

Introducing Saltwater Fly Fishing

Agenda

- Meeting between 9.00 and 9.30
Introductions and safety
- Part 1—Casting, the rod and line
 - Part 2—Casting advice
 - Refreshments
- Part 3—Making your first casts
- *Next Course P3. Saltwater Fly Fishing*



SEAi~

Certified group facilitation and adult education.
Certified first Aid 2008.
Dip Business Management

Each course lasts for three hours. The cost of each course is 90.00 euros per person. Travel can be arranged if required.

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Part 2 Introducing Saltwater Fly Casting South East Angling Ireland



SEAi~ SWFF part two

Part 1 *Introduction*

Course Two

Introducing Saltwater Fly-Casting

Welcome to this comprehensive introduction to the exciting sport of saltwater fly fishing. Today you will learn the basics of casting in the salt water environment. You will learn about the importance of fly line profiles and types of line, rod types and how to get started in casting. How do different line types affect your cast and what you need to know in order to fish them effectively and SAFELY. How different sized flies affect your casting and presentation. The saltwater environment and how to combat the difficulties it presents to the fly fisherman.

Topics Covered

- **Safety when fishing—you, other people and the environment.**
- Safety when casting
- The types of rods and their effects on casting
- The fly line profile and its role in casting
- The cast as it unfolds
- Basic casting style
- Casting and you—common errors to avoid and positive aspects to enhance
- Making your first cast
- Tangible evidence of rod line and leader working together
- Confidence when casting
- Brief intro to types of cast
- Roll, overhead and single haul.
- Shooting line and the myth of distance
- Short questions and answers session.

Part 1 *Casting and the Rod*

The fly rod has over the years gone through a great many changes. The modern lightweight and technologically balanced rod is a true casting and fishing machine. Choosing the right rod for your requirements can be difficult what follows is a short guide, which can be combined with the rod and line chart provided to help you in your decision making process.

- o **The through action rod.** This type of action is favoured for traditional lake style fishing from a boat. Flies are often dabbled right up to the boat before they are roll cast out again. Its soft through action means that light leaders can be protected when striking a fish and roll casting is very easy. It can be used in confined spaces as the rods action allows a quick loading
- o **The middle to tip action rod.** This action covers probably covers 90 percent of the rods on sale on the market today. They are relatively easily loaded due to the sensitive tip but at the same time have reserves of strength and power in the mid sections for a little distance casting.
- o **Tip action rod.** The tip action rod is an extremely fast rod that forms very tight loops very easily. It results in extreme distances due to the reduced air resistance on the line. However this is not without its problems. Timing becomes critical and line choice is very important. These can be difficult rods to fish with for the beginner.