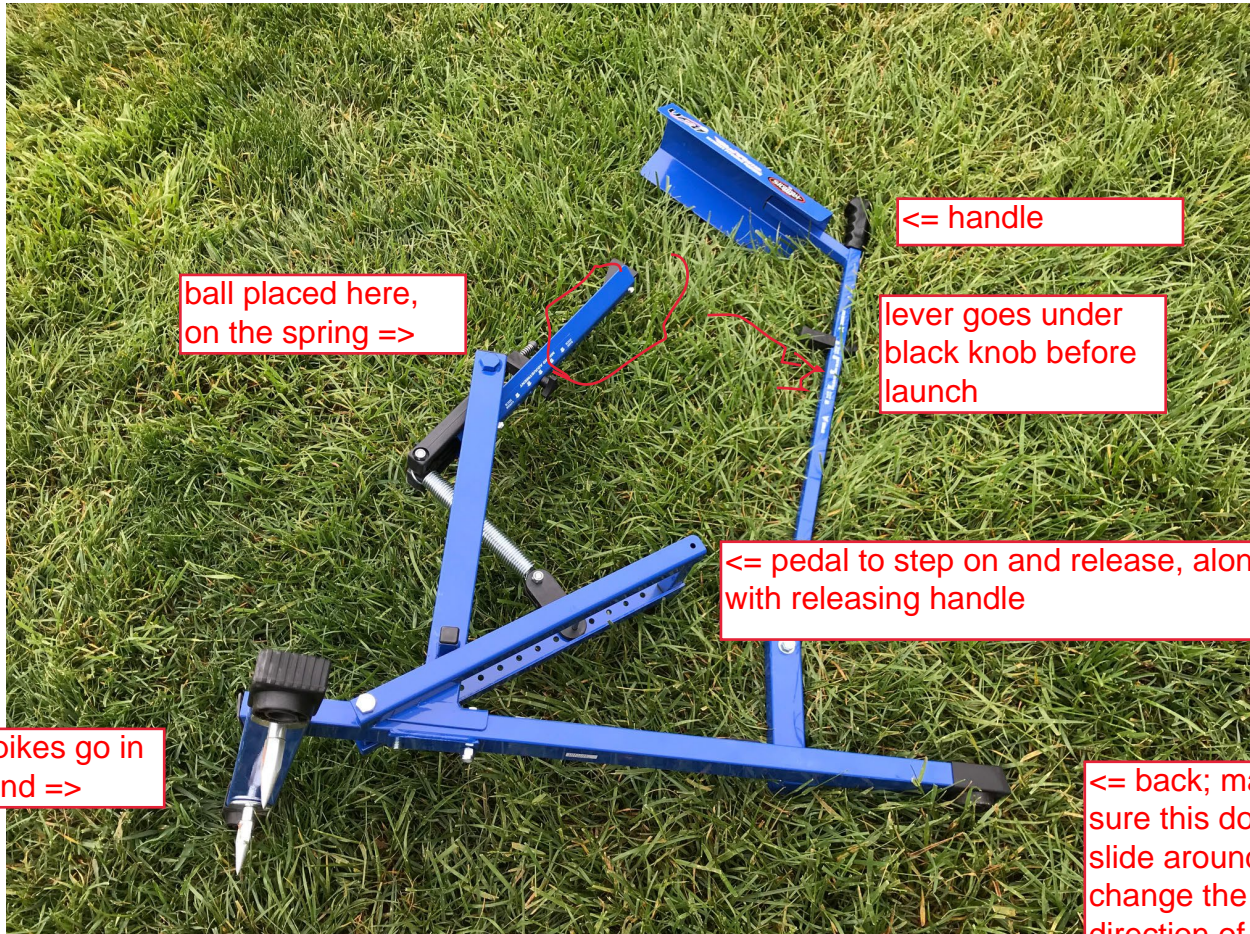


How to use the mechanical pitching machine.

There is one inside the Newington Heights field box and one at South Run #3.

From: [Jeff Conkall](#)  
To: [Jeff Conkall](#)  
Subject: PLS  
Date: Wednesday, May 4, 2022 5:02:39 PM



ball placed here,  
on the spring =>

<= handle

lever goes under  
black knob before  
launch

<= pedal to step on and release, along  
with releasing handle

front - spikes go in  
the ground =>

<= back; make  
sure this doesn't  
slide around--it will  
change the  
direction of the  
pitch

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From: [Jeff Conkall](#)  
To: [Jeff Conkall](#)  
Subject: P2  
Date: Wednesday, May 4, 2022 5:04:23 PM

this is what it looks  
like immediately  
after the ball is  
pitched

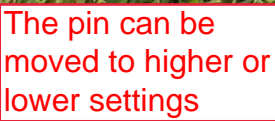


<= this adjusts the  
height; default is  
2nd from top -- one  
below the "ground  
ball" setting

Sent from my iPhone

The bottom pedal adjusts fast or slower pitch -- see next  
page; setting should be #3 or #4 for slower pitches (8u level)  
or go around #7 for faster pitches.

From: [Jeff Cossloff](#)  
To: [Jeff Cossloff](#)  
Subject: Pic3  
Date: Wednesday, 9

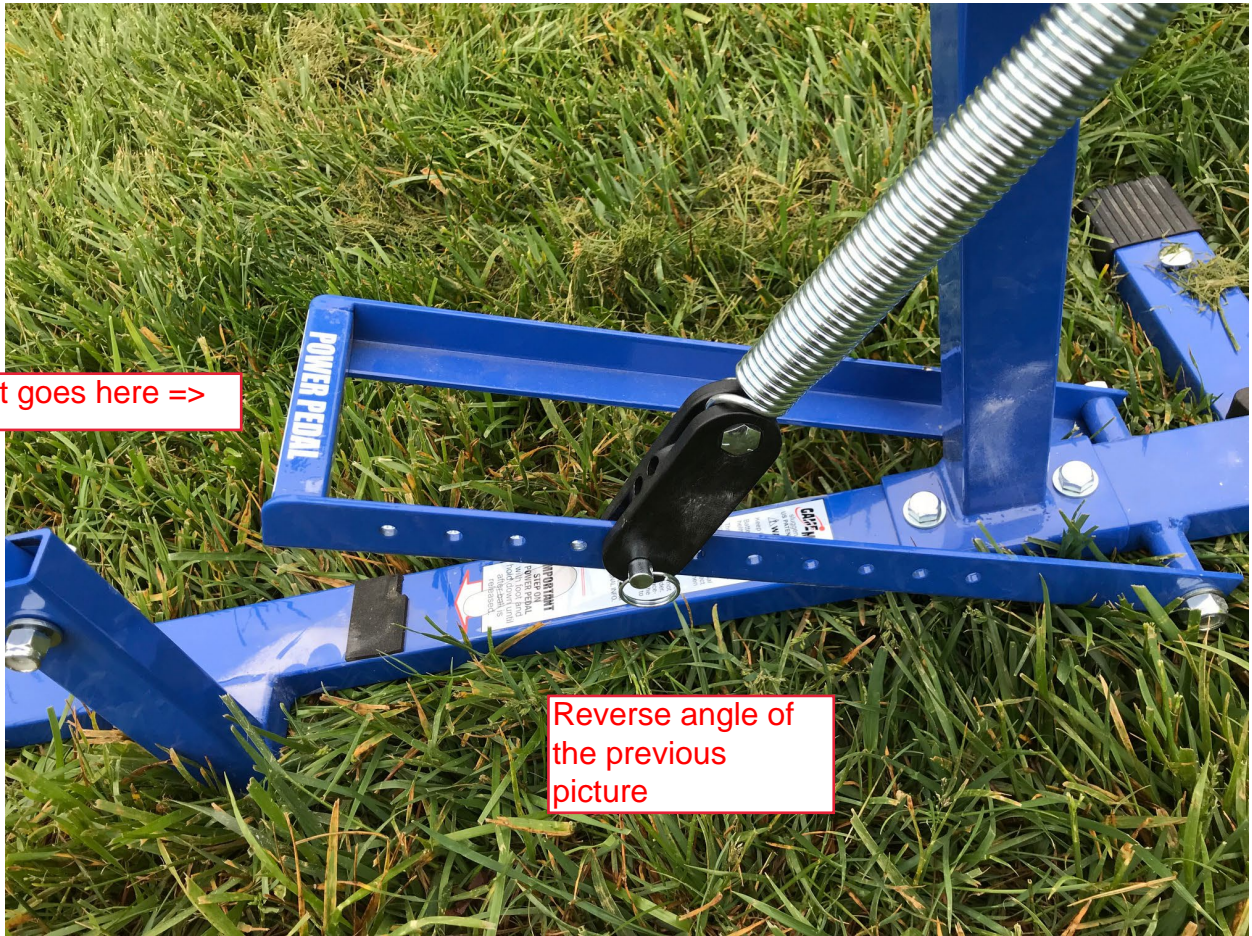


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From: [Jeff Conkoff](#)  
To: [Jeff Conkoff](#)  
Subject: PCT  
Date: Wednesday, May 4, 2022 5:05:07 PM

---

Your foot goes here =>



Reverse angle of  
the previous  
picture

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From: [Jeff Conkoff](#)  
To: [Jeff Conkoff](#)  
Subject: PCE  
Date: Wednesday, May 4, 2022 5:05:57 PM

This is ready for launch

<= Grab handle

The front; spikes are in the ground in the desired position

<= step on pedal, push all the way down with your toes/ball of your foot

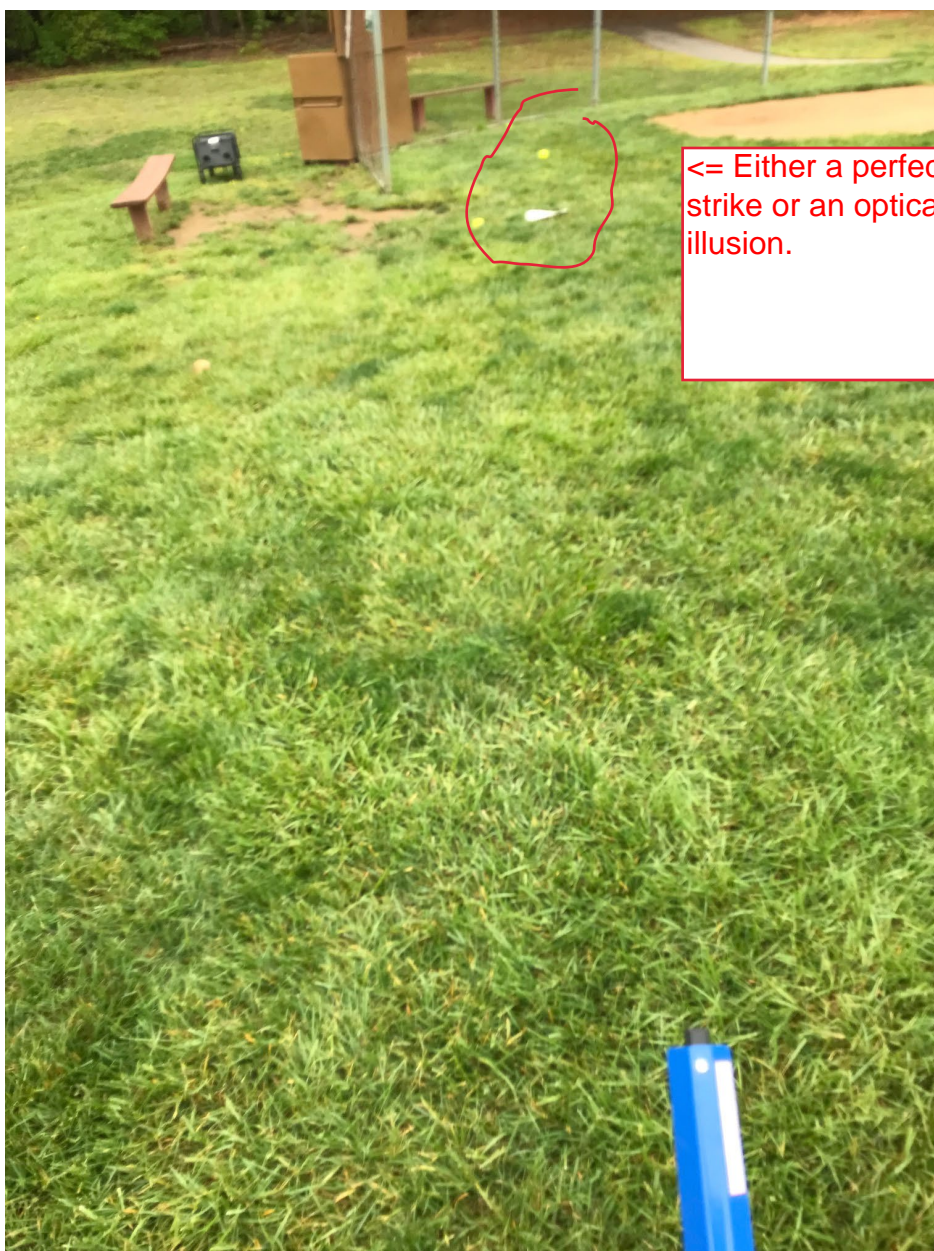
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To: [Jeff Conkall](#)  
Subject: PCT  
Date: Wednesday, May 4, 2022 5:17:27 PM

Here we go...



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From: [Jeff Conkall](#)  
To: [Jeff Conkall](#)  
Subject: PCH  
Date: Wednesday, May 4, 2022 5:08:07 PM

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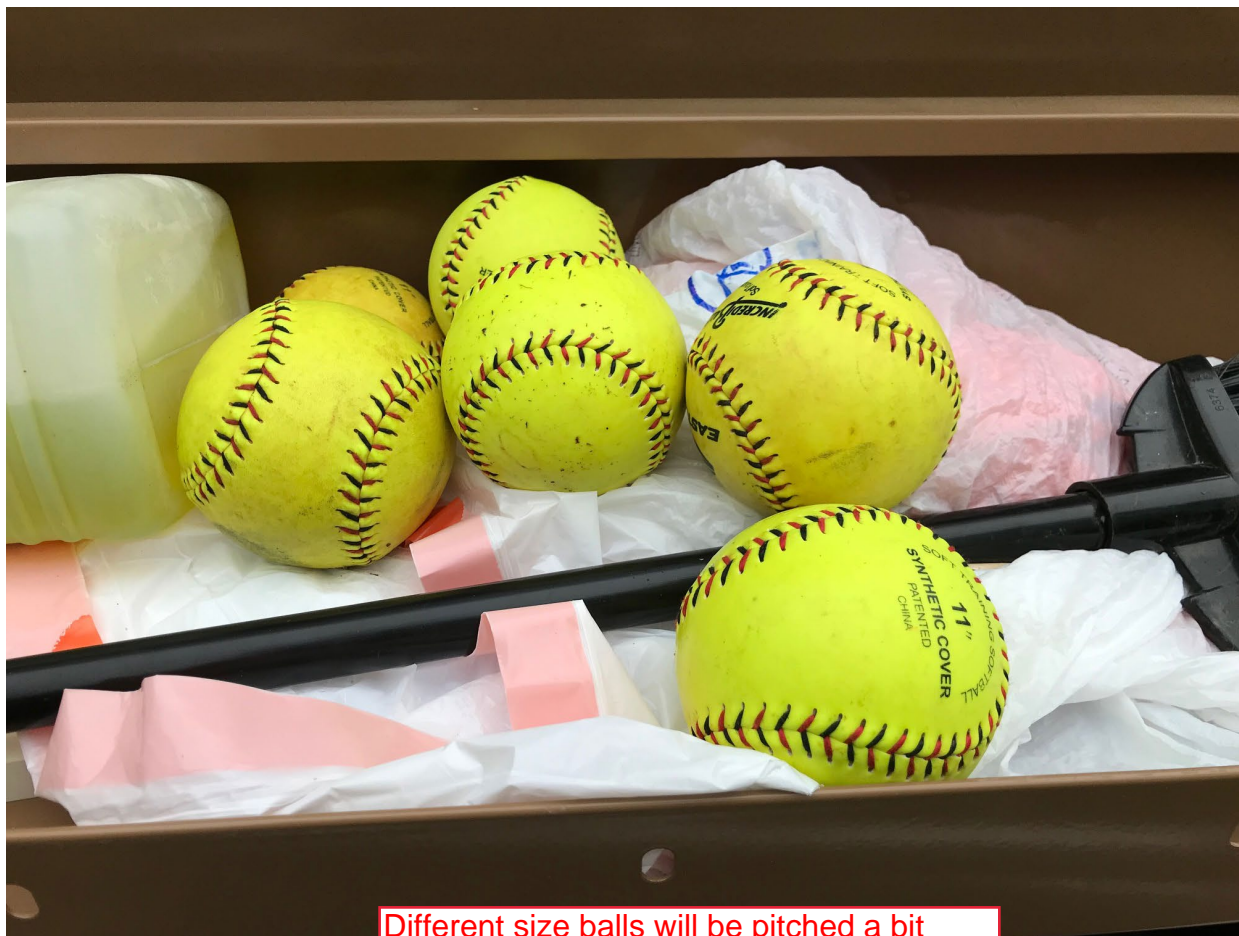
From: [J. J. Smith](#)  
To: [J. J. Smith](#)  
Subject: [J. J. Smith](#)  
Date: Wednesday, Nov 4, 2022 5:05:13 PM



<= The handle settings; this is easy to adjust if you want to try a different setting.

Sent from my iPhone

From: [Jeff Conkoff](#)  
To: [Jeff Conkoff](#)  
Subject: PC3  
Date: Wednesday, May 4, 2022 5:11:28 PM



Sent from my iPhone

Different size balls will be pitched a bit differently. I like using the 10u-sized 11" squishy ones pictured (doesn't wear out the batters' hands) and there will be some of these balls by each pitching machine. The ones at SR3 are in a green bag. You can use other sizes but don't mix the balls or the pitches won't be consistent. Unlike the powered pitching machines, you can still use this one if the balls are wet. I have had a couple different parents from 8u and 12u teams use the machine successfully.