

MODEL NO.

TR3000A

SPRING TRAINER IM



CPSIA#2 - TR3000 - - DE



4L-8137-04



MODEL NO.

TR3000A

SPRING TRAINER™

OWNER'S MANUAL

- 1. Read this manual carefully before starting assembly. Read each step completely before beginning each step.
- 2. Some smaller parts may be shipped with larger parts. Check inside all parts and cartons before assembling or ordering parts.
- **3. Tools required for assembly:** Phillips Screwdriver
- **4.** To make assembly as easy as possible, place all parts of the trainer in a cleared area and remove the packaging material. Organize all parts as shown in parts identifier in the assembly manual. Do not dispose of the packing material until assembly is completed.
- 5. Avoid scratching metal tube parts during the assembly process.
- 6. Take time to correctly orientate parts exactly as shown in each assembly diagram.
- 7. Save these instructions in the event that the manufacturer has to be contacted for replacement parts.
- 8. FOR ASSEMBLY VIDEOS, visit:

www.goalrilla.com/training

Please Do Not Return This Product To The Store!

Contact Escalade® Sports customer service department at:

Phone: 1-888-USA-GOAL Toll-Free! Fax: 1-866-873-3536 Toll-Free!

E-mail: training@escaladesports.com

Mailing Address:
Escalade Sports
PO Box 889
Evansville, IN 47706

Goalrilla

Please visit our website at: www.Goalrilla.com

ON-LINE TROUBLE SHOOTING TECHNICAL ASSISTANCE

ON-LINE PARTS REQUESTS FREQUENTLY ASKED QUESTIONS

ADDITIONAL ESCALADE® SPORTS PRODUCT INFORMANTION



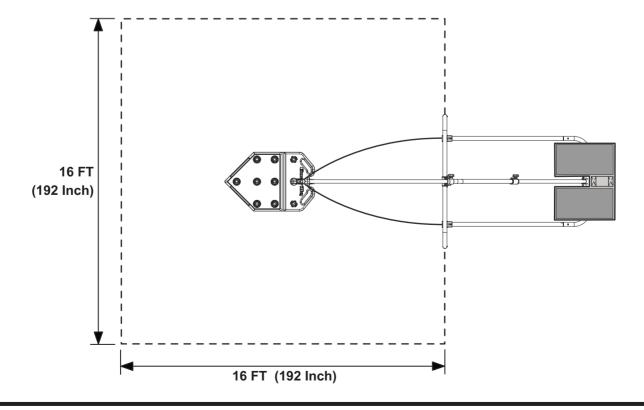
4L-8137-04



FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY AND/OR PROPERTY DAMAGE

Owner must ensure that all users know and follow these rules for safe operation of the product.

- A batting helmet must be worn at all times when using the Spring Trainer™ unit.
- Product is recommended for children 6 years of age and older. Children 12 years and under must be supervised at all times.
- Strangulation hazard, keep young children away from the cords and netting.
- Do not climb or jump on any part of the product including the rebound net.
- Balls can come back off the rebounder net and frame at high speeds. Be prepared to catch the ball.
- During play, do not wear jewelry (rings, watches, necklaces, etc.) Objects may entangle in the net or cords.
- When changing the angle on the rebounder, control the rebounder at all times and do not release until the knob has been tightened and secured.
- Check the product before each use for loose hardware, loose set-screws, freyed nets or bungee cords, or signs of rust and instability. Repair or tighten before each use. Never play on damaged equipment.
- Always use the Spring Trainer™ on level ground. Avoid wet or slippery areas.
- Always use the provided water bags to keep the Spring Trainer™ from tipping during use.
- When using on a hard or smooth surface, the plate can move. Check the plate periodically during use for shifting and adjust as necessary.
- Hit the ball towards the net only. Do not intentionally hit cords, net or frame.
- Do not use with an unfilled (water or sand) Home Plate P11.
- This unit should always maintain a minimum use zone as shown below.

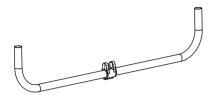


HARDWARE IDENTIFIER (To Scale)

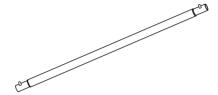


H1 - 4.2mm x 20mm Phillips Head Screw (4 pcs)

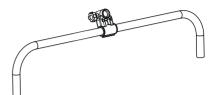
PARTS IDENTIFIER (Not to Scale)



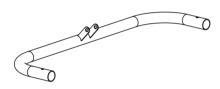
P1 - Bottom Front Frame Tube with Roller Assembly (1 pc)



P2 - Side Front Frame Tube (2 pcs)



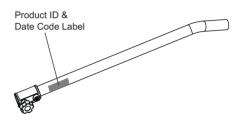
P3 - Top Front Frame Tube with Roller Assembly (1 pc)



P4 - Bottom Back U-Tube (1 pc)



P50 - Bottom Back Side Tube (2 pcs)



P6 - Top BackTelescoping Tube with Telescoping Tube Connector attached (1 pc)



P7 - Bottom Back Telescoping Tube (1 pc)



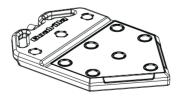
P8 - Top Boom Tube (1 pc)



P9 - Locking Pin (1 pc)



P10 - Bungee Cord / Rope Connector (3 pcs use / 2 Extra pcs for Future Use)



P11 - Home Plate (1 pc)



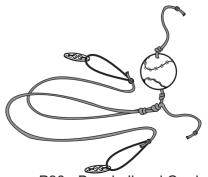
P60 - Foot Assembly (2 pcs)



P13 - Roller Assembly (1 pc) NOTE: Attaches to P8 Top Boom Tube



P14 - Roller Assembly (1 pc) NOTE: Attaches to P11 Home Plate



P30 - Baseball and Cord Assembly (1 pc)

PARTS IDENTIFIER (Not to Scale)



P31 - 93" Bungee Cord (1 pcs use / 1 Extra pc for Future Use)



P17A - Adjusting / Stabilizing Cord Assembly (1 pc)



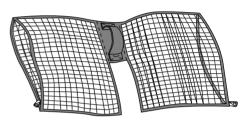
P20 - Plastic Feet (2 pcs)
NOTE: Attaches to P4 Bottom Back
U-Tube



P21 - Goalrilla Strike Zone Rebound Net Attachment (1 pc)



P22 - Water Bag Weights (2 pcs)

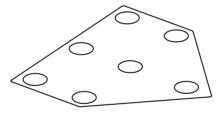


P23 - Water Bag Weight Holding Case with Handle (1 pc)

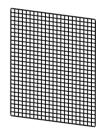


P25 - Home Plate Goalrilla Decal (2 pcs)

NOTE: Taped on front cover of assembly manual



P26 - Home Plate Decal (1 pc)



P27 - Rebound Net (1 pc)



P28 - Hook with Bungee loop (26 pcs use / 4 Extra pcs for Future Use)



P29 - 74" Bottom Bungee Cord (1 pc)

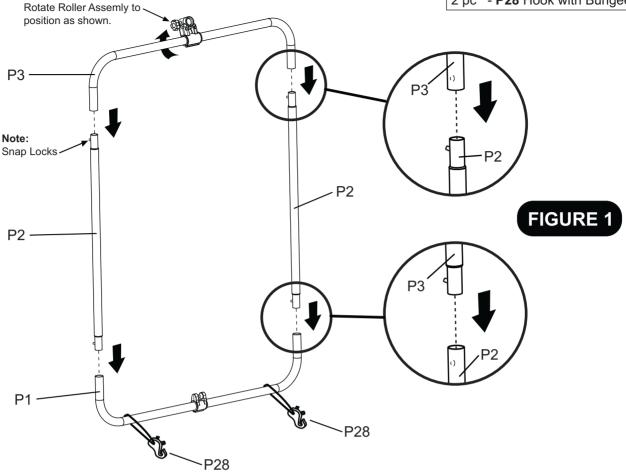
STEP 1:

Note:

Slide **P28** bungee loops onto **P1** Bottom front frame tube and assemble the rest of the front frame using snap locks as shown in **Figure1**.

PARTS REQUIRED:

1 pc - P1 Bottom Front Frame Tube
1 pc - P2 Side Front Frame Tube
1 pc - P3 Top Front Frame Tube
2 pc - P28 Hook with Bungee Loop



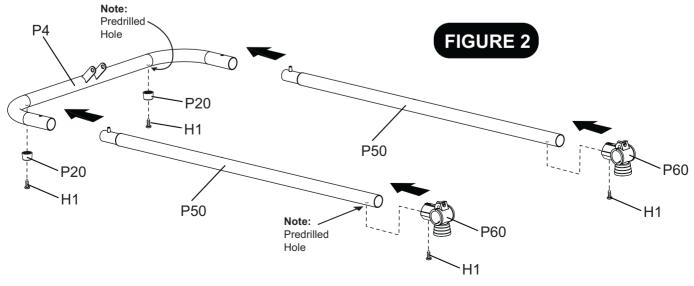
PARTS REQUIRED:	PA	RTS	R	ΕQ	UI	R	Ε	D	H
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4 pcs - **H1** Phillips Head Screw 2 pcs - **P60** Foot Assembly 1 pc - **P4** Bottom Back U-Tube 2 pcs - **P50** Bottom Back Side Tube 2 pcs - Phillips Screwdriver

STEP 2:

Install **P60** to end of **P50** using Phillips Head Screw **H1** into pre-drilled hole in **P50** as shown in **FIGURE 2**. Repeat procedure for other **P60** and **P50**.

Install two pieces **P20** using Phillips Head Screws **H1** into predrilled holes in bottom of **P4** as shown in **FIGURE 2**. Slip together, using push locks, both **P50**'s into each side of **P4** tube as shown in **FIGURE 2**.



1 set - Front Frame Assembly from STEP 1

1 set - Bottom Frame Assembly from STEP 2

1 pc - **P6** Top Back Telescoping Tube with Telescoping Tube Connector Attached

1 pc - P7 Bottom Back Telescoping Tube

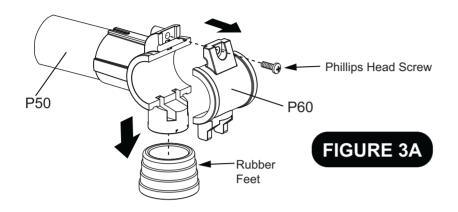
1 pc - P9 Locking Pin

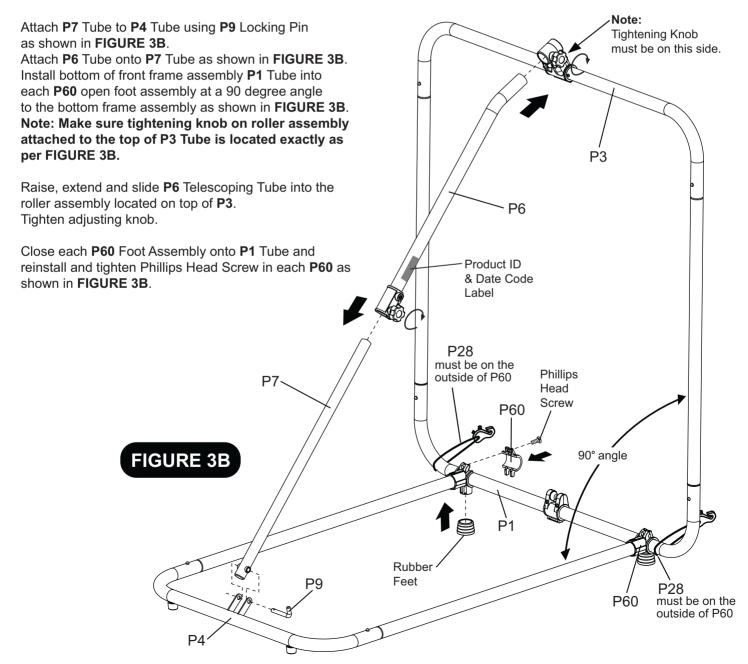
1 pc - Phillips Screwdriver

STEP 3:

Remove Rubber Feet from each **P60** as shown in **FIGURE 3A**.

Remove one piece Phillips Head Screw from each **P60** Foot Assembly and open each **P60** as shown in **FIGURE 3A**.



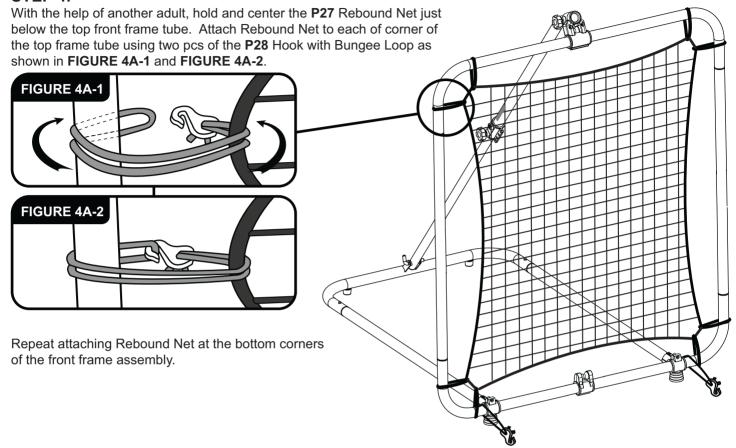


1 pc - P27 Rebound Net

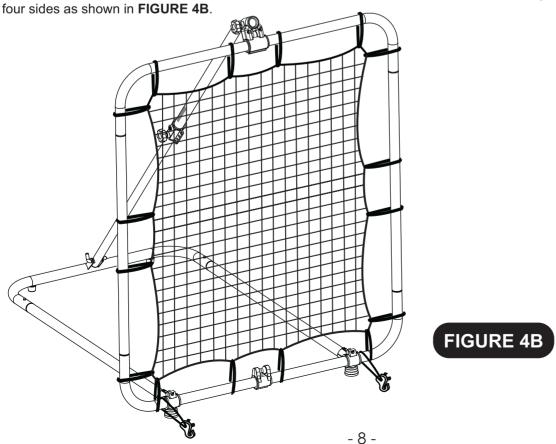
24 pcs - **P28** Hook with Bungee Loop Do not use the 4 pcs (shipped extra as future replacements) at this time

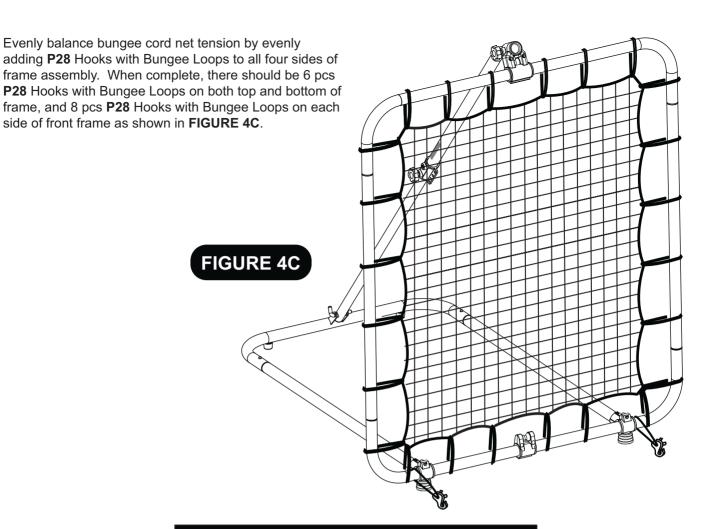
Please note: Both Front Frame and Rebound Net are rectangular in shape. Rectangular rebound net must be orientated to match the rectangular front frame.

STEP 4:



Next, in order to add tension to the rebound net, install two more of the P28 Hook with Bungee Loops to each center of all

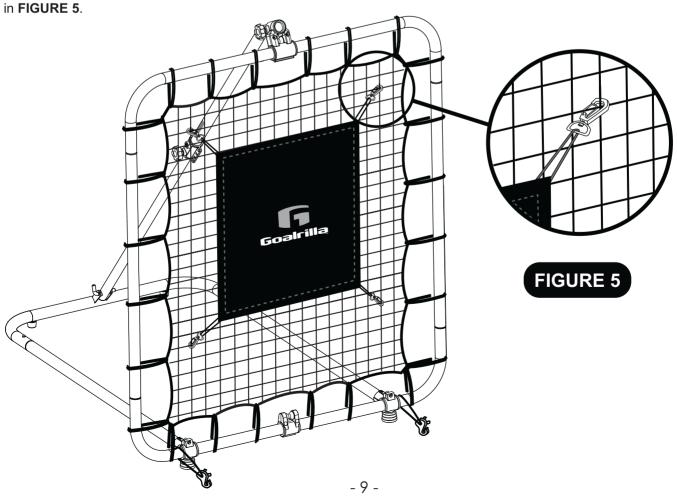




1 pc - P21 Goalrilla Strike Zone Rebound Net Attachment

STEP 5:

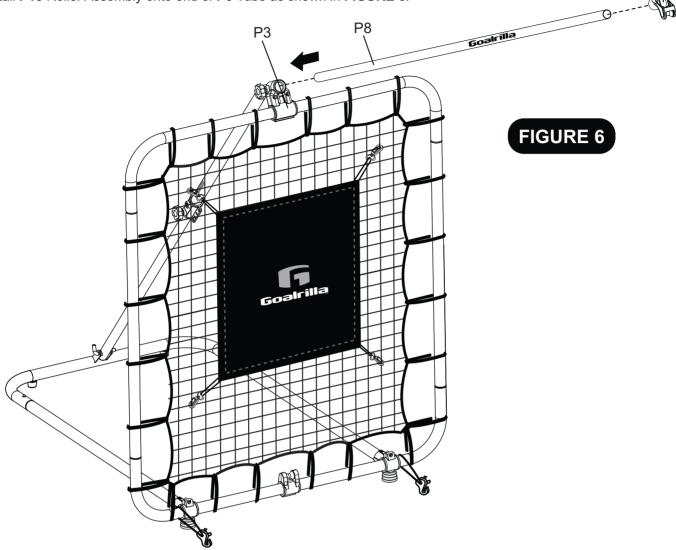
Install **P21** Goalrilla Strike Zone Rebound Net Attachment to **P27** Rebound Net with Bungee Cord assembly as shown in **FIGURE 5**.



1 pc - P8 Top Boom Tube 1 pc - P13 Roller Assembly

STEP 6:

Install P8 Tube into P3 Roller Assembly as shown in FIGURE 6. Install P13 Roller Assembly onto end of P8 Tube as shown in FIGURE 6.



STEP 7:

Peel and Stick two P25 Goalrilla Decals and one piece P26 Home Plate Decal onto P11 Home Plate as shown in FIGURE 7.

Fill P11 Home Plate with water.

Install P14 Roller Assembly into P11 Home Plate - install, press down, and turn P14 90 degree's to the right to lock into place as shown in FIGURE 7.

IMPORTANT NOTE:

Please install P14 Roller Assembly exactly as shown in DETAIL A - thus allowing roller wheel to be turned in correct position in the following steps. Roller must face cap end of P11 Home Plate.

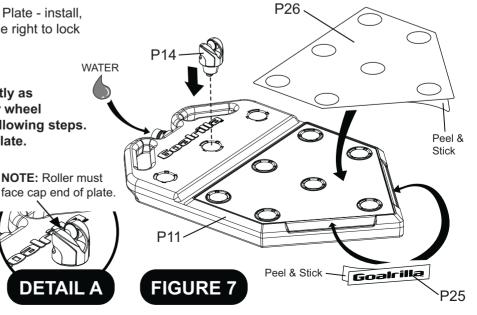
IMPORTANT NOTE:

If the P11 Home Plate is going to be stored or used in freezing conditions, please use a dry sand to fill home plate in order to prevent freezing and bursting of home plate. For storage only during freezing conditions, simply empty water from home plate and refill before next use.

PARTS REQUIRED:

P13

1 pc - P11 Home Plate 2 pcs - P25 Home Plate Goalrilla Decal 1 pc - P14 Roller Assembly 1 pc - P26 Home Plate Decal



DETAIL

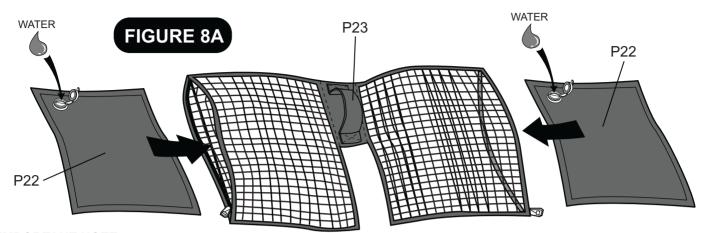
2 pcs - P22 Water Bag Weight

1 pc - P23 Water Bag Holding Case with Handle

STEP 8:

Fill each P22 Water Bag weight with water.

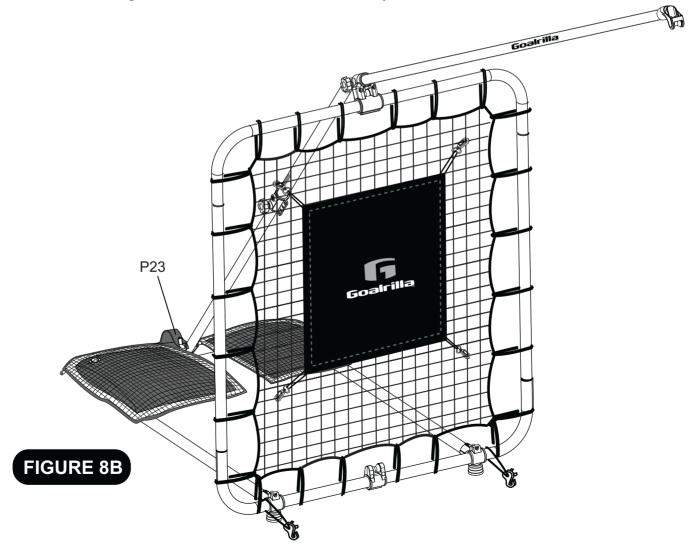
Place both P22 Water Bags into side openings of P23 Holding Case and zip closed as shown in FIGURE 8A.



IMPORTANT NOTE:

If the P22 Water Bag Weights are going to be stored or used in freezing conditions, please use a dry sand to fill water bag weights in order to prevent freezing and bursting of the water bag weights. For storage only during freezing conditions, simply empty water from water bag weights and refill before next use.

Next, Place P23 Holding Case onto back of bottom frame assembly as shown in FIGURE 8B.



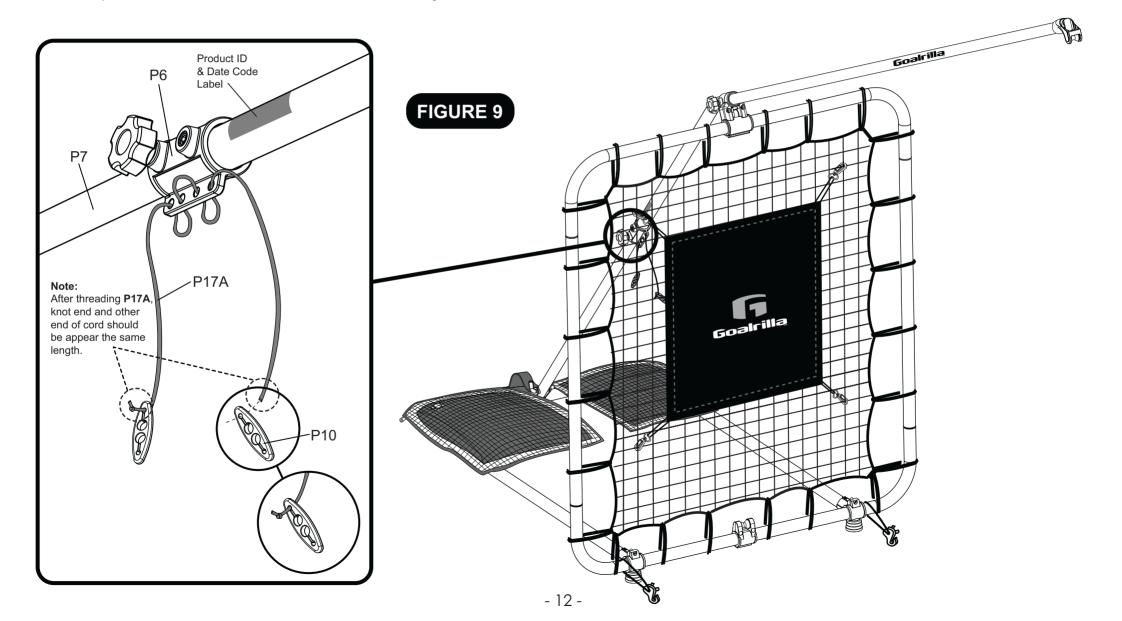
1 pc - P10 Bungee Cord / Rope Connector

1 pc - P17A Adjusting / Stabilizing Cord Assembly

STEP 9:

While holding the unknotted end of **P17A** Cord Assembly in vertical position, carefully thread cord back and forth through the four holes in **P6**, starting at the bottom as shown in **FIGURE 9**.

Install one piece P10 Connector onto end of P17A Cord and tie single knot into end of this cord as shown in FIGURE 9.



STEP 10:

- 1. Place P11 Home Plate Assembly from STEP 7 in front of Spring Trainer as shown in FIGURE 10.
- 2. Thread the unknotted end of P31 Bungee Cord through end of Roller of P13 (DETAIL B) onto Top Roller of P3 (DETAIL C) and through P10 Connector located on the end of the P17A Cord Assembly as shown in DETAIL D.
- 3. Thread the P29 Bungee Cord (unknotted end) through the bottom side of P14 Roller (DETAIL E) onto bottom of P1 Roller (DETAIL F) and hook into place into P10 Connector as shown in DETAIL G.
- 4. Attach and clip into place one piece P10 Connector on each knotted end of P31 Bungee Cord as shown in DETAIL H & I.
- 5. Attach and clip into place top short P30 Cord into top P31 Bungee Cord as shown in DETAIL H.
- 6. Attach and clip into place bottom short P30 Cord into bottom P29 Bungee Cord as shown in DETAIL I.
- 8. Tie a single knot in top of P31 Cord as shown in DETAIL J and another knot in top of P29 as shown in DETAIL K.

PARTS REQUIRED:

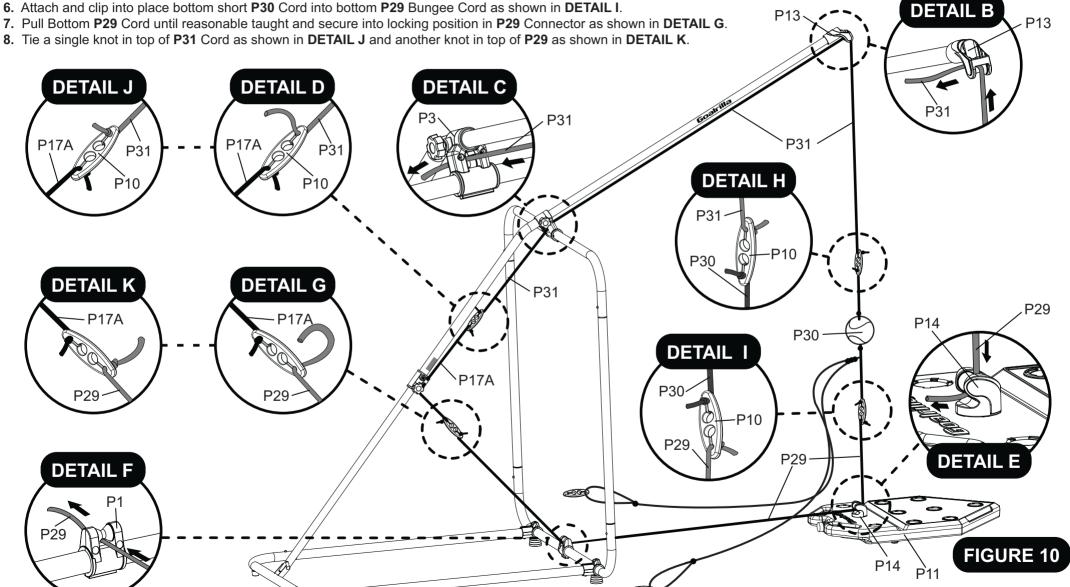
2 pcs - P10 Bungee Cord / Rope Connector

1 pc - P11 Home Plate Assembly from STEP 7

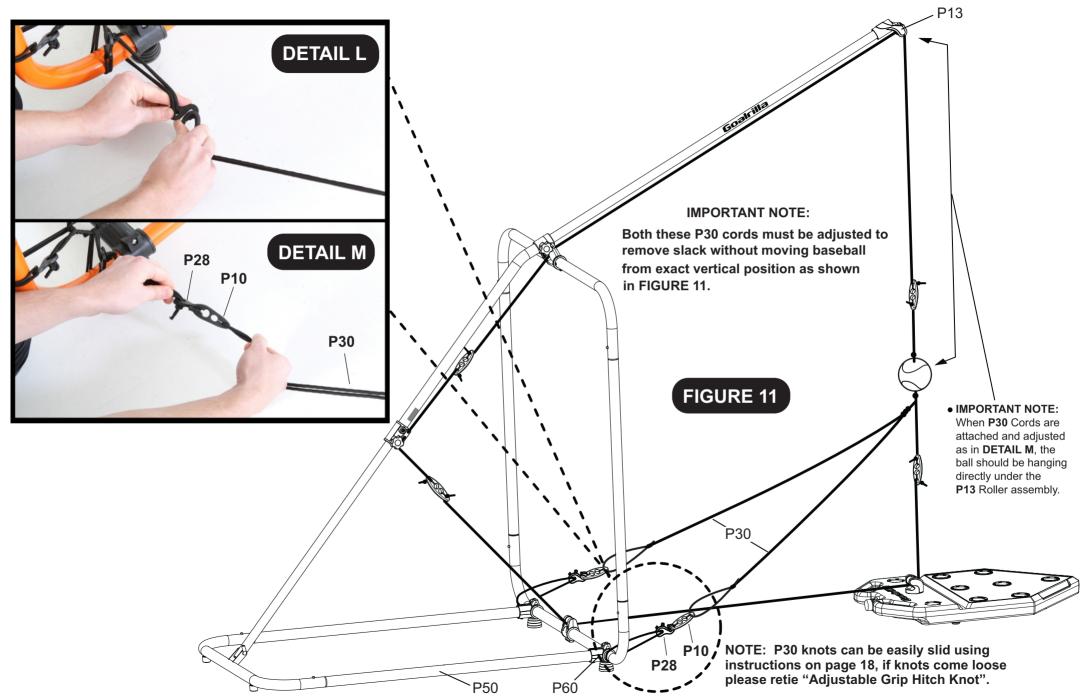
1 pc - P30 Baseball and Cord Assembly

1 pc - P31 93" Top Bungee Cord

1 pc - P29 74" Bottom Bungee Cord



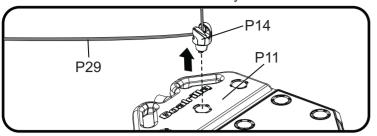
9. Secure both P10 Bungee Cord Connectors to P28 Bungee with Hooks. See Detail L and Detail M.



FOLD DOWN - STORAGE POSITION

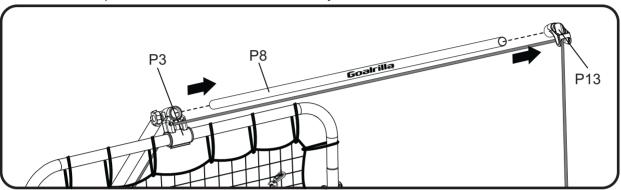
STEP 1:

Twist and remove P14 Roller Assembly from P11 Home Plate.



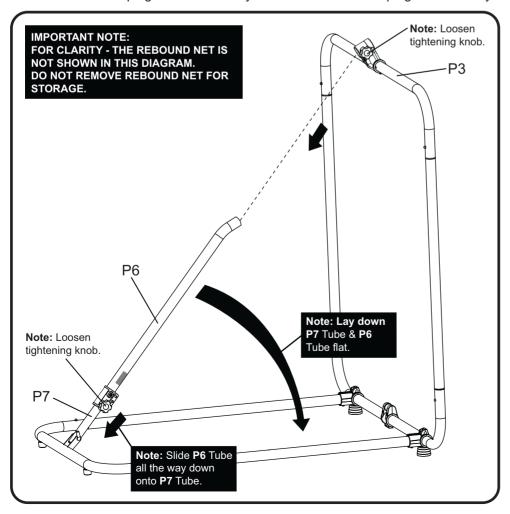
STEP 2:

- 1. Slide off P13 Roller Assembly from P8 Top Boom Tube.
- 2. Remove P8 Top Boom Tube from P3 Roller Assembly.



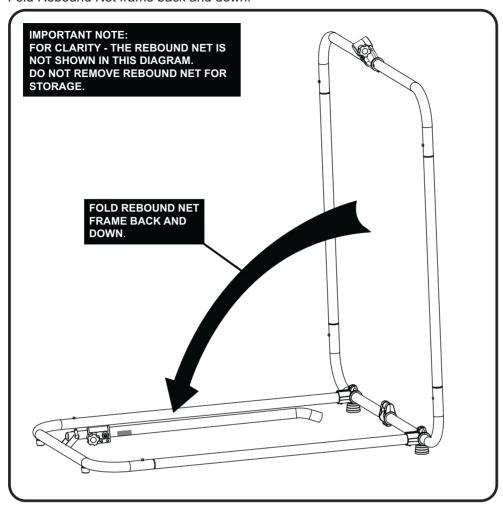
STEP 3:

- 1. Loosen tightening knob on P3 Roller Assembly and loosen knob on P6 Telescoping Tube Connector. Remove P6 Telescoping Tube from back of P3 Roller Assembly.
- 2. Slide P6 Telescoping Tube all the way down onto P7 Telescoping Tube and lay down flat.



FOLD DOWN - STORAGE POSITION

STEP 4:Fold Rebound Net frame back and down.

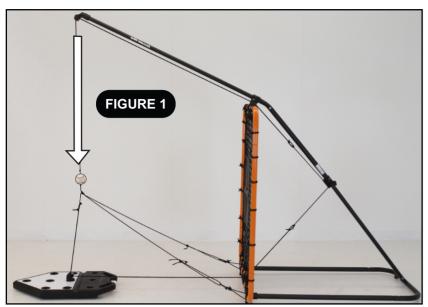


STEP 5:To **FOLD UP** Spring Trainer back into playing position - simply follow steps 1 through 4 in reverse order.

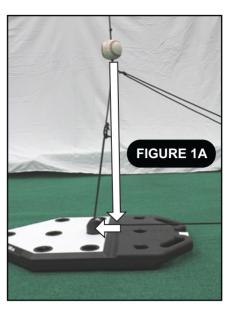
FOR ASSEMBLY VIDEOS, VISIT:

www.goalrilla.com/training

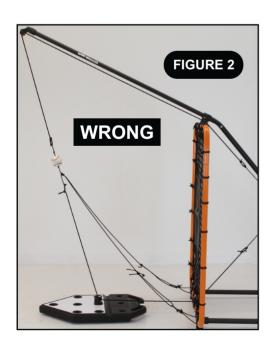
BALL & PLATE POSITION



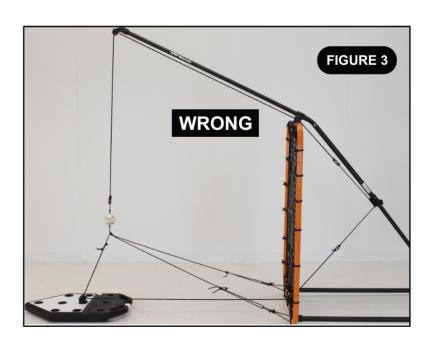
- FIGURE 1 shows ball in the correct position for use of the Spring Trainer.
- The Home Plate **P11** should be positioned under the end of the Top Boom Tube **P8** as shown in **FIGURE 1**.
- The Baseball should be directly under the Upper Roller Assembly P13 making the upper bungee cord straight up and down.



 Baseball should be slightly forward of Lower Roller Assembly P14 on the Home Plate P11 as shown in Figure 1A.

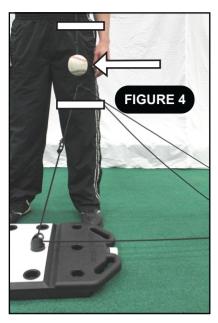


• The plate is too close to the frame as shown in **FIGURE 2**.

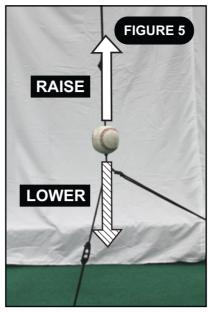


• The plate is too far from the frame as shown in **FIGURE 3**.

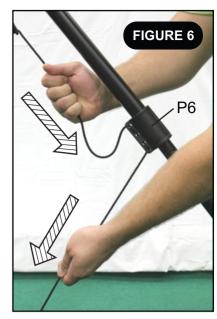
BALL HEIGHT



 To start the ball should be midthigh height, for optimum use as shown in FIGURE 4.

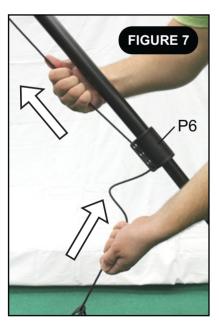


• Raise & Lower the ball diagram as shown in **FIGURE 5**.

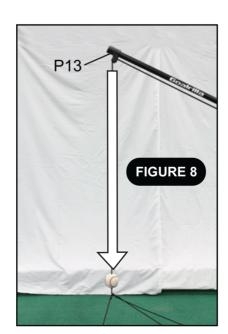


 To raise the ball, pull down on the upper cord until there is slack between your hand and the P6 connector piece.

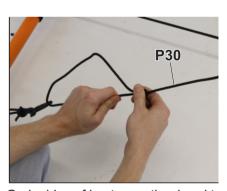
Then pull the slack through P6 from the bottom until the ball is at desired height as shown in FIGURE 6.



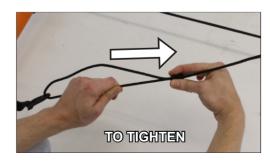
 To lower the ball, reverse the previous step (FIGURE 6) as shown in FIGURE 7.

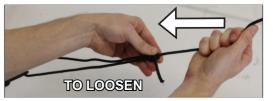


 Once the ball is at the proper height, adjust the P30 stabilizing cords so they are taut (no slack) without moving the baseball from an exact vertical position under the Upper Roller Assembly P13 as shown in FIGURE 8.

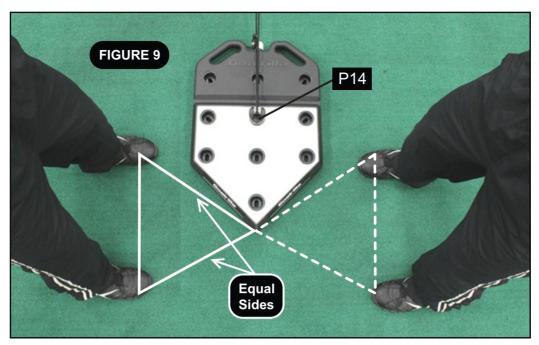


• Grab sides of knot use other hand to grab main P30 cord and slide.





FOOT POSITIONING



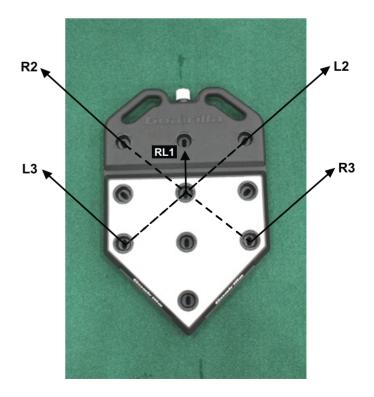
- Place the Lower Roller Assembly P14 in the center front hole.
- Take natural swings and find your proper front foot starting position.
- After placing your front foot in its proper position, make a triangle of equal sides with your feet and the back corner of the plate as a reference point as shown in **FIGURE 9**.
- Notes: Front foot should never be past the front of the white portion of the plate.
 Advanced players, see video content at www.goalrilla.com/training

BASIC POSITION & HITTING DIRECTION

- Black dashed lines are the main positions used.
 - **RL1** Basic: Straight pitch to be hit up the middle.
 - **R2** / **L2** Basic: Getting out in front and pulling the inside ball down the baseline.
 - R3 / L3 Basic: Waiting on the outside pitch and hitting to opposite field, down the baseline.

NOTE:

R = Right Handed L = Left Handed

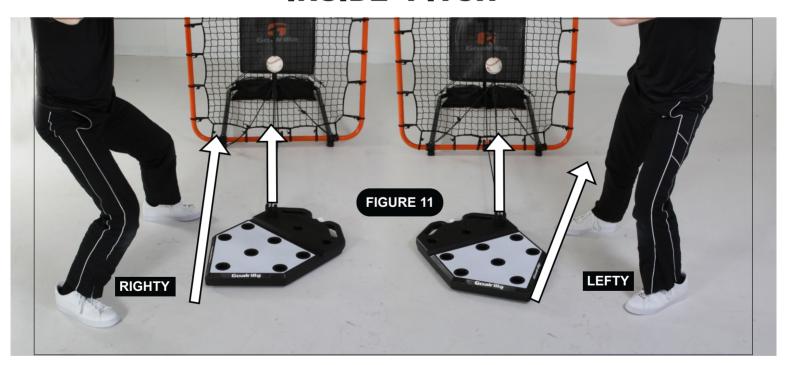


STRAIGHT PITCH



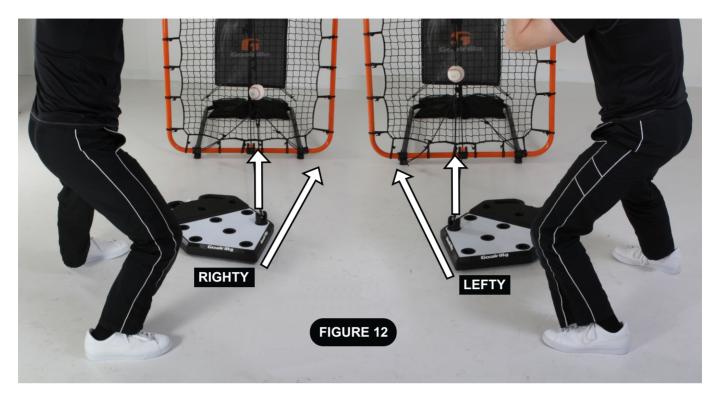
• Basic: Straight pitch to be hit up the middle as shown in **FIGURE 10**.

INSIDE PITCH



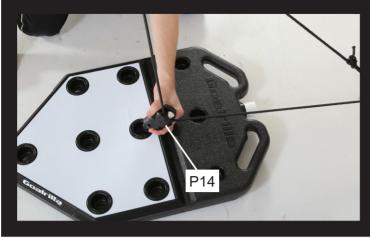
- Basic: Getting out in front of the pitch and pull the inside ball down the baseline as shown in **FIGURE 11**.
- Back angle of Home Plate P11 should line up with the corner of the Front Frame as shown in FIGURE 11.

OUTSIDE PITCH



- Basic: Waiting on the outside pitch and to opposite field, down the baseline as shown in **FIGURE 12**.
- Back angle of Home Plate P11 should line up with the corner of the Front Frame as shown in FIGURE 12.

USING THE PITCH BACK



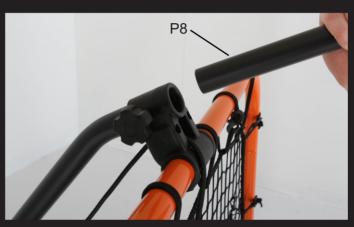
STEP 1: Remove Lower Roller Assembly P14.



STEP 2: Remove Upper Roller Assembly P13.



STEP 3: Pull cords to back of the Front Frame.



STEP 4: Remove Upper Boom Tube P8 and set aside.



STEP 5: Move Home Plate **P11** to the side of the Frame.



STEP 6: Unclip Goalrilla Strike Zone P21 from net and set aside



STEP 7: Loosen the knob on Top Back Telescoping Tube **P6** and adjust rebounder to desired angle.



STEP 8: The Pitch-back is now ready to use.

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CARE AND MAINTENANCE

- Before each use, check bungee cord, ball and cord assembly, netting and plastic parts for chips, tearing or fraying. Replace if necessary.
- The frame is powder coated, so rust should not be a problem.
 If rust should appear, remove loose paint, sand lightly, and paint with exterior black flat matte finish enamel paint, or orange gloss finish enamel paint.
- Keep covered or take inside during windy/stormy days.
- For prolonged life of your Spring Trainer, store indoors when not in use.

PRODUCT PARTS LIST

TR3000A

		<u> </u>	KOOOOA
PARTS#	KEY#	DESCRIPTION	QTY.
TR3000A-H1	H1	4.2mm x 20mm Phillips Head Screw	4
TR3000A-P1	P1	Bottom Front Frame Tube	1
TR3000A-P2	P2	with Roller Assembly Side Front Frame Tube	1 2
TR3000A-F3	P3	Top Front Framee Tube	
		with Roller Assembly	1
TR3000A-P4	P4	Bottom Back U-Tube	1 2
TR3000A-P50 TR3000A-P6	P50 P6	Bottom Back Side Tube Top Back Telescoping Tube with	2
11100007110	1 0	Telescoping Tube Connector attached	1
TR3000A-P7	P7	Bottom Back Telescoping Tube	1
TR3000A-P8 TR3000A-P9	P8 P9	Top Bottom Tube	1
TR3000A-P10	P10	Locking Pin Bungee Cord / Rope Connector	I
		(3 pcs use / 2 Extra pcs for future use)	5
TR3000A-P11	P11	Home Plate	1
TR3000A-P60 TR3000A-P13	P60 P13	Foot Assembly Roller Assembly	2
TK3000/A-1 13	1 10	(Attaches to P8 Top Boom Tube)	1
TR3000A-P14	P14	Roller Assembly	
		(Attaches to P11 Home Plate)	1
TR3000A-P17A	P17A	Adjusting / Stabilizing Cord Assembly	1
TR3000A-P20	P20	Plastic Feet (Attaches to P4 Bottom Back U-Tube)	2
TR3000A-P21	P21	Goalrilla Strike Zone	_
		Rebound Net Attachment	1
TR3000A-P22 TR3000A-P23	P22 P23	Water Bag Weight Holding Case	2
TK3000A-F23	F 23	Water Bag Weight Holding Case with Handle	1
TR3000A-P25	P25	Home Plate Goalrilla Decal	2
TR3000A-P26	P26	Home Plate Decal]
TR3000A-P27 TR3000A-P28	P27 P28	Rebound Net Hook with Bungee Loop	
1100007(120	1 20	(26 pcs use / 4 Extra pcs for future use)	30
TR3000A-P29	P29	74" Bottom Bungee Cord	1
TR3000A-P30	P30	Baseball and Cord Assembly	1
TR3000A-P31	P31	93" Bungee Cord	0
TD2000 A V1	V 1	(1 pc use / 1 Extra pc for future use)	2
TR3000A-K1 TR3000A-M1	K1 M1	Hardware Kit Owner's Manual	1
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To purchase these parts, please contact Escalade Sports Customer Service

1(ONE) YEAR LIMITED WARRANTY

This consumer warranty extends to the original consumer purchase of any Escalade® Sports Product (hereinafter referred to as the "Product").

WARRANTY COVERAGE: Escalade® Sports warrants to the original Consumer Purchaser that any Product of its manufacture is free from defects in material and workmanship. THIS WARRANTY IS VOID IF THE PRODUCT HAS BEEN DAMAGED BY ACCIDENT, UNREASONABLE USE, NEGLIGENCE, IMPROPER SERVICE, FAILURE TO FOLLOW INSTRUCTIONS PROVIDED WITH THE PRODUCT OR OTHER CAUSES NOT ARISING OUT OF DEFECTS IN MATERIAL OR WORKMANSHIP.

Subject to proper installation and normal use, Escalade ® Sports warrants, subject to the limitations below, to the original retail purchaser all structural components of the Spring Trainer™ to be free of defects in material and workmanship for the duration of ownership by the original retail purchaser.

Merchandise must be shipped prepaid with a copy of proof of purchase to Escalade® Sports factory for examination to determine if the trainer needs to be repaired or replaced. Any labor costs, travel expenses and any other changes involved in the removal, installation or replacement of the defective/repaired parts from/to your Spring Trainer™ will be the purchaser's responsibility. Shipping charges for replaced or warranted merchandise sent back to the customer from Escalade® Sports factory must be prepaid by the customer in advance. If not, the replacement shipment will be sent out collect.

Escalade® Sports reserves the right to examine photographs or physical evidence of merchandise claimed to be defective, and to recover said merchandise, prior to authorization of warranty claims. A "Returned Goods Authorization" number may be required, please call for details (see information below) prior to the return of any photographs or merchandise.

This 1(one) year limited warranty is expressly in lieu of all warranties, expressed or implied, including warranties of merchantability or fitness for use. Escalade® Sports does not assume or authorize any person or representative to assume for us, any other liability in connection with the sale of our products.

The remedy of repair or replacement stated above is Escalade® Sports exclusive remedy. Escalade® Sports will not be liable for any other damages or expenses which may incur, including but not limited to incidental or consequential damages. Escalade® Sports assumes no other obligations or liability on the part of the purchaser, and Escalade® Sports neither assumes nor authorizes any other person to assume for it any other liability in connection with the goods sold.

This warranty shall not apply in any manner to parts or accessories not manufactured by Escalade® Sports.

NOT COVERED BY THIS 1(ONE) YEAR LIMITED WARRANTY

- Bungee cords, Ball, rebound net, Strike Target and Spring Clips will be warranted for a period of 60 days from the original purchase under normal use and proper care.
- Any merchandise subjected to abuse, negligence, improper installation, vandalism, acts of God, alteration of product, or any other events beyond the control of Escalade® Sports.
- Paint or rusted parts. If rust should appear, remove loose paint, sand lightly, primer and paint anything black with black exterior flat matte finish enamel paint, and anything orange with orange exterior gloss enamel paint.
- Shipping charges both ways. Note: Any merchandise shipped to Escalade® Sports collect will be refused.
- Dealer service charges, labor charges and travel expenses associated with replacement of repair of warranty item.

WARRANTY DISCLAIMERS: ANY IMPLIED WARRANTIES ARISING OUT OF THIS SALE, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION. ESCALADE® SPORTS SHALL NOT BE LIABLE FOR LOSS OF USE OF THE PRODUCT OR OTHER CONSEQUENTIAL OR INCIDENTAL COSTS. EXPENSES OR DAMAGES INCURRED BY THE CONSUMER OF ANY OTHER USE.

Some states do not allow the exclusion or limitation of implied warranties or consequential or incidental damages, so the above limitations or exclusions may not apply to you. LEGAL REMEDIES: This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

WARRANTY GUIDELINES IS REQUIRED FOR ALL WARRANTY CLAIMS

- 1. Proof of Purchase (original retail purchaser) is required for all warranty claims.
- Call or write Escalade® Sports to receive a Return Authorization # and determine specific needs. Phone: 1-888-USA-GOAL / Warranty Dept. or Write Escalade® Sports at: Escalade® Sports -P.O. Box 889, Evansville, IN 47706 -Attn: Warranty Dept. or E-mail us at: customerservice@escaladesports.com