



Salmon River 2012 Women's Fly Fishing Seminar

Sponsored by Trout Unlimited Tug Hill/
Black River Chapter

Seminar Agenda – Day 1

8:00 am - 8:15am	Registration, light breakfast, Introductions
8:15 am- 9:15am	Lecture On Fly Fishing – Part 1
9:15am – 9:30am	Break
9:30am – 10:15am	Break Out Session : Group 1 (Fly Tying) Group 2 (Casting)
10:15am – 11:00am	Break Out Session : Group 1 (Casting) Group 2 (Fly Tying)
11:00am-11:15am	Break
11:15am- Noon	Lecture on Fly Fishing – Part 2
Noon- 12:30pm	Questions & Answers, and Raffle Giveaways!
12:30pm- 1:00pm	Lunch, Review afternoon Fishing activities” Assign River Guides
1:00pm-4:00pm	Head to the River for “Fly Fishing”

Seminar Agenda – Day 2

8:00 am - 8:30am Gather at the Hatchery. We will have a light breakfast, share key learning's, and review any questions on flies, gear, equipment, casting, knots.

Review morning Fly Fishing activities

Confirm River Guide Assignments

8:30am-Noon Head to the River for “Fly Fishing” Day 2



Agenda- Basic Instruction

- Introductions
- The Pleasures of Fly Fishing
- Getting Started
 - The Gear
 - What to Wear
- Lines, Leaders & Knots
- Casting
- The Fish & What they like to Eat
- Learning your Knots
- Locating Fish
- Safety and Fishing Presentation
- On the Water Etiquette

“Fish live in beautiful places....”



You don't have to be an Athlete....



“Peace and Tranquility....”



“Fishing gives you an excuse to Travel...”



“Fresh Air, Exercise, Tremendous fun...”



What to Wear.....



Getting Started (What To Wear)

- Waders & boots (boot foot or stocking foot)
- Fly Vests and Wading Jackets
- Cold Weather Layering
- Fleece is a Girls Best Friend
- Fingerless Gloves
- Hats (Wool when cold)
- Clothing to stay warm or protect you from the insects & Sun
- Sun Screen/Bug Spray
- Polarized Sunglasses

Getting Started (The Gear)

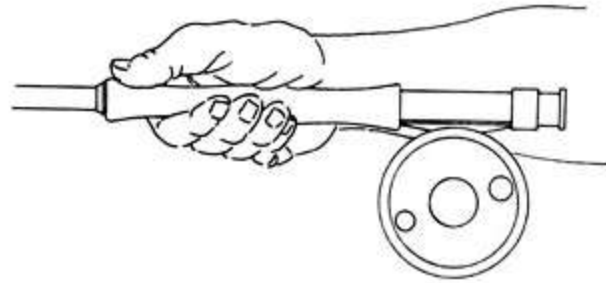
- Fly Rods 7 to 10 foot in Length
- Fly Reels – Click Pawl, and Disk Drag
- Fly Lines (Match the line WT to the Rod Fly line WT Rating)
- Leaders and Tippets (General rule of thumb - Over all leader length same length as the rod)
- Flies (you never have enough!)
- Strike Indicators
- Line nippers, hook sharpeners, Tippet material
- Wading Staff
- Fish Glove

Lines, Leaders & Knots



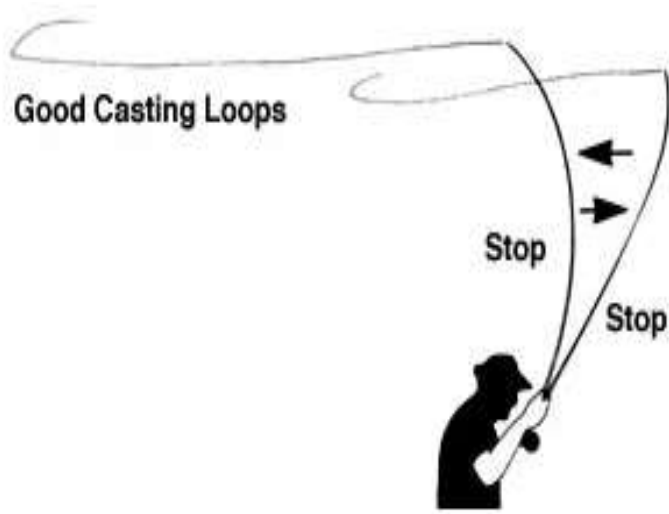
Don't be scarred by the Backing, Fly Line, Leader, Tippet!
The weight of your line, leader and tippet should match the rod weight.

Casting



Get in a good relaxed stance, left foot forward if you are right handed. Then grasp the rod as if you were shaking hands with it, with the thumb slightly off to the side. Then hold and feed the line with your other hand.

Casting



Being able to cast well is fundamental to successful fly fishing

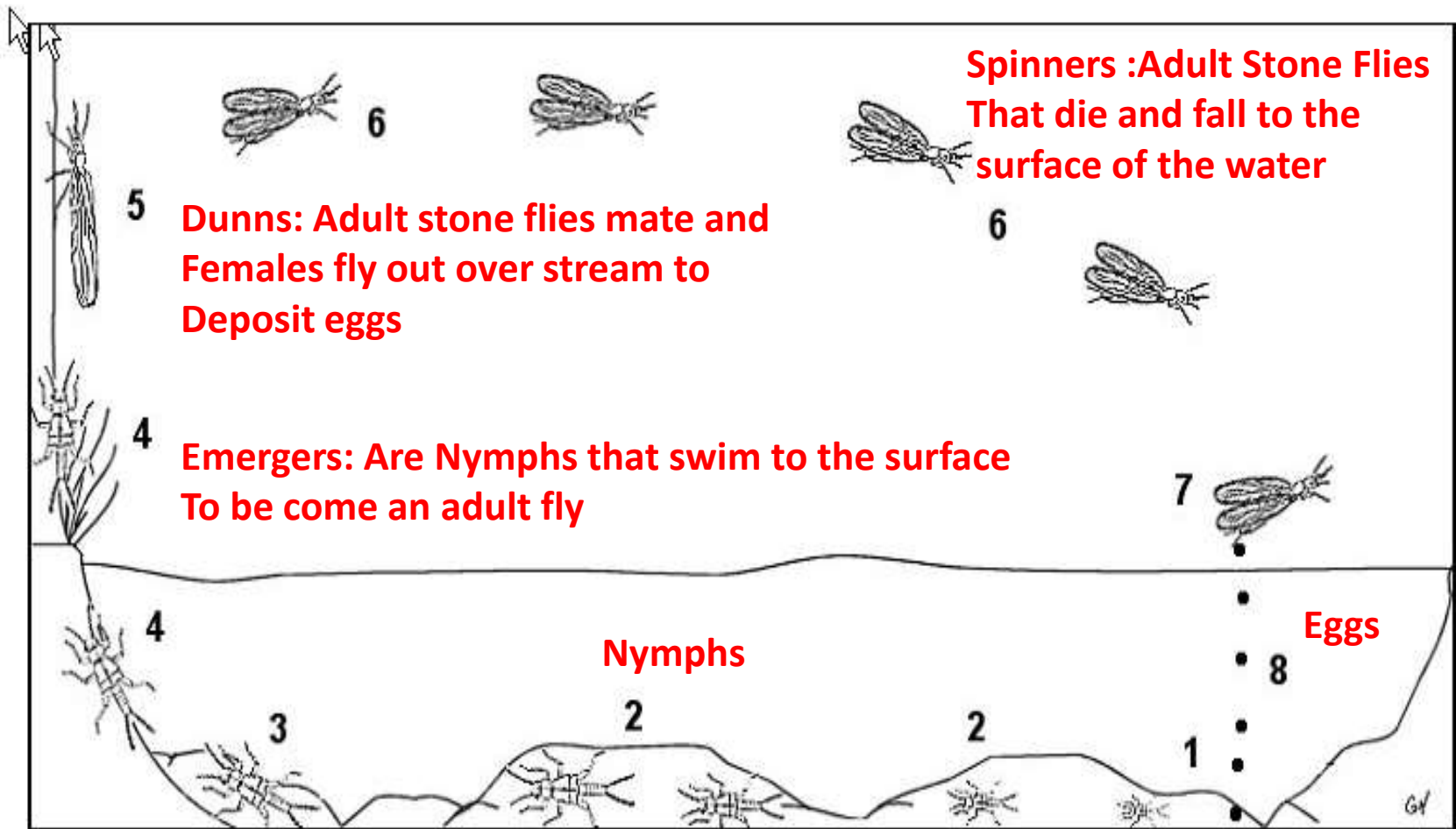
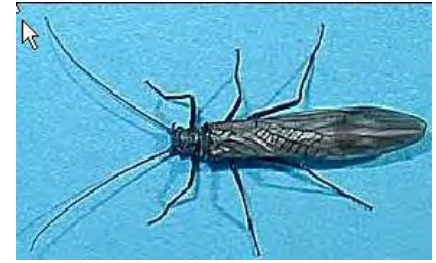
1. **Loading the Rod:** The weight of the fly line and the motion of both the back and forward cast cause the rod to load or bend. The bend or load enables the rod to store the energy necessary to make the cast when the rod is accelerated to a stop.
2. **Backcast:** The backcast is the first part of the cast in which the fly fisher aerializes the fly line by casting it to the rear. The backcast sets up the forward cast.
3. **Forward Cast:** The forward cast is the second part of the cast. The forward cast directs the fly toward the objective setting in motion the variables that comprise the presentation.

What Fish Like to Eat

- BUGS (Aquatic Insects in all stages) Larva to Emergers , to Duns and Spinners
- Smaller fish (minnows, juvenile fish of like species)
- Eggs of other fish



The Stone Fly Lifecycle



Flies & Fly Boxes.....



- Fly Fishers have Fly Boxes for various Flies
- One of the things that fly fishers seem to discuss endlessly is the best way to organize their flies and their fly boxes.
- Some of the most common systems, however, usually boil down to arranging by size, by color, by type of fly, or by type of fish or fishing.
- Many anglers also organize certain boxes by the certain rivers or locations they fish the most.
- As a new Fly Fisher be ready to show and share flies with others.....

Group Breakout Sessions

- Group 1: Fly Casting instruction (45 min)

Casting: Vicky Lane, Pat Watson, Erin Orinstan, David Agness, Becky Griswold, Kipp Tivnan, John Wickam

- Group 2: Fly Tying instruction (45 min)

Tying: Lindsay Agness, Crystal Simmons, Dave Kohr, Jennifer Kakusian , Jimmy Kelso, Fred Kuepper, Bob Rock

Lecture on Fly-Fishing

Part 2

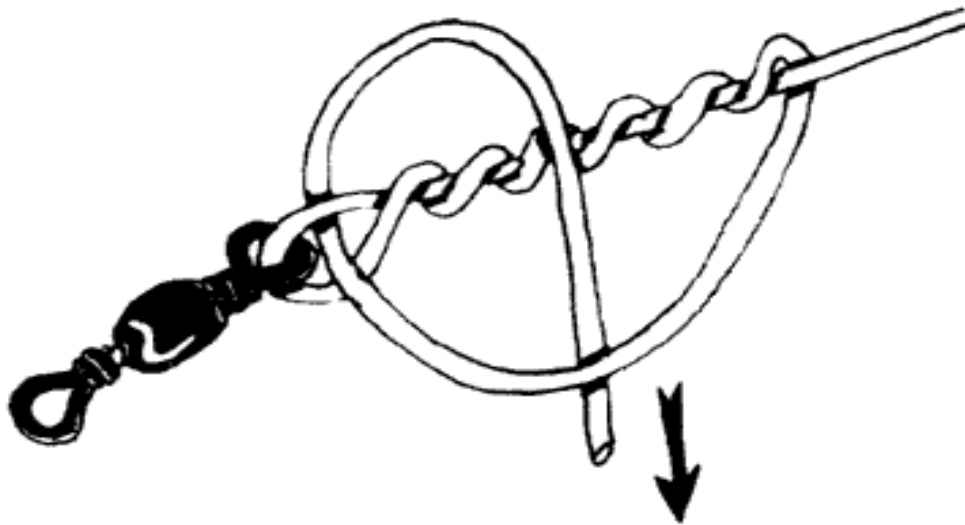


Learning your Knots

<http://www.animatedknots.com>

Improved clinch knot

Undoubtedly the most familiar and most often used knot by anglers. Being quick and easy to tie are the main reasons behind its popularity. When tied perfectly the clinch retains **85 to 90 percent** of line strength. It can be used with lines testing from 2 to 60 pounds. When using monos heavier than 15 pound test, you only need 3 or 4 turns rather than the standard 6 to 7.



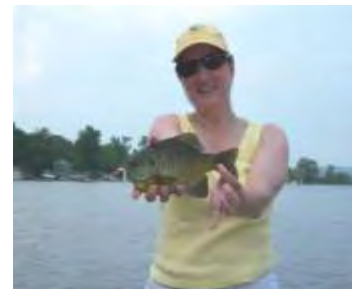
Step 1: Insert 4 to 6 inches of line end through the hook eye, making 6 to 7 wraps around the standing part of the leader/line. Insert the line end through the small loop near the eye, then bring it back through larger loop.



Step 2: Pull on both the swivel/hook/lure and standing line in even opposite directions until knot draws tightly against hook eye. Trim tag end.

The Fish

- Brown Trout
- Brook Trout
- Rainbow Trout
- Chinook and Coho Salmon
- Atlantic Salmon
- Bass
- Panfish
- Pike and Musky



Locating Fish Holding Area's

- Current breaks in faster moving water
- Seams where Fast and Slow currents intersect
- Structure like rocks boulders, tree blow downs
- Heads and Tail outs of pools and runs

Reading the Water



Getting Around & Finding Fish...



SAFETY And Fishing Presentation

- When wading...take a step, plant that foot make sure it is steady, take the next step.
- Don't try to cross if the flow is swift....
- Best to fish Upstream especially small Tribs because the fish are facing up stream, into the current and you are moving up behind them.
- Don't hover over fish holding spots, keep a low profile, and fish down to them, or ahead of them letting your fly drift naturally to them.
- When you get a fish on, don't forget to set the hook!
- Try not to handle the fish too much.... Don't touch the gills.

Don't hover over the fish



On the Water Etiquette

Rule #1: Always give an angler already in the water the right of way. That rule goes whether you're floating or walking the bank. Try to move on up-river, if possible. Never intrude in front of another angler. Ask if you can enter the pool or run he or she is fishing, and if given permission, always enter up-river of the other angler, giving that angler plenty of space. Sometimes folks will rotate.

On the Water Etiquette

Rule #2: Take your line out of the water for an angler that has a fish on to give that person plenty of space to land the fish. This rule holds especially true if you're fishing down river of the other angler. Never move into another anglers space while they are on the bank landing or releasing a fish.

On the Water Etiquette

Rule #3: Be quiet on the water. (Leave your radio and your dog at home). Not only do you want to preserve the peace and quiet of the river or the lake to avoid spooking the fish, but you also want to avoid disturbing other anglers. People are incredibly unaware of how sound carries over water.

On the Water Etiquette

Rule #4: Be willing to help out another angler. Whether it's retrieving something of theirs that is floating down the river or lending them some tippet material, helping them net a fish, a friendly attitude makes the day more pleasant for all.

On the Water Etiquette

Rule #5: Be Assertive if necessary.

- My advice to women is to be assertive when on the water if needed. It's OK to say to someone whose intruding right in front of you, "excuse me, but I'm fishing here, Can you please move?" Or to ask, "will you please take your line out of the water for a few minutes so we don't get tangled while I land my fish?"
- Women who are reluctant to speak up may be taken advantage of by other, more aggressive anglers.
- Everyone has a better experience when we all follow some simple rules of common courtesy. I've found some people just need a small reminder.

Questions?

Still needing "HELP!!!"

1) Find your [local Fly Shop](#) and ask as many questions as you can.

They are ready willing to help out in any way they can, offering suggestions on gear, flies, easy access fishing locations, and plenty of help with those confusing knots. Don't be afraid to just ask! You'll soon find that Fly Shop will be your favorite place to shop!

2) Get involved with your local [Trout Unlimited Chapter](#) & other fishing groups.

You will learn about conserving, restoring and protecting the rivers you love. Monthly chapter meetings are held where you can meet the people who truly share your passion as well as work to ensure the future of Trout fishing.

3) [Hire a local guide](#). They can help you get comfortable with the sport and show you the best fishing spots.