

# Gregg's Youth Program – Day One (Notes)

## Saturday Session – Youth Fly Casting (10:00 am – 2:00 pm, or so)

### 1.) Introduction (20 minutes)

- A. Personal introductions.
- B. What is fly fishing and how does it differ from spin or bait fishing?
  - a. Casting
  - b. Lures
  - c. Equipment Differences
- C. What are the benefits of fly fishing?
  - a. The Nature Experience
  - b. Immersion in the Ecosystem
  - c. Catch and Release
- D. Fly fishing equipment
  - a. Rods and Reels – introduce components
  - b. Fly lines, Leaders, Tippet
  - c. Tools and Vests
  - d. Glasses, Hats & Sun Protection

### 2.) Basic Knots – Loop to Loop connection, Overhand Knot, Triple Surgeon's Knot, Clinch Knot (45 minutes)

*Teach these knots with the purpose of having the kids set up the leaders on their fly rods.*

### 3.) Set-up the fly rod (30 minutes)

- A. Setting up the fly rod (5 - 10 minutes)
  - a. Assembling the rod and reel
  - b. Stringing it up – leader, tippet & “yarn fly”
- B. Holding the fly rod – exploring the grip(s). (5 – 10 minutes)
  - a. Pointer finger on top
  - b. Thumb on top
  - c. “V” grip
- C. Proper stance, form and technique (15 minutes)
  - a. The fly line follows the path of the rod
  - b. Different stances – when to use
  - c. Understanding the “arc” of the casting stroke
  - d. The “clock face” and rod tip position
  - e. “Stopping the **rod tip**”
  - f. Hand positioning on handle while casting
  - g. Importance of lowering the rod tip to the water

#### 4.) Lawn Casting (30 minutes)

- A. Pancake, Eggs and Bacon
  - a. Illustrate how the fly line always follows the rod tip
- B. Horizontal Casting in front of the angler
  - a. Emphasize keeping the line on the same plane.
  - b. Emphasize “flicking” motion – speed up to an abrupt stop.
  - c. Talk about the pause
  - d. Climb the Wall
  - e. Introduce the cone lawn course

#### 5.) Lunch (30 minutes)

- A. Hand out **The Curtis Creek Manifesto** during lunch. Introduce the kids to its content.

*During lunch, set up 4 or 5 rings in the Casting Pond to use as targets while the kids are practicing casting. Set Three of the rings at 25 feet from the edge and a couple at 30 feet from the edge. When the kids get their fly inside a ring, they win a candy bar. Coaches will monitor this and provide suggestions to the kids to help them cast their fly into the rings. Multiple kids can cast to each ring. **I would suggest bringing up the candy reward once the roll cast instruction is complete.***

**\*\*\* All beginning casting instruction – use 30-35 feet of fly line (with 5 – 6 weight rod).**

#### 6.) Basic roll cast (20 – 30 minutes)

- a. Instruction and demonstration – Count it out.
  - 1. “**1**” to the “top and stop” – form “D-loop”, rod tip at 12:30
  - 2. “**2**” accelerate forward, stop rod tip at 10:00
  - 3. “**3**” drop rod tip to the water
- b. Practice
  - 1. Discuss loop size and how it is created

#### 7.) Basic overhead cast – Pick up and Lay down (20 – 30 minutes)

- a. Instruction and demonstration – Count it out.
  - 1. “**1**” – accelerate and stop the rod tip at 2:00
  - 2. “**Pause**” – Pause one beat (begin forward motion after spoken)
  - 3. “**2**” – accelerate forward, stop rod tip at 10:00
  - 4. “**3**” – Lower rod tip to water
- b. Practice

#### 8.) Karl Joost Down to the Creek - Conservation (20 – 30 minutes)

**End of Saturday Session** (approximately 4 hours)

## Gregg's Youth Program – Day Two (Notes)

### Sunday Session – Foothill Regional Park (10:00 am – 2:00 pm, or so)

#### 1.) Introduction to Fly Tying (1 hour)

\*\*\* This should be set up and ready to go at 10:00 am.

- A. Equipment
- B. Tools
- C. Techniques
- D. Teach the kids to tie a Woolly Bugger (or two)

#### 2.) Set-up fly rods and tie-on flies (15 minutes)

- A. Have a selection of bluegill flies for each participant
- B. Match up kids with mentors

#### 3.) Go Fishing (1 hour)

- A. Hike up to the first or second lake and fish under a mentor's guidance.

#### 3.) Lunch (30 minutes)

- A. Have the kids bring their lunches to the lake(s) with them and find a place to eat together at the lake.
- B. Share stories
- C. Answer questions

#### 4.) Go Fishing (1 hour)

- A. Hike up to the first or second lake and fish under a mentor's guidance.

#### 5.) Wrap it Up – Answer Questions (30 minutes)

- A. What type of fly fishing would you like to do? What are the differences?
  - a. Dry Fly
  - b. Wet Fly
  - c. Freshwater
  - d. Saltwater
  - e. Local fly fishing opportunities

**End of Sunday Session** (just over 4 hours)