

# **PATU Women, Diversity, Inclusion Committee Programs, Events, Lessons Learned, Tips and MORE!**

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# **Bugs, Books and Brews**

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## **Overview**

We meet monthly for lunch during the winter months (usually a November/December meeting, January and February) when we cannot fish due to weather etc. to read books and talk about what we want to do the following year. This gives everyone an opportunity to stay connected and also to discuss books that teach new skills, provide a new perspective on fishing or nature.

## **Objectives**

- Identify key authors and materials of interest to women who fish
- Discuss challenges and goals for the upcoming year
- Stay in touch

## **Student Handouts & Resources**

- Basically, someone needs to be a location (restaurant) and a book.

**Setting:** Choose a restaurant with good food and beverages that can easily seat your attendees. The restaurant should be fairly central for at least half the group.

**Duration:** Lunch (1-2 hours)

## **Adaptations**

- Meet at someone's home and do a potluck
- Choose a film to view before or at the event (Joan Wulff casting etc.)
- Use as an option for weather-dependent months (November for example)

## **References and Resources :**

Some of the books we have used include:

Margot Page, Little Rivers: Tales of a Woman Angler (2015)—Essays written by a woman who helped found Casting for Recovery.

Joan Wulff, New Fly Casting Techniques (2016)—Great book to read as you work to improve your cast

Terry and Roxanne Wilson, The Bluegill Diaries (2018)—Nice way to get people to think about how to catch Bluegills and includes some great fly patterns.

We also did a session where we reviewed the Stream Girls materials to start preparing for our Stream Girls event.

Updated: *Penn Woods West TU Women's Initiative 4/2/19*

# **Casting and Tea**

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**Overview:** Social event designed to give women a chance to meet each other and learn about fly fishing without the need for any special equipment or fishing licenses. Event also builds confidence in their ability to be “on the stream” at future events.

## **Objectives**

- Meet other beginners and more advanced fly fishers in a social “tea” inside.
- Identify the basics of fly fishing equipment and techniques
- Try out tying the improved clinch and double surgeon’s knot
- Try out casting (in a field) with a focus on the roll cast
- Learn about other events that allow them to learn more about fishing
- Have fun!

**Student Handouts & Resources:** These can vary depending on the location and number of participants. Use what you have. Here are some of our items.

- Introduction to Fly Fishing Equipment (Rod/Reel)
- You Have a Rod, Now What? Buying Your First Kit
- Knot Tying (Improved Clinch, Double Surgeon’s)
- Casting Top 10
- Schedule of upcoming events esp. beginner friendly events
- List of references/Where to Learn More

**Equipment** *list of equipment and supplies used, includes A/V, gear, kits,*

- Knot Tying practice kits for each person (fly line and a safety pin will work)
- Indoor casting practice rods
- Rods/Reels for outdoor practice
- Sample fly fishing pack kit
- Samples of flies, tippet, leaders etc. to pass around
- Pens/paper

## **Setting:**

Session is started indoors at a meeting location or home. The location should have some basic kitchen facilities for snacks and tea. Potluck events work once the group gets to know one another. A nearby location for some casting such as a ball field or yard allows individuals to try out casting without having to get in the water.

This can also be held outside as a picnic but we recommend a picnic shelter. Food etc. can be adapted to the venue.

## **Duration**

3-4 hours over lunch or an afternoon.

**Topics Covered** (These are flexible depending on the group)

- Purpose of the group/Introductions
- Fly fishing rod and reel set up
- Basic fishing knots
- Basics of casting
- Other equipment needed
- Fishing locations and licenses

**Before program/prep:**

Print out enough handouts to provide for each person and collect the necessary equipment. If you have multiple people presenting, Identify who will be talking to each topic.

- **Teaching Outline**

Content/Outline	Instructor Notes
Introductions	<p><b>Discussion:</b> Have women introduce themselves (round the table). Ask them to tell a little about their fishing experience and why they are interested in fishing. Sometimes, it may also be appropriate to ask about where they live in the city etc.</p> <p><b>Facilitator’s Note:</b> <i>This conversation usually grows from the food etc. as people gather. Listen for connection points such as spin fishing, enjoying the outdoors, dancing etc. The more connection points to fly fishing you can find, the easier it will be for people to adapt.</i></p>
Our Group	<p><b>Lecture/Discussion:</b> Pass out the schedule or other information and explain the purpose of the group. Include:</p> <ul style="list-style-type: none"> <li>• Beginner friendly events</li> <li>• Have fun/non-intimidating</li> </ul> <p>Take questions regarding events and other opportunities</p>
<p>Rod/Reel including:</p> <ul style="list-style-type: none"> <li>• Rod Weight vs “Heaviness”</li> <li>• Reel</li> <li>• Attaching Reel to Rod</li> <li>• Backing</li> <li>• Lines</li> <li>• Leaders</li> <li>• Tippets</li> <li>• Putting a Rod together</li> <li>• Stringing Up a Rod</li> <li>• Tips on buying a first rod</li> </ul>	<p><b>Demonstration (Hands On optional):</b> Use a small rod and reel to demonstrate the various parts o the rod and how to put it together. Talk through the handout. We also usually stress:</p> <ul style="list-style-type: none"> <li>• Rod heaviness and grip size</li> <li>• Trying before you buy</li> <li>• How to put the rod together safely</li> <li>• How to string it up</li> <li>• Rod/Reel balance</li> <li>• Buying from a good dealer</li> </ul>

<p><b>Other Equipment including:</b></p> <ul style="list-style-type: none"> <li>• Boots</li> <li>• Waders</li> <li>• Staff</li> <li>• Pack</li> <li>• Forceps/Nippers</li> <li>• Sunglasses</li> <li>• Safety items</li> </ul>	<p><b>Demonstration:</b> Hand out the document on buying your first kit. Stress that this is roughly in the order from what you should spend the most on to what you can spend the least on.</p> <p>Someone brings their pack and shows them all the items they carry including the safety items. Try to bring your least expensive, most basic pack.</p> <p>Also offer tips on saving money such as used sales, looking for end of season deals etc.</p>
<p><b>Knot Tying:</b></p> <ul style="list-style-type: none"> <li>• Loop to Loop connection for leader (show on reel)</li> <li>• Double Surgeon’s Knot</li> <li>• Improved Clinch Knot (or Clinch Knot)</li> <li>• OPTIONAL: Perfection Loop</li> </ul>	<p><b>Hands On:</b> Pass out the knot tying kits. One person leads the demonstration of each knot and participants try to tie each knot. People circulate to look at knots, help them out etc.</p> <p>Remember to remind them that, in a real situation, they would wet that tippet before tying the knot.</p>
<p><b>Fishing Basics:</b></p> <ul style="list-style-type: none"> <li>• Next events/opportunities</li> <li>• Licenses needed?</li> </ul>	<p>We use this to emphasize that we do things on the water next so we don’t spend a lot of time of flies etc. Instead, we talk about where you can fish nearby and what type of licenses to get.</p>
<p><b>Casting:</b></p> <ul style="list-style-type: none"> <li>• 10 things to remember about casting</li> <li>• Proper grip</li> <li>• Proper stroke</li> <li>• Practice makes better!</li> </ul>	<p><b>Demonstration/Hands On:</b> Have someone walk through the handout and demonstrate the basics of the cast. If the weather and location permit, have people go outside and try casting. You can have them pair up to practice the roll cast if desired.</p>
<p>Wrap Up</p>	<p>At the end, stress that they will not remember most of what you have reviewed. Encourage them to use other resources (share books, websites etc.) and to come to other events where you will review the basics at each event so they can continue to learn.</p>

Updated: *Penn Woods West TU Women’s Initiative, 4/2/19*

# Lessons and Challenges: Beyond the Basics

(Penns Woods West TU Women, Diversity, Inclusion)

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The list below are some of the items we've learned as our group of grown over the last two years. We are hoping it will help others avoid some of our mistakes and anticipate changes they will need to make.

- **Communication:**
  - Problem: Giving women a way to contact your group without sharing your personal email.
  - Solution: If your chapter doesn't have an active email account you can access, set up your own gmail account or similar. That account can be managed by more than one person and be the point of contact.
- **Emailing Lists-less is more:**
  - Problem: Our list of potential participants included approximately 250 emails. It quickly became completely unmanageable.
  - Solution: After sending out an initial "interest" email, create a separate list of those who respond. That becomes your core group. If others express interest, have them email your email address to be added. This will allow you to manage the list and keep from Spamming everyone.
- **Registration and Tracking:**
  - Problem: Once we reached about ten people who regularly attended, we could not manage the replies to our RSVP emails. We also had people tell us they didn't receive the email if we used the bcc feature.
  - Solution: We are using Eventbrite to manage our events. It allows us to set a limitation on the number of participants and it also will send out reminders (custom or generic). You just set up the event and it does the rest.
- **Balancing Size:**
  - Problem: With a large group of beginners, we have struggled to help everyone out and get any time to fish ourselves.
  - Solution: We continue to work to resolve this but here are a few things we are trying:
    - Buddy system—make sure everyone pairs up with someone else at the beginning of the outing and are responsible for watching out for each other
    - Numbers limitation—we have set a limitation and registration is first come/first serve
    - Designated beginner sessions—we are beginning to identify sessions that are beginner friendly and those that we expect people to be more independent.
    - Tip sheets—May 2019 will be our first event with this option. We are going to provide each group of 2-3 people with a tip sheet (a couple knots, a fly to try etc.) and ask them to help each other out.
- **Event Instructions:**
  - Problem: providing enough information about the event to make sure everyone has what they need.
  - Solution: we always provide at least 2 emails with specific instructions to those who register. They include fishing gear, safety reminders (wading staff), location and a cell phone to call if they have any issues.

# **On-the-Water Beginner Pan Fishing**

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**Overview:** A late spring/summer event at a pond or lake with excellent pan fish populations and little/no wading equipment needed.

## **Objectives**

- Review the very basics of fly fishing:
  - Putting together a rod
  - Tying on a fly
  - Roll casting
  - Fighting a fish
- Practice these basic skills while fishing for pan fish on a small pond or lake with plenty of good casting from the bank or very easy wet-wading.
- Become proficient at basic casts short distances without needing to handle moving water
- Have fun/meet new people (social event as well as a learning opportunity)

## **Student Handouts & Resources**

Bring basic materials from the Tea and Casting event for reviews. This is mostly about applying those skills.

## **Equipment**

- A few extra fly rods (3-4-5 wt) for those who may need them—women will be encouraged to use their own equipment so they become comfortable with it
- Some pan fish flies
- Extra tippet etc. as needed.
- A net

## **Setting**

A lake or pond that allows plenty of room for casting either from shore or off an old road bed (we use Lake Arthur because it has an old highway that allows for easy casting). Place should have some basic facilities including picnic tables, restrooms and a picnic shelter if possible.

Optional: have a potluck picnic during the event.

## **Duration**

3-4 hours (depending on whether a picnic lunch is planned).

## **Before program prep:**

We do try and fish the location a couple times before the event just to determine where the fish are. Otherwise, we use the same location.

# **Pick Up Casting Practice**

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## **Overview**

We send an email or text once the weather has warmed up enough to meet for a few hours on a Sunday afternoon to practice casting at a nearby lake. We are using Lake Carnegie which is the home of the Pittsburgh Casting Club. It has casting platforms so you do not need to wear waders etc. and you can cast even when the weather is cold.

## **Objectives**

- Improve casting through practice
  - Accuracy
  - Distance
- Try new techniques for casting
- Practice casting in specific weather conditions
- Coach each other based on observation (learn to identify a good cast)
- Improve casting with your rod

**Setting:** Select a location where people can cast safely with little/no brush etc. behind them. A lake with an open grassy space works well.

**Duration:** 2-3 hours (flexible)

## **Adaptations**

- Choose a field to meet at instead of a lake.
- Bring a book on casting and try out some of the casts in the book
- Pair up and coach each other
- Set up a friendly contest

**Note: The purpose of this event is to improve casting. It can be adapted based on expertise.** We've used it to coach new anglers and also worked together to improve more advanced techniques. Once a location is identified, it can be started with an email or text to everyone letting them know you will be at that location practicing casting.

Updated: *Penn Woods West TU Women's Initiative 4/2/19*

# Promotion Ideas

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Here are some things we've done to promote our group:

- **Business cards that can be handed out at shows and fairs.** We get about 1 contact for every 50-100 cards.
- **Announcements at TU meetings** and reminding people there to let interested family members know.
- **Connecting with Casting for Recovery.** It took a little while for us to make this work but our events give people who attended a retreat a place to continue fishing.
- **Show up every time your TU group attends an event.** This lets the women who go to these events know that the organization has women in it. If your women help out at events, the TU chapter also will begin to encourage participation. They need volunteers.
- **Word of mouth.** We get lots of women who express interest because someone they know is participating.
- **Fly Shops and businesses:** Talk to local fly shops. If they want your business, support them. Likewise, they will talk to women about what you do.
- **Fish and Boat events and event listing:** Need I say more.

PWWTU, 2019

# **Shut Up and Fish**

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## **Overview**

This event is an event for intermediate and advanced fly fishers but everyone is welcome. We advertise it as no coaching involved as the objective is for everyone to go fishing somewhere on their own.

While this is designed for those of us who normally of helping others to enjoy fishing on our own, it also gives each woman a chance to gain the confidence to be independent. Because we won't be tying of flies, checking leaders etc., they need to do all of this on their own. Obviously, if a fly pattern is working, we will share the information as fellow anglers.

## **Objectives**

- Just Fish and enjoy being with others who are fishing.

## **Equipment Needed:**

- Everyone is asked to bring their own equipment for fishing

**Setting:** Choose a stream with some technical elements. This could include a wild trout stream or bass stream.

**Duration:** Full Day

Updated: *Penn Woods West TU Women's Initiative 4/2/19*

## **Links and resources beyond Fish and Boat**

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Link/Items	Description
<a href="#">PA Fish and Boat Commission Activities Education Portal – Fly Fishing Page</a>	PA Fish and Boat Commission’s Activities Education Portal provides activities, coloring pages, PLAY newsletters and videos related to Fly Fishing
<a href="#">Orvis Fly Fishing Learning Center</a>	FREE – Videos, articles, podcasts and more! Easy to read, watch and listen throughout your fly fishing journey.
<a href="https://www.scientificanglers.com/fly-fishing-knot-tying-basics/">https://www.scientificanglers.com/fly-fishing-knot-tying-basics/</a>	Great description of basic knots needed. Clear pictures that are easy to reproduce
Essential Fishing Knots (App)	App for your phone that give step-by-step instructions for a wide variety of knots. Not animated so it is easy to use without a good wifi connection.
<a href="https://uwotf.com/">https://uwotf.com/</a>	<b>United Women on the Fly:</b> Group for women to connect all over the country and internationally.
<a href="http://internationalwomenflyfishers.com/">http://internationalwomenflyfishers.com/</a>	Women’s organization that offers fly-fishing trips etc.
<a href="https://www.ginkandgasoline.com/">https://www.ginkandgasoline.com/</a>	Blog covering all kinds of educational and fun aspects of Fly fishing.
<a href="https://www.youtube.com/channel/UCIdlkp_uBiYEW-Pb4-BDBjw">https://www.youtube.com/channel/UCIdlkp_uBiYEW-Pb4-BDBjw</a>	Tight Lines You tube videos—these are great, clear fly tying videos.
<a href="https://winstonrods.com/videos/instructional-videos/">https://winstonrods.com/videos/instructional-videos/</a>	Joan Wulff—free videos and instruction

# United Women On the Fly event ideas

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United Women on the Fly • [info@unitedwomenonthefly.com](mailto:info@unitedwomenonthefly.com)  
[www.uwotf.com](http://www.uwotf.com) • Facebook • Instagram

## Event Ideas

Best Fish Picture	Meet and Greet
Casting Games	Monthly Ladies Night
Conservation Projects	Monthly Meetings
Film Festivals	Monthly Outing
Fish Tales and Ales	Movie Night
Fly Exchange	Painting Fundraiser
Fly Fishing Games	Pre-Funk Presentations
Fly Shop Secrets	Shop Hop
Gear Set-Up and Casting Practices	Summer Suds and Cast Off
Hackle and Hops	Weekend Adventures
Hosting Film Nights	Women's Trunk Shows

## Education Presentation Ideas

Fish Handling Techniques	Spring Fling
Fishing Local Rivers	Stillwater 101
Fishing Photography 101	Streamer Tactics
Fishing Techniques	Subsurface Fishing Techniques
Gear Q&A	Summer Layering
Gear Up and Dust Off	Summer Steelhead Fishing
Improve Your Cast	Tied Up - Knots
Line Management	What's In Your Pack
Seasonal Entomology	Winter Layering
Spring Creek Fishing	Winter Steelhead Fishing



# Competitions *(Tracey McAfoos)*

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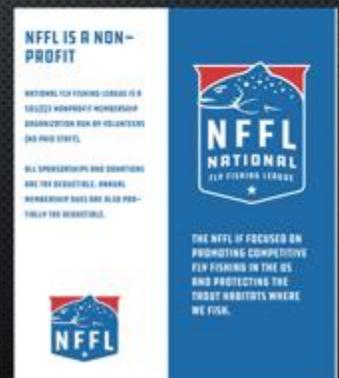
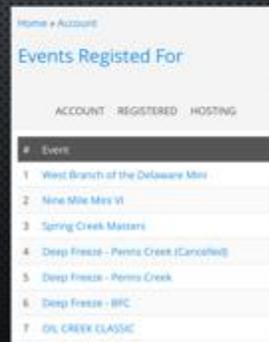
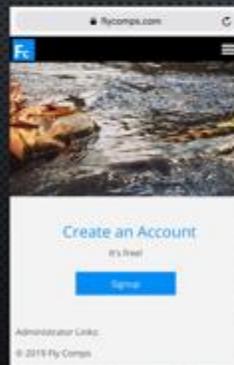
## WHAT IS THE FIPS MOCHE INTERNATIONAL REGULATIONS

- IT IS A HANDBOOK FOR COMPETITIVE FLY FISHING
- ALL RULES AND REGULATIONS ARE FOLLOWED AND ENFORCED AT ALL COMPETITIONS
- ALL HOOKS MUST BE BARBLESS
- ALL FLIES MUST BE TIED OFF DROPPER TAGS
- NO ADDITIONAL WEIGHT (NO SPILT SHOTS ALL WEIGHT BUILT INTO FLIES)
- NO SUSPENSION DEVICES (BOBBERS)
- FLIES MUST BE NO SHORTER DISTANCE BETWEEN EACH THAN 50 CM



## HOW DO YOU ENTER

- YOU MUST PURCHASE YOUR LEAGUE PASS FROM FLYCOMPS.COM OR NFFL PAGE
- THE COST IS \$75 (GRANTS YOU ACCESS TO COMPETITIONS HELD BY NFFL AND TEAM USA)
- AFTER IT IS PURCHASED THERE ARE OPEN DATES AND SPECIFIC TIMES THAT YOU ARE ABLE TO REGISTER
- SPOTS FILL UP FAST AND HAVE TIME RESTRICTIONS





# Fly Fishing Basics: Part 1—Rods, Lines, and Flies

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As someone who grew up spin casting and bait fishing, I found fly-fishing equipment complicated and expensive. However, I've learned that, with some basic information, you can get started without spending hundreds of dollars.

## **The Rod and Reel:**

Below are some basics that will help you decide what rod to buy for your first rod. Before you buy that rod, however, we encourage you to fish with people who have different rods so you know what you like. Finally, find a knowledgeable dealer who is willing to let you try the rods.

On the other hand, if you have a set you are beginning to fish with, you can almost certainly learn to fish with what you have. The most important thing to remember is that fishing is supposed to be fun!

Rod basics: What you need to ask:

The best way to think about a rod is that is an extension of your arm. I find that longer rods can also change my balance slightly just as sticking my arm straight up might. Below are some factors to consider when choosing a rod.

- **How heavy is the rod?** A rod that weighs more takes more effort to carry and cast. When thinking about what rod you will be using, pick it up and think about holding that rod all day. For most of us, a lighter rod is preferred. (Note that this is not the same as a “rod weight” specification).
- **How long is it?** Rods come in a variety of lengths. Longer rods make it easier to cast a long way. However, they are also can be harder to cast and heavier. A standard length is about 9 feet but I found that shorter rods are a little better so try them out first.
- **How does the handle fit my hand?** The rod's handle needs to be comfortable in your hand. A handle should sit in your fingers and not need to be pressed against the palm of your hand just to hold it. Smaller handles are usually better for those who have smaller hands.

## **Understanding Rod specifications:**

When purchasing or using a rod, there are some common specifications that you will need to understand. In fact, these specifications do impact the three questions above and they can also be very confusing.<sup>23</sup>

- **Weight:** The rod “weight” is not the same as how much it weighs. Rod weight refers to how heavy a line the rod can cast. Remember that, in fly-fishing, the line is weighted so a cast can be made. Rods handle a certain “weight” of that line. When talking about rod weights, the higher the number, the heavier the line. The ability to cast a heavier line can impact the rod's length and heaviness. The weight can thus mean:
  - Size of the fly that can be thrown
  - Distance a fly can be thrown
  - Ability to cast in adverse conditions (wind)
- When looking for an initial rod, you can start with a 5 weight or 6 weight rod. This rod is a good all-around rod. If you want to catch muskie or steelhead, you may eventually want a 7 or 8 weight rod. If you want to catch small brook trout or pan fish, you may choose a 2 weight or 3 weight.
- **Flex/Action:** Rods are also rated for Flex (how much they bend) and action (how quickly they recover from the bend). Slow action “full” flex rods require more time for each cast than fast action “medium” flex

rods and so forth. However, the most important thing in this category is that the rod matches your cast. In general, a “medium” fast action rod is a nice compromise when learning.

### **Reels:**

The reel has two functions on the rod. It holds the line and it helps you fight fish by adding resistance or “drag” to the line. Reels come with a wide variety of drags and can be heavy or light. However, the most important thing to understand when buying a reel is that the reel should balance the rod. That means that, when you are holding the rod as if you were getting ready to fish, the reel below your hand should feel as if it weighs the same as the rod above your hand.

If the “balanced” part is hard to understand, think of a teeter-totter with your hand as the center. If both people weigh about the same, it takes little effort for one person to push off and go up. Likewise, if the rod and reel are balanced, you will find casting much easier. On the other, if one person is much heavier than the other, it will be harder to move one side of the teeter totter up and down.

### **Fly Lines:**

Reels hold your fly line. It may seem obvious but, the line allows you to cast a small fly, fight a fish, and adjust to different conditions. For example trout that are going after insects on top may be spooked if you use a heavy line. On the other hand, if you are searching for bass eating bait fish, you need a heavy line and the bass won't notice it given the big fly that imitates bait fish. Fly lines have three components.

- **A Fly line** consists of a weighted line that is tapered and a leader. Fly lines match the rod weight (e.g. if you have a 5 weight rod, you need a 5 weight line). Fly lines have a weighted, tapered portion at the front that gives you the ability to cast the fly. At the other end of the fly line is something called “backing” that is really just extra line in case you need to fight a really big fish. (If you are curious, the fly line weight is based on the weight (in grains) in the first 30 feet of a fly line.)
- **Leaders** are attached to the front end of the fly line. They are tapered down so that a small fly can be cast on an “invisible” line to the fish. A leader can be purchased in a variety of lengths depending on what you are going to do with it. However, you can always adjust your leader length.
- **Tippet** allows you to adjust the leader length by decreasing the size of the line you tie onto the fly. If you want to, you can even construct your own leaders by buying a wide variety of tippet. The advantage to tying tippet on the end of a leader is that you can simply replace it with more tippet as you use it. This will save you money and let you use the same leader for a wide variety of fishing situations.

If you are buying a new reel, the simplest thing to do is ask the store to put that line and backing on your reel. If you bought a line and need to add it to your reel, you can usually just tie it on to the backing on your reel.

### **Flies:**

Flies, at their most basic, imitate what fish eat. While they definitely can imitate a “fly,” they can also imitate other “food.” The trick, when fishing, is to figure out what fish are eating and then find a “fly” that matches it. Flies come in four varieties:

- **Dry flies:** these flies are designed to stay “dry” by floating on top of the water. They imitate a variety of insects that lay eggs on the water as well as a variety of land-based insects that fall into the water. These are the “classic” fly-fishing fly.
- **Wet Flies:** these flies usually imitate a “dry fly” that is either not yet fully able to fly or has died on the water.

- **Nymphs:** Many insects start their lives as water creatures called Nymphs. At certain times of year, these nymphs will rise to the surface as they become flying insects. The Nymph imitates the first stage of that insect's life and so it is fished near or on the bottom.
- **Streamers:** These imitate either small bait fish or other aquatic life such as Crayfish. Streamers are usually larger than the other flies and can either be fished on/near the bottom or under the surface. Unlike other flies, the streamer is a fish imitation.

Picking the fly can be as complicated as you want it to be. It's really up to you to decide whether you will be one of those anglers who examines what's on the water, matches sizes etc. or fishes with a few basic patterns that usually work. My advice is find someone who fishes where you want to fish and see if you can find out what they use. Of course, you also want to whether they catch fish or not!

# **I've Got a Rod—Now What? Buying your first kit**

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Now that you have a rod, reel and a few flies, you will find that there are plenty of other “things” to buy. You don't need to buy that \$400 wading jacket and the \$300 sling pack to get started! Below are a list of items to buy listed in order from what you should spend the most to the least on.

## **Wading Boots:**

Next to your rod, these are the most important piece of equipment you buy!. Good boots will allow you to wade safely in moving water over slippery rocks and protect your feet and ankles. If you splurge on one thing, this is it.

**MY RECOMMENDATION:** Buy wading boots and stocking-footed waders. Waders wear out faster than boots. I also recommend the sticky-bottomed rubber soles on wading boots with either studs or bars.

## **What to Look For:**

- **Fit:** Wading Boots need to fit over your stocking-foot waders. They should be loose enough to wear a couple of pairs of socks. If you are interested in fishing in really cold conditions (Steelheading), make sure they fit comfortably over heavy socks. Try them on with waders so you know they will fit.
- **Soles:** Wading Boots need soles that will grip the rocks and cut through slime.
  - **Sticky Bottomed “rubber”:** Many manufacturers now offer a sticky bottomed boot that is an alternative to the felt. They are not as likely to carry disease from stream to stream and I don't find them as slippery on grass
    - **Manufacturers:** I have purchased these from Simms, LL Bean and Orvis. They all worked well. Other people have done very well with Korkers. I have not had any luck with the ones from Cabelas.
  - **Felt:** This is the original grippy sole. If you choose these, you can fish anywhere you like in PA but in some other states these are banned. These soles carry invasive species and diseases easily. I'll add that, I liked these on slimy rocks but found them very slick when I would walk over wet grass on the way to the stream.
  - **Studs and Bars:** Wading boots can be purchased with studs or bars that will cut through slime. To work, these need to be aluminum and not steel. I'll add that the Bars are heavier than the Studs and add significant weight to your boots. They work better, in my opinion, but, if you want a lighter set of boots, go with the studs. Studs and bars are usually replaceable and can be added to most boots as well.
- **Structure of the Boot:** Get boots that have good coverage on the toes and at least some ankle support. Walk around the shop a little in them to make sure they are comfortable to walk in.
- **Boot-footed Waders**—If you bought a pair of rubber boots or boot-footed waders already, do not despair. You can buy river cleats that will fit over the boot and help you with traction. Eventually, those boot-footed waders will need to be replaced and you can then replace them with stocking-footed waders and boots.

## Waders:

Basically, waders keep you from getting wet when you are in the water. An inexpensive pair of waders can do this just as effectively as the most expensive.

**MY RECOMMENDATION:** Buy stocking-foot waders. Waders wear out much faster than the boots.

- **Fit:** Fit is the single-most important element of waders. You should be able to wiggle your toes with two pairs of socks on. You need to be able to bend over, squat down, climb over a rock without the wader constricting your movement. At the same time, you should not have so much loose fabric around the legs that they rub against each other every time you take a step.
- **Types of Wader Materials:**
  - **Neoprene:** Neoprene waders are the budget-friendly alternative. They are warm, durable and they stretch. They also provide a little extra cushion when you fall. The primary drawback is that they do not “breathe.” As a result, you may get too warm in warmer weather and you will find that, if you sweat, your clothes get damp. If you are looking for a budget-friendly pair of waders, these are a great choice.
  - **Breathables:** A whole variety of breathable waders are out there. These are beneficial because they do breathe—allowing condensation to escape but keeping you dry. They also dry more quickly and pack down more easily if you are traveling.
  - **Wading belt:** This is the only other requirement on a wader. It helps to keep water out if you fall in and it also gives someone a way to grab you to help you across a stream.
  - **Additional features (optional if you are trying to save money):** Waders can have waterproof pockets, be convertible to waist high etc. These are all add-ons that you can decide if you want or not. I have a Cabela's wader that is very basic that are perfect for traveling. I also love my more expensive Patagonia ones.

## Other Items (you can save money here!):

These items are often items you can find around your house. You don't need to spend a huge amount of money to get started.

**Helpful Hint:** Collect all these items and put them in a bag or backpack. Put them with your waders and wading boots. That way, you grab this with your waders and boots and go. Don't forget your rod!

- **Wading Staff: You need this!** A staff should be stable when you lean on it and should float. You can use a broomstick with a rubber foot on one end and a shoelace through a hole you drill in the other. An old ski pole or a hiking stick will work too. Just add a rubber tip to the end because that will work better than the metal on the riverbed. I actually have an old walking stick that I tie to my wading belt with a piece of string. Remember to attach a rope or shoelace to one end to attach to your wading belt.
  - Personal Preference. I will confess I do not like the folding staffs. I find them hard to fold back up when I'm done but, more importantly, they are usually folded up when I need them most. I'd rather grab the staff floating behind me when I start to fall than try to get the best folding staff out.
- **Vest or Pack:** You use this to carry your stuff on the water and have it available when you need it. A sling pack or waist pack of any kind will work to get you started. You can also buy a simple vest at any sporting goods store. My first vest was a cheap one from Dunham's and my first “sling pack” was a \$20 special from Amazon.
- **Hat:** A Hat that can protect your eyes from the sun. This can be any sun hat or even a ball cap. It will also help protect you from the errant cast that may land on your head.
- **Polarized Sunglasses:** These make it easier to see the bottom of a stream. You can buy inexpensive sets at Walmart or online at Amazon including some that will fit over your prescription glasses.
- **Forceps and Nippers:** You can buy these at a shop and they are relatively inexpensive. Surgical forceps (if

- you have an old set from a first aid kit) can also work with a pair of nail clippers.
- **Waterproof Bag for items:** I use a Ziploc but make sure you have something to put your keys and phone in. I also put a **small first aid kit** in it.
  - **Non-Cotton Fishing Clothes:** Cotton absorbs water and gets very heavy. It also won't keep you warm if you get wet. I recommend you use fleece and acrylic clothing when you fish. You can use most of the things made for hiking or running because they follow the same pattern. In particular, avoid cotton socks—get wool or acrylic/nylon. Your socks could get wet no matter what waders you buy. A good rain jacket is also nice but can be one designed for everyday use.
  - **Safety Items (carry these with you):** These don't cost much but they are important.
    - Bug Spray: I carry a small amount of bug spray to use if I wash out what I put on.
    - Sunscreen: I also carry a small sunscreen to protect myself.
    - First Aid Kit: You can get one of these for backpacking or put something together yourself. Just make sure you have some band-aids, a compression bandage etc. so you can take care of a small injury on the side of a stream)
    - Emergency Blanket: This can serve as a way to warm up if you fall in and is also highly visible and waterproof. They are very cheap and are available at Target, Kmart etc.
    - Food/Water: I carry snacks and water in my bag. My biggest fear is that I will get dehydrated in the summer or stuck for awhile during a storm. Just don't carry chocolate bars in warm weather—they melt!
    - Flashlight: Sometimes you fish a little later than you planned, having a flashlight can let you find the trail and get back to your car.
    - Whistle or similar: Have something with you that can make a loud sound. This can alert others to your situation if you get injured or fall down a bank.
    - A Change of Clothes in your car: Keep a change of clothes in your car. I carry sweatpants, a sweatshirt, and socks. If I fall in, I can get into something warm and dry quickly.

Here are some of the ways I save money for fly fishing and fly tying materials:

- Clothing and Gear: Shop the sales and shop online if you can.
  - Sierra Trading Post: They have a large selection of clothing that are closeouts etc. Most are name brands you can try on in the store and then shop online. Usually, these are items that are “last year’s” model so the color is different, they added a pocket etc! Great for fleece, jackets, and non-cotton hiking stuff.
  - Patagonia Worn Wear: Patagonia has a Worn Wear shop online that sells used, refurbished Patagonia items. It’s always worth looking to see what they have.
  - Outlets (Patagonia, LL Bean, Orvis, Cabelas): All of these stores have an outlet or clearance site that sells stuff cheap.
- Fly rods/reels etc:
  - Flea Markets and Shows often have used gear. I confess if I see something I’m interested in, I look it up on my phone and see if it is worth considering.
  - eBay and other resellers
  - Sales: These are the items I wait for a sale on!

# **Fly Casting: 10 Things to Remember!**

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Below are 10 basic things to remember when you are reading/practicing/thinking about fly casting. Hopefully, they will make improving your cast a little less daunting!

## **First—Three Reminders to Help You Feel Better on your Bad Casting Days!**

1. **The Fish Don't Care:** You can catch the best fish of the day on your worst cast as long as the fly lands where the fish want it and the line doesn't spook it. Everything else just increases your odds of putting the fly where you need it and looking good while doing it 😊
2. **Everyone Casts Badly Sometimes:** Whenever I get frustrated, I remind myself that everyone casts badly sometimes. Practice decreases the number of times you do this and also makes it possible to make it look like you meant to do it that way.
3. **Casting is about Fishing:** The next time you see the guy who just made 30 false casts to reach some amazing distance on the water, ask yourself what he will do if a fish hits that tiny fly he can't see. False casting over and over again is exhausting and you are better off being accurate at 30 feet than throwing 80 feet of line wildly at something.

## **Second—These Reminders will Make You a Better Caster**

4. **Practice Makes Better NOT Perfect:** The more you cast, the better you will become. The more you cast with the same rod, the more confident you will be. Practice with the rod you will be using the most as often as you can.
5. **How You Hold the Rod Makes a BIG Difference:** The rod handle should sit at the base on your fingers and not flat against your palm. You can use your index finger or your thumb on top of the rod as a "target" finger. This is what you "point" with at your target.
6. **The Cast is a Straight Line:** When you are working on your form, remember that the basic cast draws a straight line so that all the momentum goes forward or behind you. If you create an arc, the momentum will tend to go in a circle and you will end up unable to cast far or slapping the water with your line.
7. **Your Wrist doesn't Make the Cast:** Casting is a function of your forearm and upper arm not your wrist. If you use your wrist to make a cast you will make an arch with your line and tire out your wrist. When you have trouble controlling the wrist, you can tuck the butt of your rod in a jacket or shirt sleeve for a few casts so you feel the difference. You can also try using your index finger on top of the rod instead of your thumb.
8. **Move/Power Stroke/Pause.** Move: Move is a smooth stroke that moves the fly off the water or moves the fly forward after the back cast. Power Stroke: A short burst of acceleration designed to give the line enough speed to turn over (pushing in a screen door handle or flipping paint off a paint brush). Stop: Pause to allow the line to unroll at the end of the stroke.
9. **Longer Casts draw Longer Lines:** To cast further, you need to draw a longer line. Some people call this a bigger piece of pizza however remember it's a square pizza—you want a line and not an arc.
10. **Take a Stand:** When casting, stand with your right foot behind your left foot if you are a right-handed caster or left foot behind your right foot if you are a left-handed caster. This allows you to use your upper body to cast further and makes it easy to watch your full cast when you practice.

# Fly Fishing Beginners Class (*Nora Cline for Venture Outdoors*)

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## Agenda

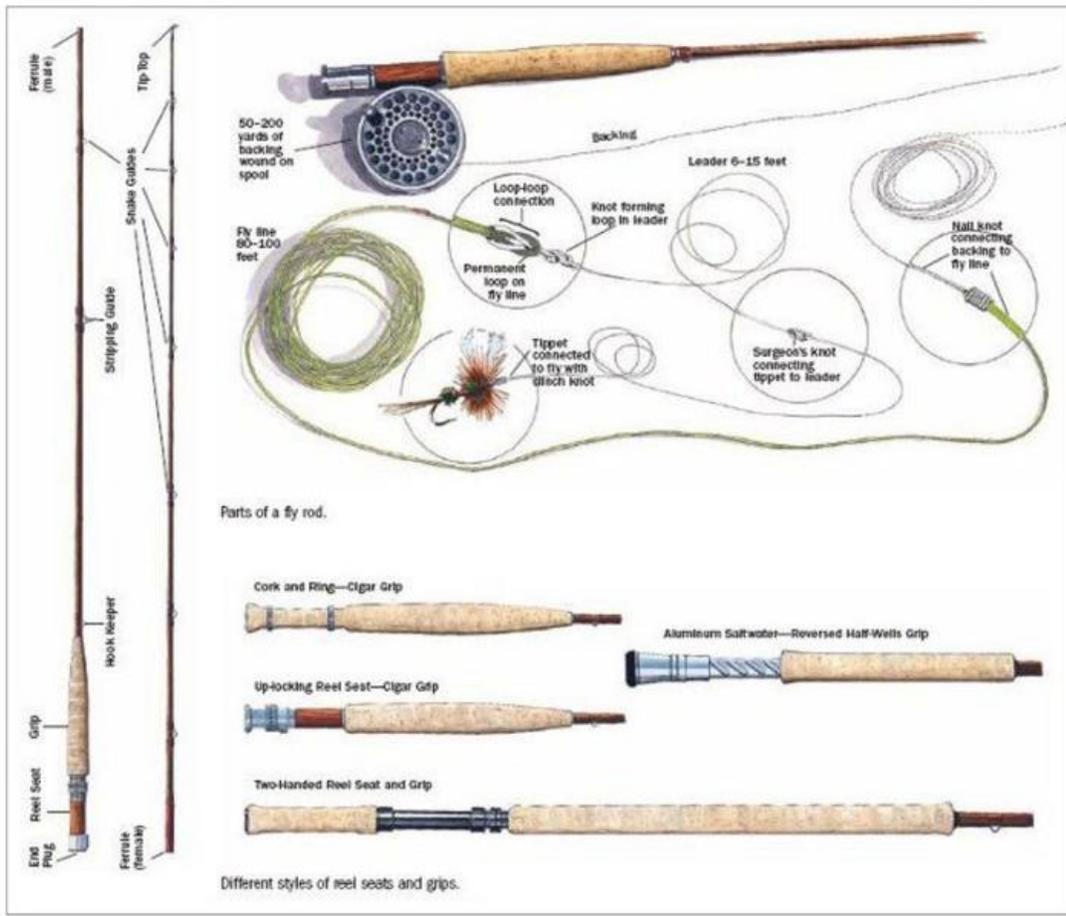
### 1) Introductions

### 2) Fly Fishing Overview

- a) Artificial "fly" is used to catch fish.
- b) The fly is cast using a fly rod, reel, and specialized weighted line.
- c) Casting a nearly weightless fly.
- d) Hand tied flies that resemble natural invertebrates, baitfish, other food organisms, or provoke the fish to strike. (no live bait)

### 3) Equipment

- a) Fly rods
  - i) Parts of a fly rod –rod blank, rod grip, guides, reel seat, fighting butt
  - ii) Length – 5 to 16'
  - iii) Line weight – 1-15
  - iv) Action - Slow or full flex, medium or mid flex, fast or tip flex.
- b) Fly reels
  - i) Size – Diameter, width, capacity
  - ii) Spool System – Cassette, snap remove
  - iii) Drag System – Click & pawl, disk, exposed rim



- c) Fly lines –
  - i) Tapers – Level, double taper, weight forward
  - ii) Fly Line Design – Floating, full sinking, intermediate, sinking, sink tip, shooting head,

- d) Backing & leaders –
  - i) Backing – extra line on long running fish and fills up space on the reel so fly line will not coil tightly
  - (1) Types – Dacron, Micron, Spun Gel

- ii) Leaders – connection between the fly line and tippet, usually tapered
  - (1) Parts of a Leader – Butt, mid, tippet section
  - (2) Length of a Leader - 2 feet or as long as 18 feet or more.
    - (a) For trout 7 ½ to 9 feet long.
  - (3) Types of Leaders – Knotless, knotted
- iii) Tippet
  - (1) Type
    - (a) Monofilament
    - (b) Fluorocarbon
  - (2) Size
  - (3) Length

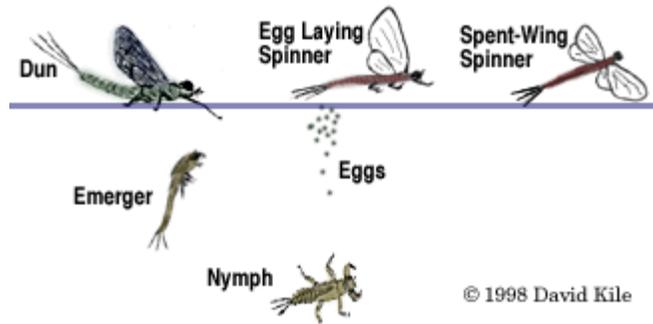
<u>Tippet</u>	<u>X code</u>	<u>Lb. Test</u>	<u>Hook size</u>
• .003"	8X	1-2	24, 26, 28
• .004	7X	2-3	20, 22, 24, 26
• .005	6X	3-4	16, 18, 20, 22
• .006	5X	4-5	14, 16, 18
• .007	4X	5-6	12, 14, 16
• .008	3X	6-8	10, 12, 14
• .009	2X	8-10	6, 8, 10
• .010	1X	9-12	4, 6, 8
• .011	0X	10-14	1/0, 1, 2, 4

- e) Basic equipment
  - i) Waders or hip boots
  - ii) Belt for waders
  - iii) Hat
  - iv) Polarized sunglasses
  - v) Line nippers
  - vi) Tippet material (a few spools)
  - vii) Fly box with several different patterns and sizes of basic flies
  - viii) Split shot
  - ix) Fishing vest or pack
  - x) Pliers or forceps
  - xi) Fly floatant
  - xii) First Aid kit
  - xiii) Wading staff
  
- f) Additional equipment
  - i) Net
  - ii) Net retainer (for attaching your net to your vest)
  - iii) Rain gear
  - iv) Strike indicators
  - v) Insect repellent
  - vi) Sunscreen (use common sense)
  - vii) Stream thermometer
  - viii) Pocket knife
  - ix) Wading staff (again, use common sense)
  - x) Fingerless gloves for colder weather
  - xi) File for sharpening hooks

#### 4) Trout World

##### a) Food

- i) Aquatic insects
  - (1) Midges
  - (2) Mayflies
    - (a) Cycle of life of mayflies
  - (3) Caddis larva
  - (4) Stone flies
  - (5) Earth worms
- ii) Other
  - (1) Terrestrials
  - (2) Fish
  - (3) Miscellaneous
- iii) Water
  - (1) Temperature
    - (a) Hatches
    - (b) Activeness of the fish
- iv) Time
  - (1) Season
  - (2) Time of day
- v) Flow
  - (a) Activeness of the fish
  - (b) Location of fish
  - (c) Discharge – Cubic feet per second
- vi) Visibility
  - (a) Sediment
  - (b) Activeness of the fish



Reference –

<http://www.flyfisherman.com/featured/what-trout-eat-2/>

b) Habitat / Reading the Water

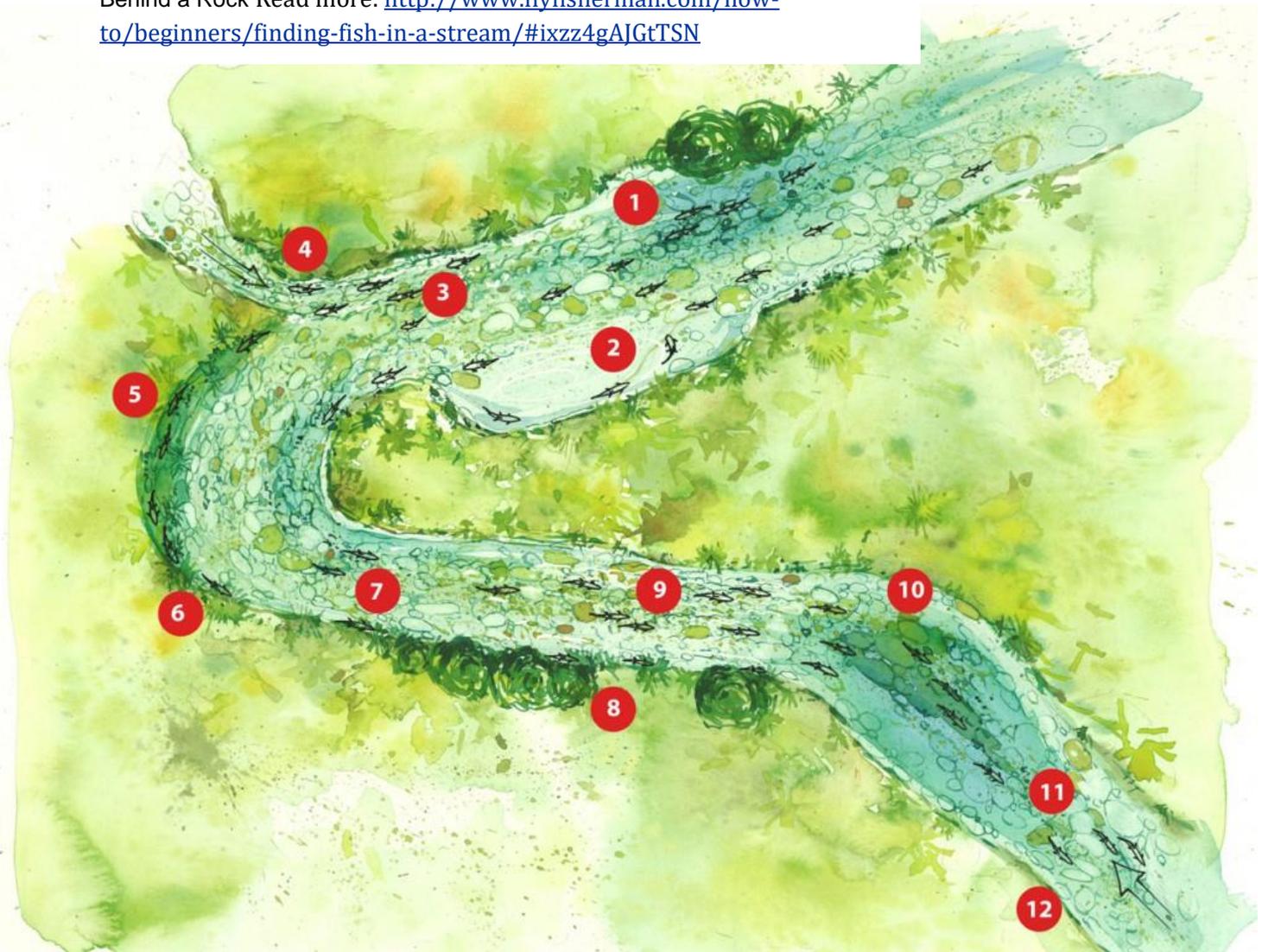
i) Location

- (1) Bottom
- (2) Feeding lanes
- (3) Large pools,

Fish in a stream look for places where they can find shelter from the current, hide from predators, and still be close to good feeding opportunities. The 12 locations identified here are only a sample of some of the places you'll find trout, bass, and other gamefish in a stream. KEY: 1 Depth Change 2 Back eddy 3 Current Seam 4 Tributary 5 Undercut Bank 6 Overhanging Vegetation 7 In Front of a Rock 8 Bank Obstruction 9 Riffle 10 Tail of a Pool 11 Head of a Pool 12 Behind a Rock

Read more: <http://www.flyfisherman.com/how-to/beginners/finding-fish-in-a-stream/#ixzz4gAJGtTSN>

- (4) Riffles
- (5) Bend / undercut banks
- (6) Tributaries
- (7) Eddies
- (8) Cover
- (9) Top



## 5) Flies

### a) Types of flies

- i) Dry Flies – Dry flies float on the surface of the water. This type of fly usually refers to the adult stage of an insect.
- ii) Wet Flies – Wet flies are a subsurface insect imitation.
- iii) Nymph – A nymph refers to a fly that imitates the larval stage or an insect.
- iv) Streamer – A streamer is a fly that represents a baitfish
- v) Terrestrials – hoppers, ants, beetles

### b) Fly selection

- i) Type
- ii) Size
- iii) Color

### c) Hook

- i) Size
- ii) Type/Function

HOOK NUMBERS	HOOK LENGTHS IN INCHES
13/0	4
12/0	3-3/4
11/0	3-1/2
10/0	3-1/4
9/0	3
8/0	2-3/4
7/0	2-1/2
6/0	2-1/4
5/0	2
4/0	1-7/8
3/0	1-3/4
2/0	1-5/8
1/0	1-1/2
1	1-3/8
2 *	1-1/4
4	1-1/8
6	15/16
8	13/16
10	11/16
12	9/16
14	7/16
16	9/32
18	11/32
20	7/32
	5/32

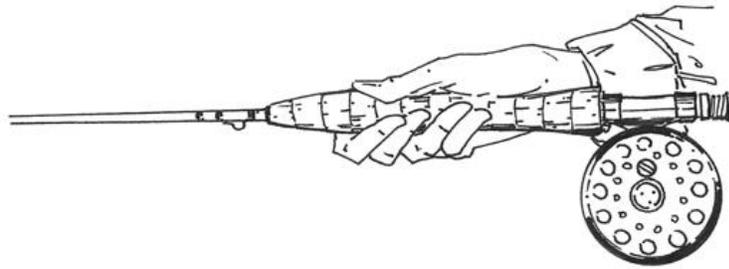
HOOK SIZES ARE DETERMINED BY LENGTH OF SHANK EXCLUDING EYE

## TYPES OF FLIES

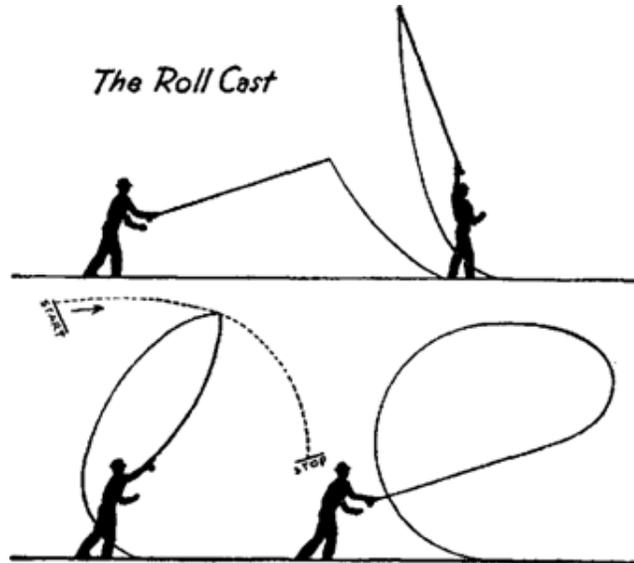


## 6) Casting

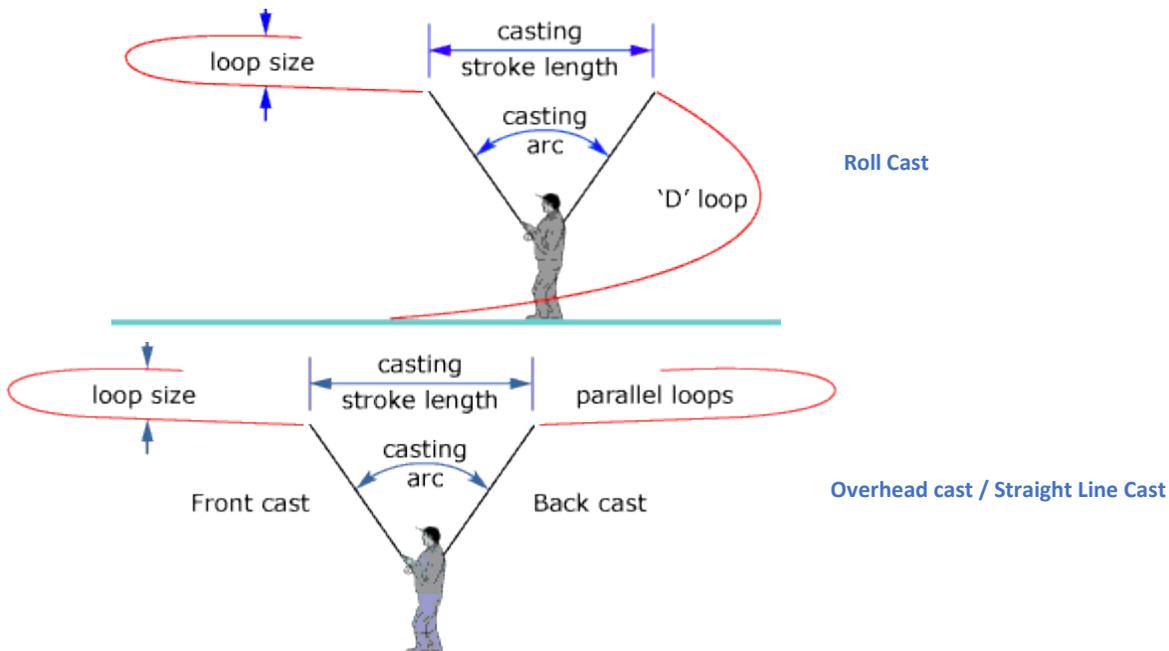
- a) Parts of the cast
  - i) Grip
  - ii) Back cast
  - iii) Forward cast
  - iv) Path of cast
  - v) Length of stroke
  - vi) Line speed
  - vii) Pick-up
  - viii) Laydown



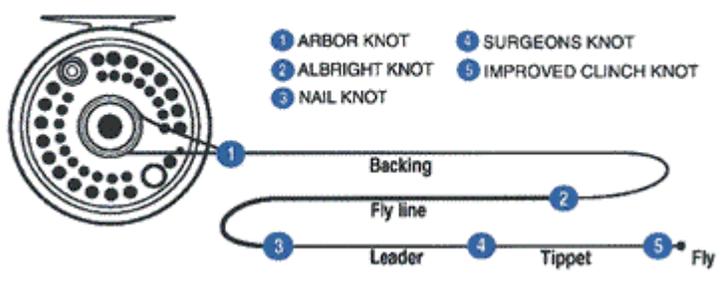
- b) Types of casts
  - i) Roll cast
  - ii) Basic overhead cast
  - iii) False cast
  - iv) Advance casts
    - (1) Backhand cast
    - (2) Reach cast
    - (3) Tuck cast
    - (4) Single haul
    - (5) Double haul
    - (6) Many more



- c) Line Control
  - i) Holding
  - ii) Mending
  - iii) Stripping the line

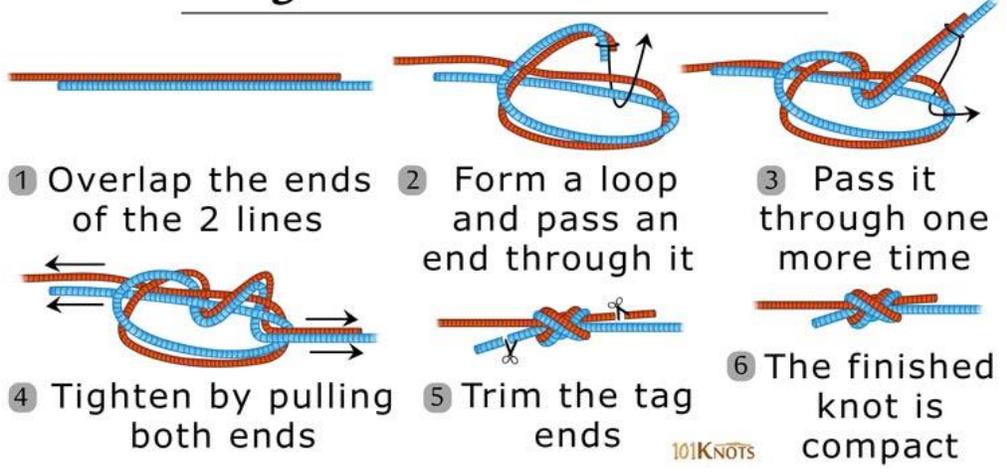


# 7) Knots

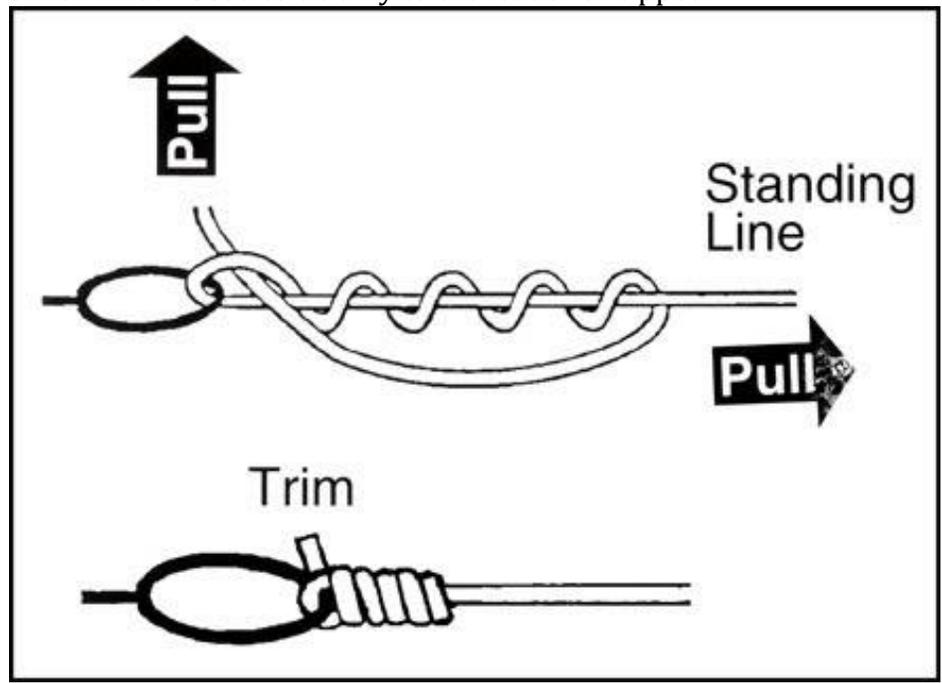


a) Surgeon's Knot - Used to join tippet to the leader.

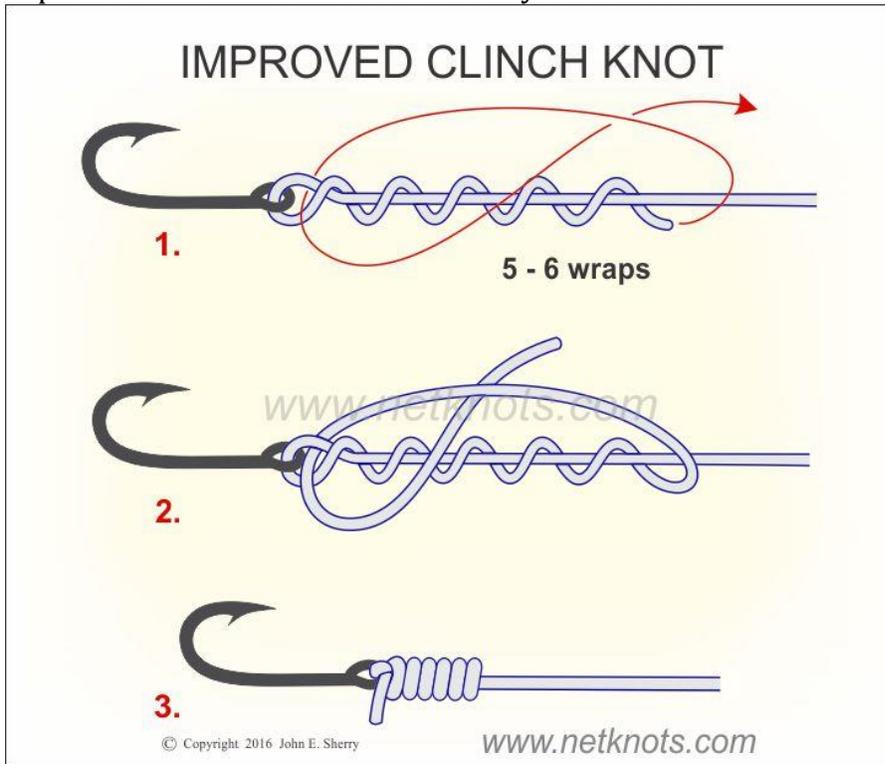
## Surgeon's Knot Tutorial



b) Clinch Knot - Used to tie a fly to the leader or tippet.

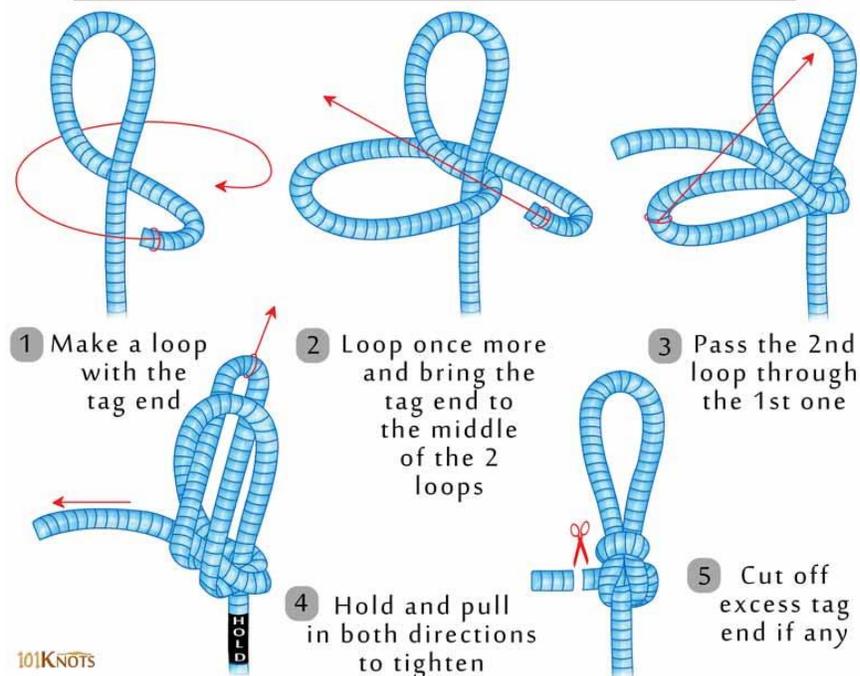


c) Improved Clinch Knot - Used to tie a fly to the leader.



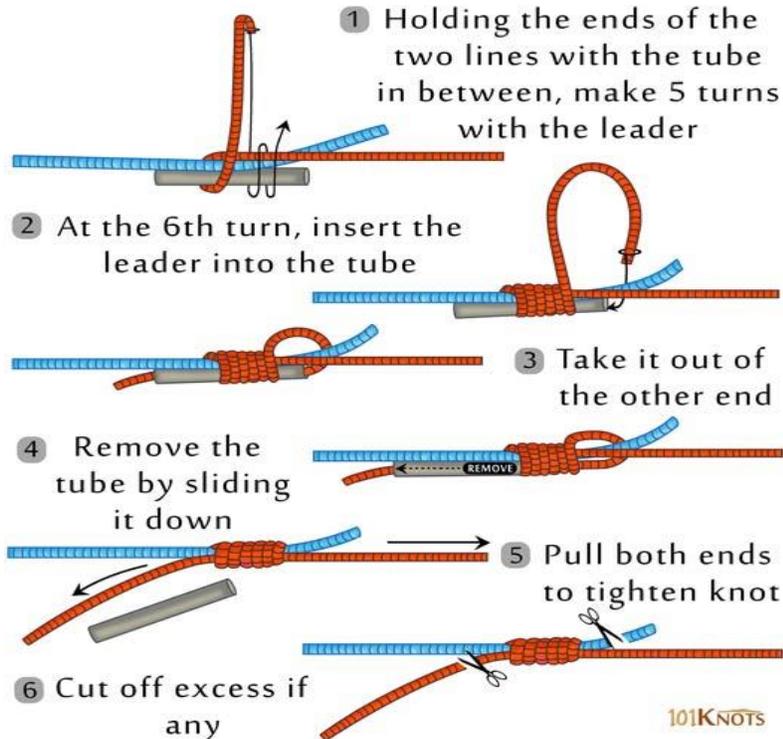
d) Perfection Loop Knot - Used to tie a non-slipping loop in the line.

## Tying a Perfection Loop

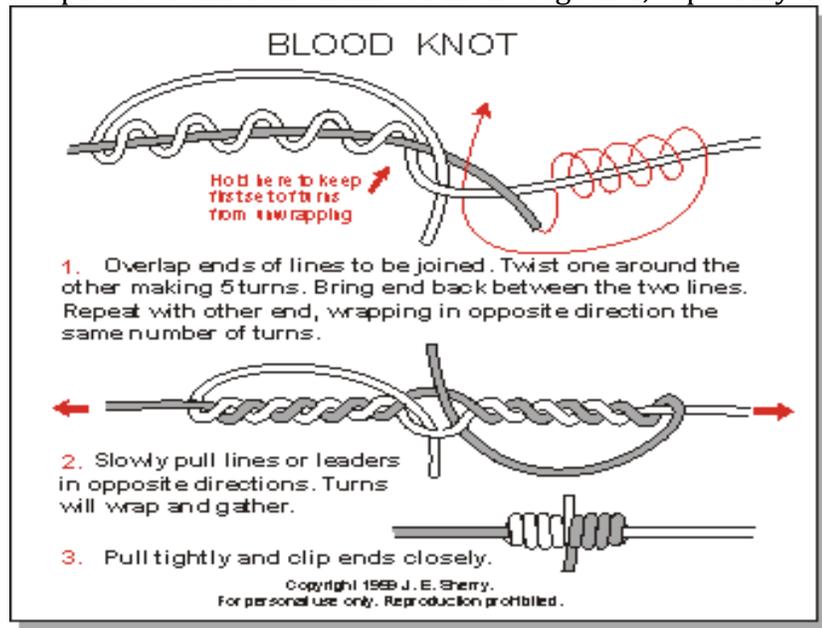


e) Nail Knot – Used to connect the backing and/or the leader to the fly line.

## Nail Knot Instructions



f) Blood Knot – Used to join two pieces of different diameter mono together, especially useful when



building a knotted leader.

## 8) Safety

a) Basic Safety

i) Casting Safety

ii) Eye protection.

iii) A hat will protect your head from more than the sun.

iv) Pinching the barbs down on hooks make them easier to remove from the fish and you.

- v) Always tell someone where you plan to fish and when to expect you home.
- vi) Carry a small first aid kit.

b) Wade Safely

- i) Always be sure of your footing before taking a step.
- ii) Wear a wader belt.
- iii) Felt soles help keep footing on slippery rocks.
- iv) Don't wade too deeply if you do not feel comfortable.
- v) Use caution in swift current.
- vi) A wading staff helps in fast or cloudy water.

c) Sun Protection

- i) Wear sunscreen.
- ii) Long sleeve shirts help prevent sunburn

# **Knot Tying 201: Beyond the Double Surgeon's and Improved Clinch Knots**

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## **Overview**

*Take your knot tying skills to the next level! Never lose a fish again to a faulty knot!*

## **Objectives**

*Students will learn how to tie a handful of knots beyond the basic double surgeon's and improved clinch knots, standards in Fly Fishing 101 workshops.*

- *Students should be proficient at tying the double surgeon's and improved clinch knots*
- *New knots to learn: Blood knot, Nail knot, Non-slip loop knot; how to use a knot tying tool*
- *Student has reached competency once they can tie the proposed knots; instructor will confirm*

## **Student Handouts & Resources**

*Handouts will be passed out by instructor; images and instructions to come from [www.netknots.com](http://www.netknots.com)*

## **Equipment**

- *Two different colored fly lines*
- *Enlarged hook or eye bolt*

## **Setting**

*This workshop can be held anywhere! Decent lighting helps.*

## **Duration**

*Make this workshop as short or as long as you'd like. Practice makes perfect with knots,*

## **Topics Covered**

- *Blood knot*
- *Nail knot*
- *Non-slip mono loop*
- *Using a knot tying tool*
- *Other knots TBD*

## **Vocabulary**

*No new vocabulary if proficient with basic double surgeon's and improved clinch knots*

## **Before program/prep**

*Instructor should practice and be proficient in the proposed knots before the workshop takes places. Times vary, but make sure to give yourself at least 15 minutes to master a knot.*

- **Teaching Outline**

<p align="center"><b>Content/Outline</b></p> <p align="center"><b>Outline of the material covered (includes background info)</b></p>	<p align="center"><b>Instructor Notes</b></p> <p align="center"><b>(includes teaching technique, materials used, other notes to instructors , etc.</b></p>
<ol style="list-style-type: none"> <li>1. Warm-up/transition               <ol style="list-style-type: none"> <li>a. Tie the double surgeon’s knot</li> <li>b. Tie the improved clinch knot</li> </ol> </li> </ol>	<p><b>Teaching Technique:</b> Step by step technique described by instructor; show images and animations from <a href="http://www.netknots.com">www.netknots.com</a>; play a video from YouTube.</p>
<ol style="list-style-type: none"> <li>2. Time to learn new knots!               <ol style="list-style-type: none"> <li>a. Tie the blood knot or nail knot</li> <li>b. Tie the non-slip mono loop knot</li> <li>c. Learn how to use a knot tying tool</li> </ol> </li> </ol>	<p><b>Teaching Technique:</b> Step by step technique described by instructor; show images and animations from <a href="http://www.netknots.com">www.netknots.com</a>; play a video from YouTube; tie knots using provided fly lines and hooks</p>
<ol style="list-style-type: none"> <li>3. Wrap up               <ol style="list-style-type: none"> <li>a. Time yourself to see how long it takes you to tie each knot learned</li> <li>b. Compete against other participants to see who can tie the cleanest knot; the fastest; etc.</li> </ol> </li> </ol>	

## **Assessment**

*Instructor will determine if each knot is tied by participants*

## **Adaptations**

*Make sure to learn knots using different colored fly lines; eventually practice using translucent leader and tippet*

## **Extension/taking learning to next level**

*There are so many knots out there: experiment to find the ones you love and that work for where you like to fish.  
Practice, practice, practice!*

## **Tech Connections, References and Resources**

- *A favorite website to learn knots is [www.netknots.com](http://www.netknots.com), which provides illustrations, instructions, as well as animations*
- *Two favorites book to learn knots are:*
  - *["Guide to Learning Knots"](#) by Larry Notley*
  - *["The Orvis Guide to Leaders, Knots, and Tippet"](#) by Tom Rosenbauer*

Updated: ABC, April 2019