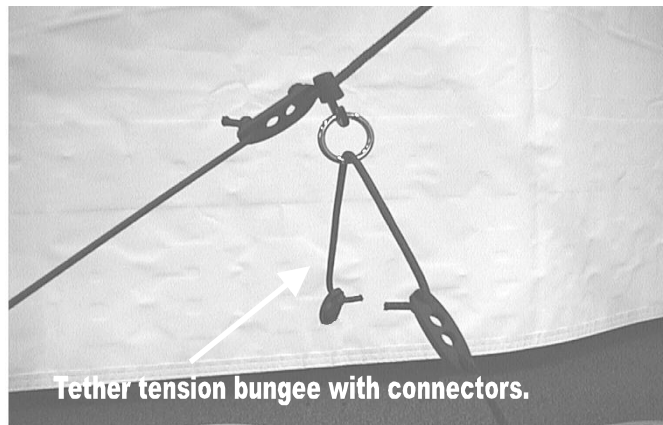
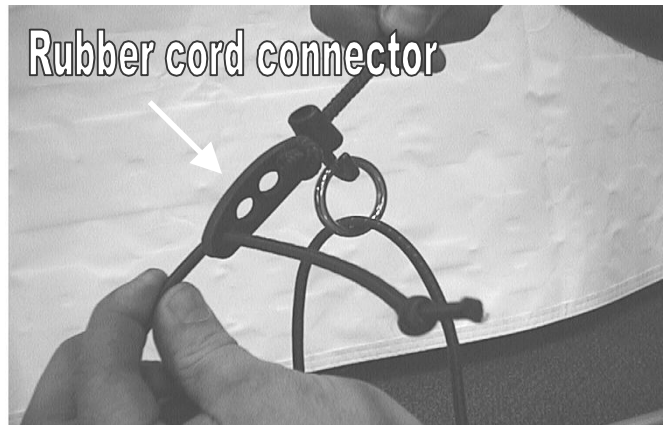


(Step 8)
1) String the bungee through the lower net frame pulley.
2) Take the bungee and attach to the lower rubber cord connector from the telescoping pole fitting.

Step 9

(Step 9)
1) Locate the rubber cord connector, which is hanging on the bottom cord from the telescoping pole fitting.
2) Insert the lower bungee into the rubber

ASSEMBLY INSTRUCTIONS



CAUTION

Do not hit the ball when the tethers are disconnected. Injury may occur.

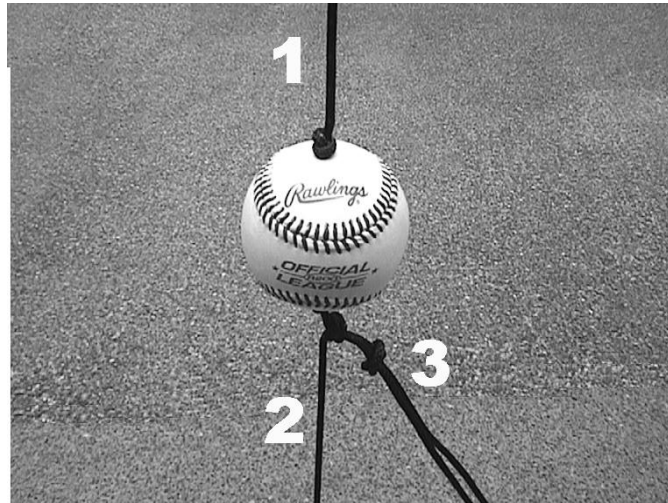
Pictured left is the completed bottom bungee system. Also shown is the Tether tension bungee system. The tether tensioning system is one of the key components in stabilizing the ball after it is hit. The ball and tether system are the next assembly items. Continue to the next page.

Ball & Tether Assembly

The Baseball and the Softball are attached in the same way. **It is important that the ball cords are inspected before each use of the SwingAway®. Replace these cords if they show any signs of wear or fraying.**

Lay out the following parts:

- ✓ Ball and tether assembly



- 1) Top rope of the ball.
- 2) Bottom rope of the ball.
- 3) Tether cords.

HELP

When looking at the writing on the ball, the tethers will be below the ball.

HELP

Confirm that no cords or bungees are tangled and that the tether cords are not crossed.

CAUTION

Remove the ball from the unit during periods of outside extended storage.

Step 1



- (Step 1)
- 1) Pass the knot at the end of the top rope through the large hole of the rubber cord connector connected to the upper bungee.
 - 2) Pull the rope so it slides through the slot and snaps into the small hole on the end.

ASSEMBLY INSTRUCTIONS

Step 2



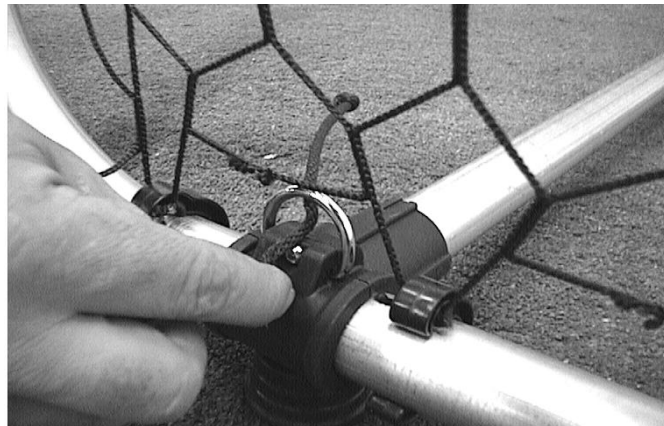
CAUTION

Use of an aluminum bat with the softball may dent the bat.

(Step 2)

1) Use the same procedure to attach the bottom rope to the lower bungee.

Step 3



(Step 3)

1) Pass the left tether cord through the eyelet in the lower left corner of the net frame and pull it toward the eyelet on the left side of the base frame.
2) Pass the right tether cord through the eyelet in the lower right corner of the frame and pull it toward the eyelet on right side of the base frame.

Step 4



(Step 4)

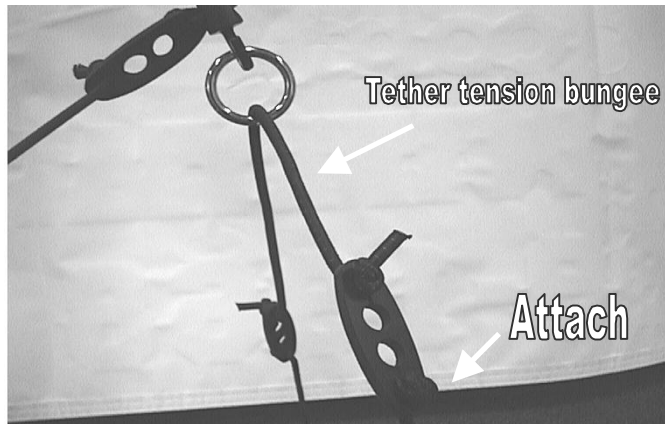
1) Pass the tether through the eyelet on the left side of the base frame.
2) Pass the tether through the eyelet on the right side.

HELP

Don't forget to thread the tethers through the aft to eyelets. This is the most common step that is not followed.

ASSEMBLY INSTRUCTIONS

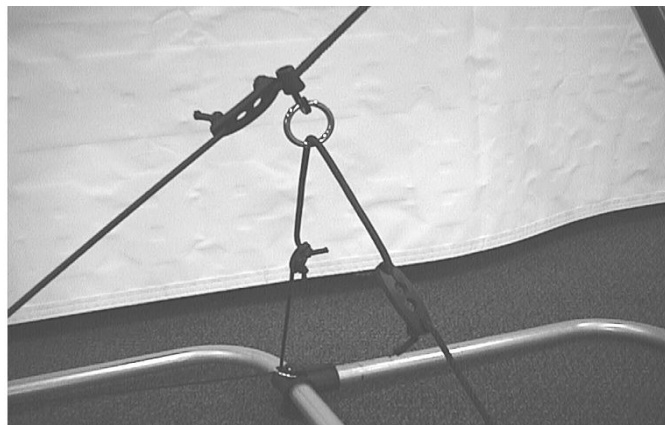
Step 5



(Step 5)

- 1) Locate the tether tension bungee, which is hanging from silver ring.
- 2) Attach the right tether to the right rubber connector on the end of the tether tension bungee.

Step 6

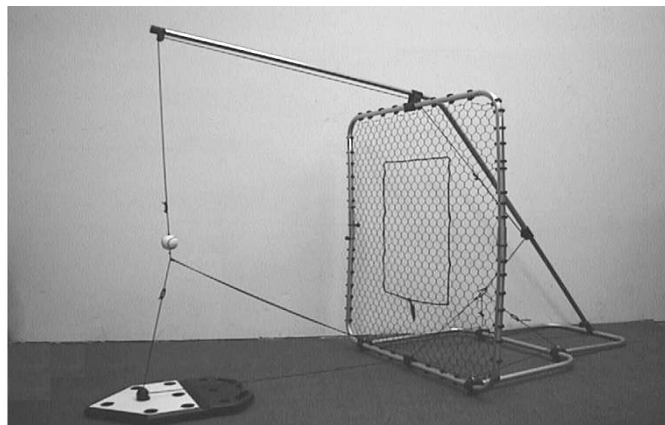


(Step 6)

- 1) Attach the tether from the opposite side to the other end of the tether tension bungee. (hanging from the silver ring.)
- 2) Tether installation is complete. Good job!

HELP

With use, the tethers will stretch slightly. To adjust for this, take up the slack and retie the knot at the end of the tether. This, in effect, will shorten the length of the tether and take up the slack.



Position the home plate under the end of the boom as shown. The end of the white area on the plate should be directly under the end of the boom pulley.

Please refer to Chapters 6 and 7 for proper tension, ball positioning, and tips on use.

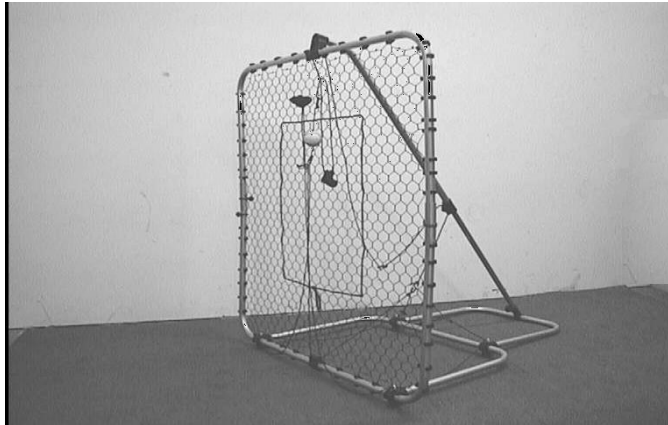
Storage and Transporting

The Model 2000 & The Traveler is easy to store and transport. This chapter describes two methods: the Vertical Storage and Folded Screen.

Vertical Storage

Use this method for flat storage against a wall. In this position, the Model 2000 & The Traveler can be easily moved indoors or out.

Step 1



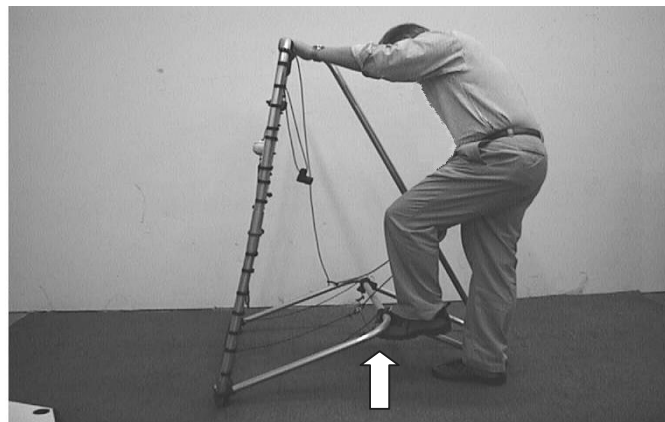
CAUTION

Remove the ball from the unit during periods of outside extended storage.

(Step 1)

- 1) Unhook the plate swivel pulley and hook it to the top center of the net.
- 2) Remove pulley end from the boom and let drop.
- 3) Remove the boom and set it aside.

Step 2

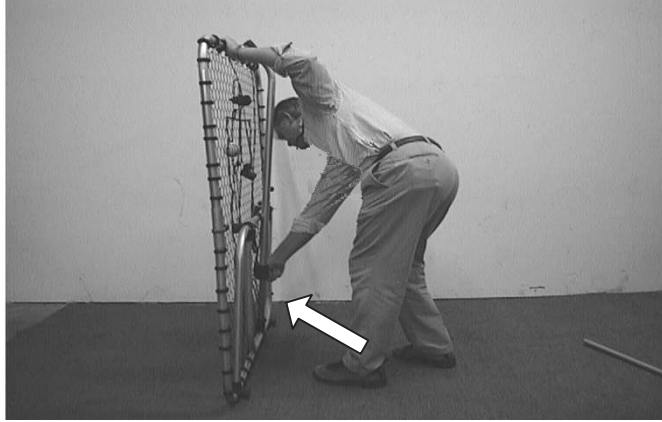


(Step 2)

- 1) Loosen the knob on the telescoping pole fitting.
- 2) Lift up on the middle of the base frame as shown.

ASSEMBLY INSTRUCTIONS

Step 3



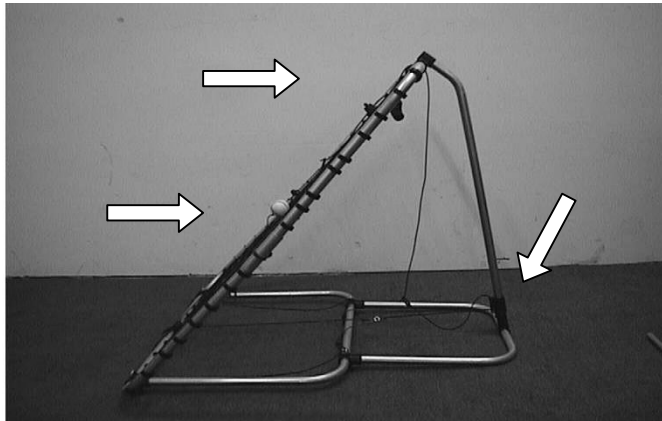
(Step 3)

- 1) Bring the frame base up to the net. Move the tethers and the bungee to the side of the frame base while raising it.
- 2) Tighten the fitting on the telescoping pole. This will hold the frame base tight against the net.
- 3) Unit is ready to store in a vertical position.

Folded Screen

With the Model 2000 & The Traveler fully folded, it can be stored or transported in a minimum amount of space. This is basically the set up in reverse. After a few times, the whole operation will take just a couple of minutes.

Step 1



(Step 1)

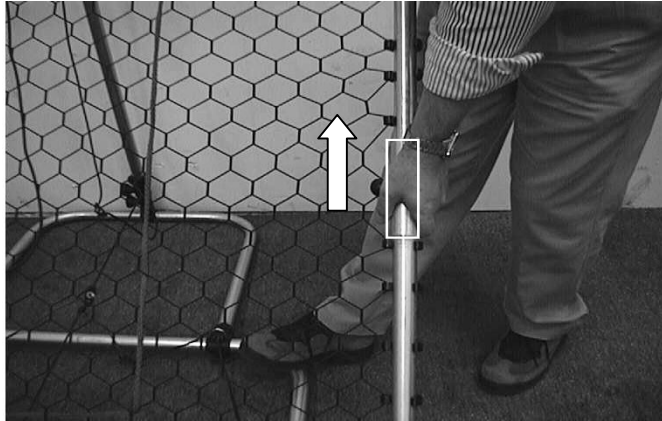
- 1) Unhook the plate swivel pulley and hook it to the top center of the net.
- 2) Remove pulley end from the boom and let drop.
- 3) Remove the boom and set it aside.
- 4) Loosen knob on the telescoping pole fitting and allow the net to recline to its lowest position.

HELP

Be careful not to damage the pulleys or the bungee cords.

ASSEMBLY INSTRUCTIONS

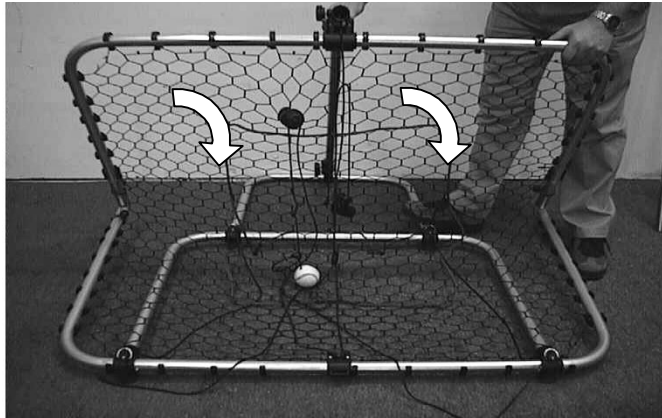
Step 2



(Step 2)

- 1) Slide the right sleeve up the frame exposing the frame hinge.
- 2) Repeat with the left sleeve.

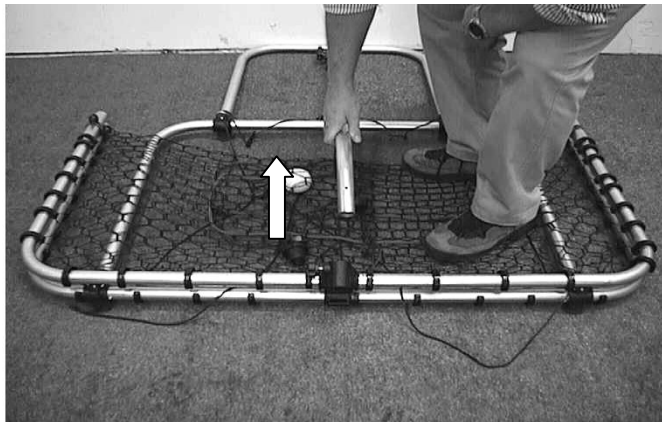
Step 3



(Step 3)

- 1) Fold the upper half of the net frame toward the lower half of the net frame.

Step 4



(Step 4)

- 1) Loosen the upper fitting on the net frame.
- 2) Pull the telescoping pole out of the fitting.

ASSEMBLY INSTRUCTIONS

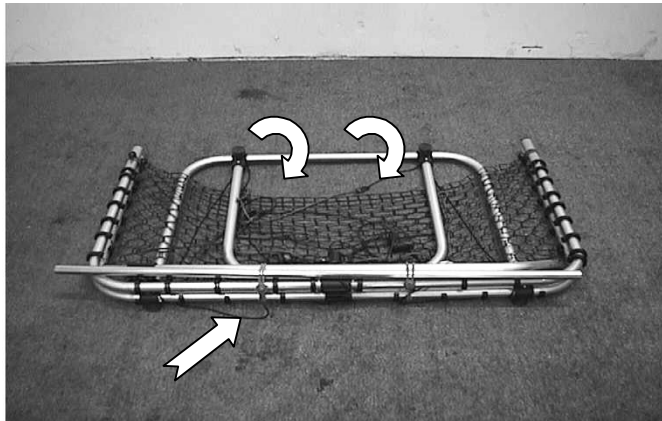
Step 5



(Step 5)

- 1) Remove telescoping pole from the base frame fitting.

Step 6



(Step 6)

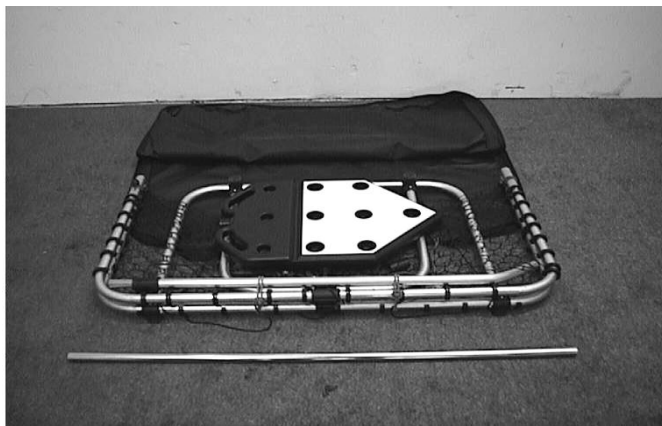
- 1) Fold the frame base over onto the net.
- 2) Place the boom beside the telescoping pole at the top of the net frame.
- 3) Wrap the red bungee around the frame, boom and telescoping pole.

The SwingAway® is now ready for transporting or storage.

HELP

Tighten the fitting on the telescoping pole (to prevent the inner pole from accidentally sliding out). Lay the telescoping pole across the top frame.

OPTIONAL CARRYING BAG



- 1) Insert the SwingAway® into the carrying bag, hinge end first. The pocket inside of the bag can be used to stow extra gear. The shoulder strap attaches to the metal rings on either end of the bag.

CAUTION

Be careful not to store a water-filled home plate in an area where the temperatures may fall below freezing. Damage may occur to the home plate.

ASSEMBLY INSTRUCTIONS



Make sure the rounded end of the net frame is at the same end as the rounded end of the bag.

Why not protect your SwingAway® investment. Get one of our specially manufactured SwingAway® travel bags.

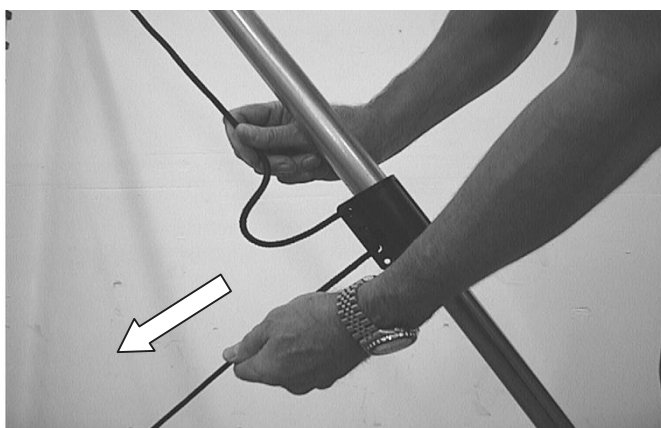
- Makes a statement on or off the field.
- Made of high quality, heavy duty material (1000 denier cordura) to withstand hard use and protect your SwingAway®.
- Allows easy storage and transportation of your SwingAway® with our fitted bag. (A padded shoulder strap included.)
- Avoid losing the components of your SwingAway®. Keep everything together.
- It costs less than you might expect.

Order your SwingAway® bag now. Call us at **1-800-999-1968** or order from our online store at **www.swingaway.com**

Ball Position and Cord Tension

The capacity to fully adjust the position of the ball is one of the key features that sets the SwingAway® apart from the competition.

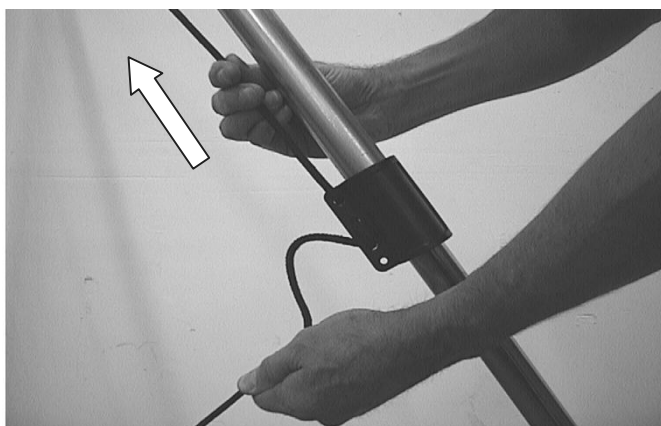
Step 1



(Step 1)

1) To **raise** the ball, grasp the cord above and below the fitting, pull the upper cord and make a loop. Then pull on the lower cord, adjusting the ball to the desired height.

Step 2



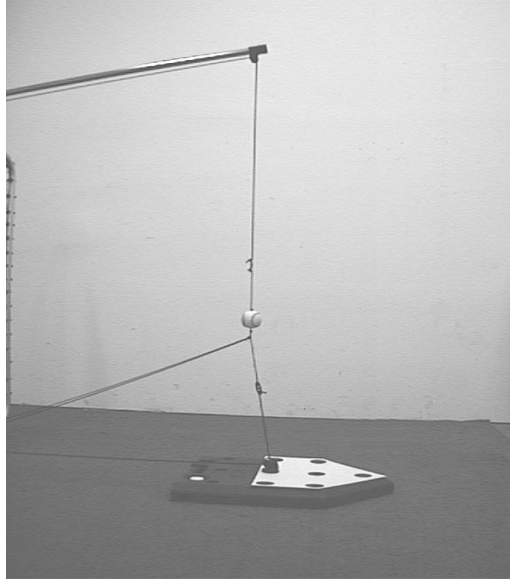
(Step 2)

1) To **lower** the ball pull the lower cord and make a loop. Then pull on the upper cord, adjusting the ball to the desired height.

INSTRUCTION GUIDE

CAUTION

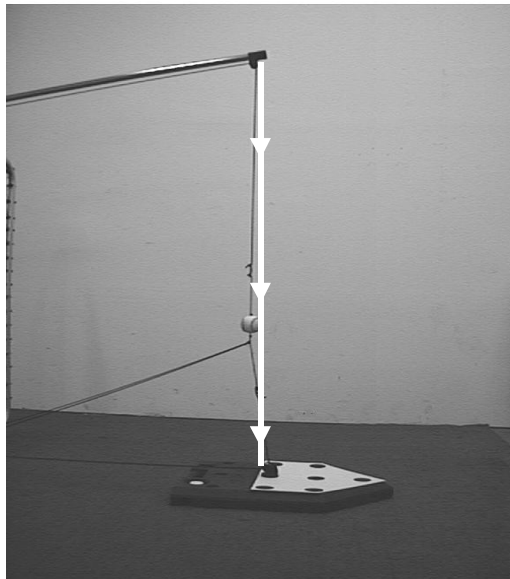
Each user of the SwingAway® should check for **proper plate position** before taking their turn on the unit.



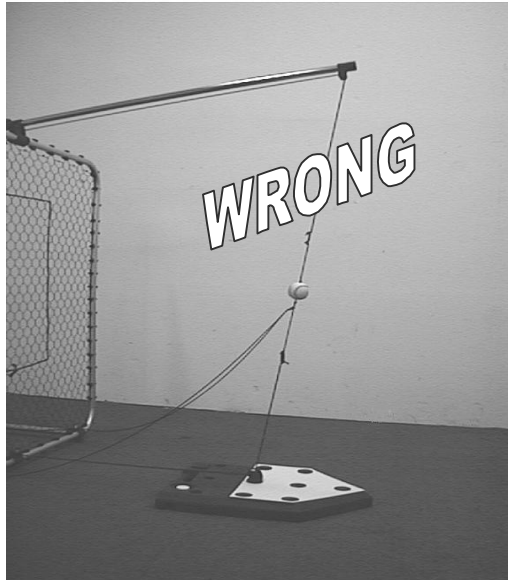
1) Pictured on the left is the **correct** positioning of the ball. This is important for proper operation.

2) Position the home plate under the end of the boom as shown. The end of the white area on the plate should be directly under the end of the boom pulley.

3) The tethers form a slight curve. The curve is adjusted by moving the plate toward or away from the net.

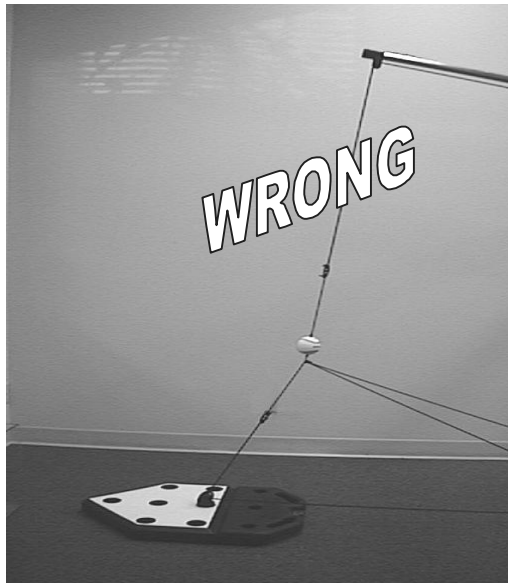


Position the home plate under the end of the boom as shown. The end of the white area (closest to the net) on the plate should be directly under the end of the boom pulley.



The plate in this picture is too close to the net. This will cause the ball to take longer to stabilize, and may result in the boom detaching from its fitting.

In some situations, the plate may creep during use. We recommend filling the home plate with water or sand.



The plate in this picture is too far from the net. This will possibly cause the bat to strike the cord before the ball, causing undo wear and premature failure of the cord.

CAUTION

If the tethers are too tight, the cord below the ball will experience excessive wear and cause premature failure of the cord.

Ball Alignment

There are three elements in proper ball alignment:

1. The Vertical Loop. Looking from behind the plate, the loop created by the bungee cords and the rope that runs through the ball should be vertically aligned. Move the plate left or right to arrange the loop in a straight line. During use, we recommend that the batter occasionally verify that this loop is still aligned properly.

INSTRUCTION GUIDE

2. The Pulley Separation. Position the home plate under the end of the boom as shown. The end of the white area on the plate should be directly under the end of the boom pulley. Watch out for “plate creep”. Certain circumstances (such as the surface under the plate and strength of the batter) can contribute to plate creep. To keep the SwingAway® at its peak performance, the plate must be kept at its proper position.
3. The Banana Curve. Looking from the side (as pictured on the previous page), the SwingAway® is properly adjusted when the ball suspension has a slight curve between the boom and the plate. This curve is created by adjusting the position of the home plate forward or aft. Once the ball is set to the desired height, adjust the plate position until the ball is pulled slightly forward of the bottom swivel pulley (approximately 4 or 5 inches). Insufficient tension will prevent the ball from stabilizing quickly and may allow the boom to detach from the fitting on the top of the frame. (Please note that the inside and outside pitches are not set up by uneven tensions on the tether. Chapter 7 explains how to position the ball for these pitches. The tension on both tethers must be equal, regardless of the position of the ball in the strike zone.)

Need replacement parts for your SwingAway®?

The SwingAway® is manufactured with high quality components. The ball will be the most frequently replaced part, followed by the shock cord system.

Swingaway Sports Products has spent a great deal of time and effort in the research and development of the materials used in the SwingAway® to ensure maximum safety and durability. We highly recommend using only SwingAway® replacement parts.

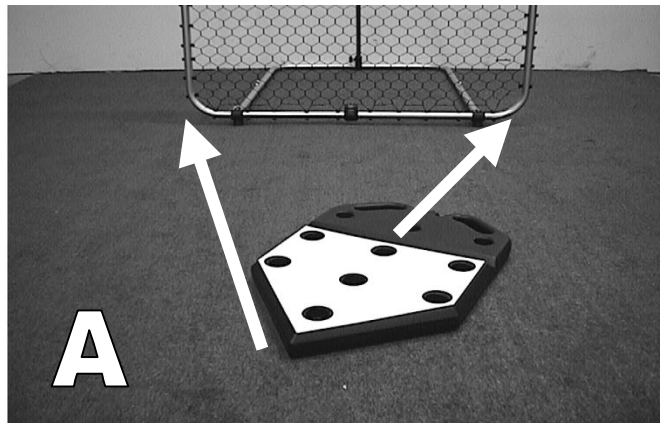
Order your SwingAway® parts now. Call us at **1-800-999-1968** or order from our online store at **www.swingaway.com**

How to use the SwingAway®

The SwingAway® may be positioned to practice any pitch within the strike zone. The home plate is aligned in relation to the net in three different positions, depending on the training to be accomplished. Always adjust the batter's stance to the **plate**, not the net on the SwingAway®.

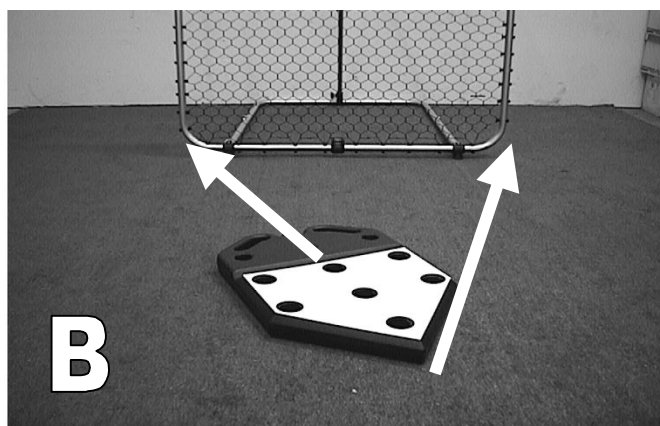
HELP

If you encounter any difficulties, or have any questions or comments, call toll-free 1-800-999-1968.



Position A

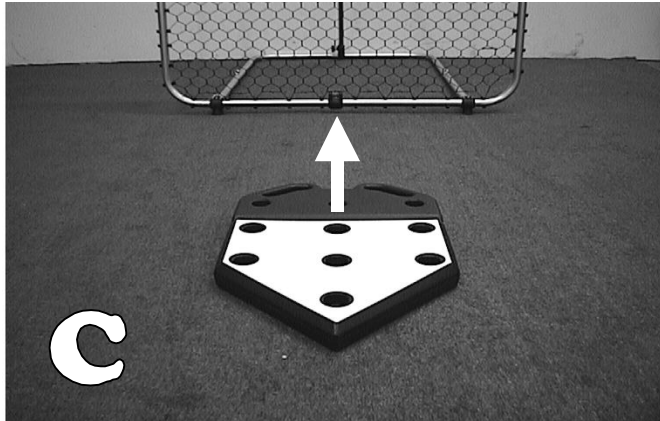
The left rear edge of the plate is aligned with the left side of the net. This becomes the foul line running toward third base. The center of the plate is pointing toward the right side of the net. This now points toward center field.



Position B

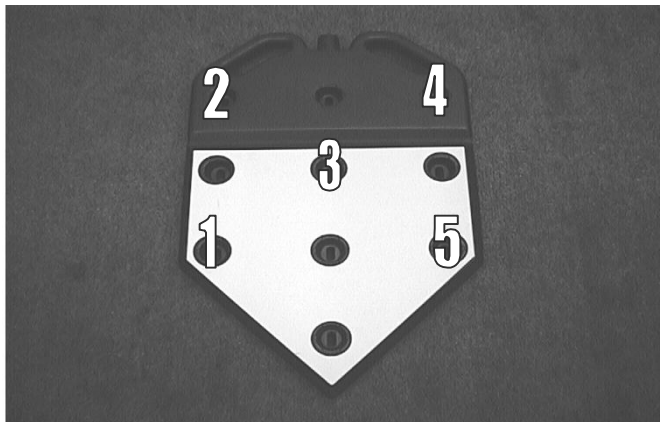
The right rear edge of the plate is aligned with the right side of the net. This becomes the foul line running toward first base. The center of the plate is pointing toward the left side of the net. This now points toward center field.

INSTRUCTION GUIDE



Position C

The plate is in the normal position, facing squarely toward the net.



Attach Points

The plate has 10 attach points. We focus on only 5 of the attach points. The swivel pulley is attached to one of these 5 points, depending on which pitch is being practiced.

The additional attach points maybe used for other techniques. You're only limited by your imagination.

The SwingAway® enables the batter to practice hitting the inside and outside pitches. Before changing the position of ball, always release the tension on the tether cords. After moving the plate to the desired position, make sure the ball is positioned correctly and the tension on the tethers is equal. Refer to Chapter 6 for the elements of proper ball positioning.

The Strike Zone on the net can provide a good reference point when working on the inside and outside pitches. Depending on how the plate is rotated, the Zone roughly corresponds either to the alley between first and second bases or the alley between second and third bases.

INSTRUCTION GUIDE

Steps for repositioning of the ball and plate.

- 1) Insert the home plate swivel pulley in the desired hole. Attach points 1-5.
- 2) Align the home plate so that the bungee cord is centered. (See the vertical loop Pg. 22.)
- 3) Then rotate the plate to the position as listed below.
- 4) Adjust the plate to create the desired banana curve.

CAUTION

Use of an aluminum bat with the softball may dent the bat.

Right-handed hitters:

<i>Pitch position</i>	<i>Hit the ball to:</i>	<i>Plate Position</i>	<i>Attach Point</i>
Outside	Opposite field	B	5
Middle	Up the middle	C	3
Inside	Pull	A	2

Left-handed hitters:

<i>Pitch position</i>	<i>Hit the ball to:</i>	<i>Plate Position</i>	<i>Attach Point</i>
Outside	Opposite field	A	1
Middle	Up the middle	C	3
Inside	Pull	B	4

Tip for Coaches – Hitters new to the SwingAway® (especially young hitters) have a tendency to hit too fast without stopping at their set position before taking their next swing. Slow down the hitters and make every swing a quality swing.

HELP

If you are new to the SwingAway® take 5-10 swings at 80% effort to get familiar with the machine.

Tip for Hitters – Have someone stand behind the SwingAway® to go through the actions of pitching the ball. Your job is to adjust your timing and react to the simulated pitch. Focus on the pitcher until the release point, then swing through the ball.

INSTRUCTION GUIDE

SWINGAWAY® WORKOUT HOW TO GET STARTED

Now that your SWINGAWAY® is set up and ready to go (see diagram above) here are a few methods and suggestions in order to maximize your enjoyment and facilitate skill development.

SAFETY FIRST

1. Always wear a helmet when hitting on the SWINGAWAY®.
2. Hitter should be supervised.
3. Review the operating manual before operating the SWINGAWAY®.

STANCE CHECK POINTS

1. Both feet point directly at home plate.
2. Toes of both feet are in a straight line with the pitcher (parallel).
3. Front foot/toe should point where the plate begins to angle.
4. Feet are slightly less than shoulder width apart (comfortable).
5. Knees are slightly bent.
6. Shoulders are parallel with the pitcher.
7. Hand Position:
 - a. Approximately arm pit high and 4"-6" away from the body.
 - b. Bat should be at a 45 degree angle over the hitter's shoulder.
8. Grip: Big knuckles are the ones closest to the wrist. Smaller knuckles are the ones in the middle of the hand. The small knuckles on the top hand should split between the big and little knuckles on the bottom hand.

SWING CHECK POINTS

1. Load : This refers to the initiation of the swing and should be subtle. The hands go straight back towards the catcher approximately 2"-4" while keeping the shoulders straight. The player must not rotate the shoulders when they load. This is the most common mistake made by amateur hitters. Rotating the shoulders will make the swing longer and slower, resulting in taking the handle to the middle of the strike zone, or hitting the ball on the end of the bat causing stinging in the hands.
2. Stride: Approximately 2"-4" straight towards the pitcher.
3. Swing: Following the load and stride, begin the swing with the hands and the knob of the bat going in a straight line towards the ball. In doing so, the player should keep the barrel of the bat as close to the body as possible. If the player gets their bat wrapped up in the cord, the bat has gotten too far away from the body; this is commonly known as casting or sweeping, a negative in hitting. The correction or adjustment is to drive the hands further forward towards the ball. The head and shoulders **must remain level** throughout the swing, avoiding the back shoulder lower than the front shoulder. This will keep the swing level.

INSTRUCTION GUIDE

4. Follow Through: Complete the swing with the bat and the hands finishing in a position above the front of the shoulder, near the neck. The back foot should rotate so the toe is facing the pitcher with the back heel up in air (“squish the bug”).

HITTING THE BALL IN DIFFERENT LOCATIONS IN THE STRIKE ZONE

This is one of the most advantageous traits of the SWINGAWAY®. As players compete at higher levels, pitchers will be able to locate pitches on a more consistent basis. In order for players to continue to succeed at hitting the ball consistently, they must understand and be able to execute this skill.

(Please refer to the ball positioning tables above.)

HITTING THE INSIDE PITCH:

Positioning the SWINGAWAY® home plate:

Right handed hitter: Position A, attach point 2

Left handed hitter: Position B, attach point 4

Note: Move the plate to maintain the same “banana curve” with the forward bungee cords, keeping the attach point of the plate in a straight line with the bungee that runs under the front of the net.

Technique: Adjust the player’s stance so they are square to the plate, but angled to the SWINGAWAY®. The ball is now set up on the inside corner of the plate. All mechanics are the same as previously described, although now the hands/knob of the bat will go in a straight line towards the shortstop for a right handed hitter and the second baseman for a left handed hitter. This will keep the bat from getting outside or around the ball and avoid the bat getting tangled in the cords. Repeat: Being able to hit the inside pitch will give the players confidence in hitting any other pitch!

HITTING THE OUTSIDE PITCH:

Positioning the SWINGAWAY® homeplate:

Right handed hitter: Position B, attach point 5

Left handed hitter: Position A, attach point 1

Technique: The ball should be directly above homeplate, not out in front of the plate. The same principles apply in terms of keeping the swing in a straight line, keeping the barrel close to the body. Right handed hitters drive their hands/knob of the bat towards the second baseman, left handed hitters drive the hands/knob of the bat towards the shortstop. When transferring to a live situation, the key is to let the ball get to homeplate, the same spot that the hitter was working on the SWINGAWAY®. If the batter hits the ball out in front of homeplate, they will be off balance and hit the ball off the end of the bat and pull it weakly. This is a very common mistake with young hitters, not letting the ball travel. The farther back on the plate a player can hit a ball, the more power they will hit it with.

INSTRUCTION GUIDE

FREQUENCY AND QUANTITY OF WORKOUT: HIT, HIT, and HIT!

Players need to be the ones that make that choice. Parents should support, encourage and reinforce correct behavior. If a player is seeking a routine, the following could be used as a model:

1. Stretch
2. Warm-up by taking 15-20 swings, beginning at a slow swing speed, progressively increasing the speed comfortably until the player is at full-speed.
3. Always work in all areas of the strike zone, taking twice as many swings at balls in the middle of the strike as balls on the corners. Players should be hitting balls in the middle of the strike zone twice as much as balls on the corners.
4. Quantity of swings will be up to the player. If the player asks for input, ask them how good they want to be and have them practice accordingly.
5. The SWINGAWAY® is a **great** training tool. There is no substitute for repetition, and the SWINGAWAY® allows a player to achieve this goal. Have fun with your player using the SWINGAWAY®. Your player will not play forever, but your relationship will.

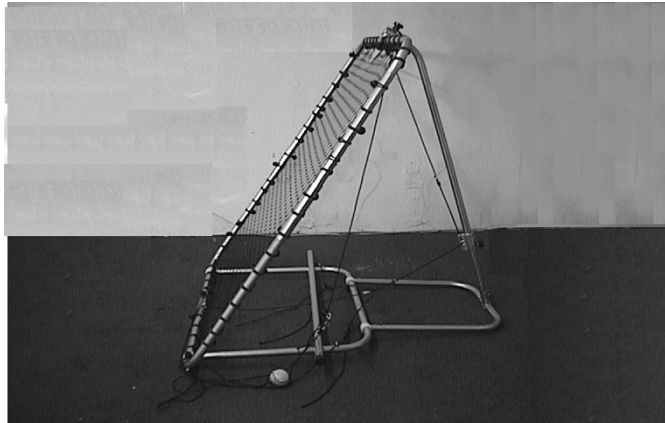
For any questions about hitting or helping your son or daughter, please feel free to call 1-800-999-1968, or email at service@swingaway.com.

Other uses of the SwingAway®

The SwingAway® is not just for practicing baseball or softball swing mechanics. It also has many other uses. Try the following suggestions, along with any of your own.

Pitchback

Toss the ball into the net, and the ball will bounce back. With the screen in the vertical (or slightly forward of vertical) position, you'll be fielding ground balls. With the screen angled back, you'll be catching fly balls.



- 1) Detach the ball assembly from the home plate. Stow the ball and tethers into the net.
- 2) Loosen the knob on the telescoping pole and adjust the net angle to the desired position.
- 3) Place the plate and boom behind the net out of the way.

Rebounder

Basketball – Place under the basketball hoop. When you make a basket, the ball will bounce back to you.

Soccer – Throw or kick the ball into the net to practice shooting or headers.

Football – Throw the ball into the net to practice passing. Aim for the strike zone to improve accuracy. The SwingAway® will not rebound the ball in a nice spiral, but it's great for practicing fumble recoveries!

CAUTION

Do not stand or jump on the SwingAway® in any fashion. Injury may occur.

Maintenance

Ball Replacement

To replace a worn-out ball, or to switch from baseball to softball (or from softball to baseball), follow these steps:

- 1) Remove the tethers from the rubber cord connector on the telescoping pole fitting.
- 2) Pull the tethers through the eyelets, at the bottom of the net frame, to the front of the SwingAway®.
- 3) Remove the top and bottom ball ropes from the rubber cord connectors.
- 4) To attach the replacement ball: (See page 11.)
 - a) Pass the knot at the end of the top rope through the large hole of the rubber cord connector connected to the upper bungee.
 - b) Pull the rope so it slides through the slot and snaps into the small hole on the end.
 - c) Use the same procedure for the bottom rope to the lower bungee.
 - d) Pass the tethers through the eyelets.
 - e) Thread the tethers through the rubber cord connectors on the telescoping pole fitting. Adjust the tension.

CAUTION

Do not hit the ball when the tethers are disconnected. Injury may occur.

The replacement ball kit comes with new tether rope, but you may replace the ball using the original tethers, if desired.

Disconnect the top and bottom ball cords from the rubber cord connectors. Loosen the tether rope from the loop in the ball rope (it may be very tight after a lot of use), and pull the tether over the ball and out of the loop. The ball will now be free.

To attach a new ball, find the center point of the tether and pinch the cord there, then push it through the ball rope loop, pass it over the ball, and pull tight. Reconnect the ball ropes to the rubber cord connectors. Adjust the ball height and tether tension. Now you're ready to go!

The shock cord (bungee) suspension system

The upper and lower shock cord (bungee) suspension system will eventually wear out. When the black shell frays and the white rubber strands are visible, it's time for replacement.

To remove the worn cord, disconnect it from the rubber cord connectors (to which the ball rope is also attached). Disconnect the other end of the bungee from rubber cord connectors attached to the cord on the telescoping pole fitting. Discard the worn bungee.

The new shock cord will have the rubber cord connectors already attached at one end. Pass the cord through the pulley at the top (or bottom) of the frame, slip the boom (or plate) pulley onto the cord, and then tie a single tight knot at the end of the shock cord. Re-attach the boom pulley (or plate swivel pulley) and re-attach to the ball rope by the rubber cord connectors.

Miscellaneous

Under normal use, the net fastener clips may rotate so that the clip is on the front side of the frame. In order to prevent unnecessary damage to the baseball/softball or to the clips, inspect the SwingAway® before using it to be sure all the clips are rotated to the back of the frame (behind the net).

Replacement Parts

SwingAway Sports Products has spent a great deal of time and effort in the research and development of the materials used in the SwingAway® to ensure maximum safety and durability. The use of non-authorized replacement parts is not recommended, will invalidate our warranty and may cause equipment failures and/or bodily injury. Only use replacement parts available from SwingAway Sports Products or its authorized representatives. Order your replacement parts at: www.swingaway.com or call us at 1-800-999-1968.

Reader's Comments

Please give us your comments concerning this manual. Your constructive criticism will help us create better manuals in the future. Be as specific as possible, giving chapter and page references where appropriate. Whether it has to do with writing, graphics, size, or printing method, we value input from our customers.