

On The Fly

March 2013 Volume 23, Issue 3

Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers



IFFF President Phil Greenlee Attends SFF Annual Hog Roast and Silent Auction.

We are delighted that President Phil Greenlee, president of our International Federation of Fly Fishers (IFFF) will be attending our annual event. IFFF formerly FFF (Federation of Fly Fishers) has become an international organization with many

members in Europe and Asia. This is our parent organization and offers many benefits to Charter clubs such as ours. Phil will give us some first-hand insights about IFFF. Some of the benefits include liability insurance, the TFO rod program for recruiting new members and the certification of fly-casting instructors. IFFF supports conservation and youth programs. Phil and IFFF have financially supported the fly fishing exhibit you will see at the Florida Gulf Coast Fishing Center and Interactive Museum. This is your chance to meet the President of IFFF.

In addition, Jim Simons, President of the Florida Gulf Coast Fishing Center and Interactive Museum will be telling us about the center and his vision for getting kids interested in fishing. Jim is a real asset to Florida fishing and supports several Pinellas County School fishing clubs. He has allowed us to display the fly fishing exhibit in the museum.

HOG ROAST RESERVATIONS – THERE'S STILL TIME

In this issue you will find the program for our 10th Annual Hog Roast and Silent auction. Not only will we have some spectacular items for auction and bucket raffles but a program of SFF activities in 2012. You can be proud of your club and we have done some amazing things. Your support of these programs has made all of this possible. Make your reservations at the meeting on March 21 or call us so we can plan for the number of meals. Contact me at thomasgadacz@yahoo.com or Paul Sequeira at psequira@tampabay.rr.com.

Also in this issue of On The Fly

NEWSLETTER OF THE SUNCOAST FLY FISHERS

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We are Suncoast Fly Fishers



SFF Club Calendar

- March 16 Fly casting clinic with Dayle Mazzarella. Maximo Park. SFF members free.
-
- March 21 meeting, Capt. Tommy Thompson, guide and author, [Saltwater Anglers Guide to Tampa Bay](#)
-

Hog Roast-- March 23, 2013 at the new Florida Gulf Coast Center for Fishing in Largo. Get ready for good food and entertainment, auctions, raffle, prizes. Make your reservations at the meeting on March 21 or contact President Tom Gadacz (thomasgadacz@yahoo.com) or Paul Sequira (psequira@tampabay.rr.com).

- April 18 meeting, Capt. Rick Grasset, Fly-fishing the Flats in Spring

Monthly Meetings

Suncoast Fly Fishers meet the third Thursday of each month (except December) at Walter Fuller Park, 7891 26 Avenue N. St. Petersburg, FL 33710

- 6:00 – 7:00 pm –Fly tying
- 7:00—8:00 pm – Meeting and program



Thank you

NEW OFFICERS AND BOARD MEMBERS TAKE OFFICE AFTER THE MARCH 21 MEETING

Vice President - Kirk Burton
Secretary – Ken Hofmeister
Treasurer – Paul Sequira

New Directors -- Pat Damico (re-elected), Karen Warfel, David Putnam and Tom Trukenbrod

Suncoast Fly Fishers

P. O. Box 40821, St. Petersburg, FL 33743-0821
<http://suncoastflyfishers.com/>

Club Officers

President: Tom Gadacz 727-360-8030
Vice President: Woody Miller, 727-560-6086
Secretary: Ken Hofmeister 725-521-1637
Treasurer: Paul Sequira

Board of Directors

Dan Bumgarner – Kirk Burton
Hugh Copeland – Mark Craig
Pat Damico – Myron Hansen– Alan Sewell

Committees

Volunteers welcome. Please speak to any director.
Casting Skills – Pat Damico, Dayle Mazzarella
FFF Liason—Pat Damico
Fly Tying – Myron Hansen
Membership – Paul Sequira
Webmaster – Woody Miller
Hog Roast – Richard Oldenski
Outings – Alan Sewell
Outing lunches – Richard Oldenski, Mark Hays
Project Healing Waters – John Craig, Terry Kirkpatrick
Raffles – Tom Hummel, Bryan Jankovic
Florida Gulf Coast Center for Fishing – Kirk Burton, Tom Gadacz, Ken Hofmeister, Richard Oldenski
Programs: Board of directors
Newsletter/Publicity – Bill AuCoin

Suncoast Fly Fishers News 'n Notes

Congratulations, Tom

Congratulations to Tom Gadacz who was recently elected president of the **International Federation of Fly Fishers Florida Council**. Tom demonstrates impressive leadership ability as SFF president, and he will no doubt lead the Florida Council of FFF to new levels of achievement. We're excited about the future under his leadership. (Ken Hofmeister)

Thank you, Smitty

Smitty has taught a few good men how to tie eight grand slam flies. I'm on my way. So far I've caught a nice spotted seatrout on his deadhead minnow and a rat red on his summer's tide fly. Fishing with Steve Putbrese recently I hooked a big fish (a snook, oh yeah) on the deadhead minnow but seconds later it broke the leader, just 12-pound test. Shudda known better. (Bill AuCoin)

Prez Sez

(continued from page 1)

Fly Casting Clinic. So what has SFF and IFFF done for you? Well on March 16 (Saturday) you as a member of SFF and IFFF will have IFFF Master Certified Casting Instructors teaching you how to improve your casting skills. Dayle Mazzarella and Pat Damico both are master certified fly casting instructors and will be joined by several other master casting instructors. To put this in perspective you can take private or semi-private lessons for \$140 to \$250 for a few hours. As a member of SFF and IFFF you can get even better lessons by certified casting instructors for your \$50 dues (\$35 to IFFF and \$15 to SFF). Not only this coming Saturday but again in fall. This is only one but a tremendous advantage of being a member of SFF and IFFF. Other advantages include monthly outings with lunch and spectacular programs. There is no better deal anywhere so sign up for the clinic, pack your rod and reel and show up early, have a cup of coffee, and be ready to begin at Maximo Park at 8:30 A.M. 8:31 will be too late. We promise good weather. If we are wrong we guarantee excellent fly casting instruction.



*Tom Gadacz, President,
Suncoast Fly Fishers*

Summer Fishing Camps. Looking for some activities this summer? We have just the thing for you and that is to share your enthusiasm for fly-fishing with kids. Dave Ramirez is conducting a fishing camp "Fishing & Outdoors" for youngsters at the E. G. Simmons Park in Ruskin. He has us scheduled to give 4 fly fishing sessions. The sessions will be June 19, July 3, July 17, and July 31. All of these dates are on Wednesday and will be held from 1 to 4 PM. We will have sign-up sheets at the meetings.

Tom

Ready-Set-Go: Hog Roast Auction Preview

Hofmeister: Auction and raffle list are looking good

Auction chairperson Ken Hofmeister reminds everybody coming to the Hog Roast that this annual fundraiser supports countless SFF worthy causes throughout the year including teaching fly-fishing to Boy Scouts and other young anglers at summer camps, at Pinellas County schools, and at Marine Quest, the annual open house at the Florida Marine Research Institute in St. Petersburg. Your club is a national leader with Project Healing Waters, the inspirational recovery program for returning veterans.

DOOR PRIZE – Custom 10-weight outfit

SFF member's tickets will be entered in the door prize drawing for an Alan Sewell 10-weight signature rod—complete with line and reel. Winner will be announced at 6:30 p.m.

\$5 RAFFLE – TFO 7-weight outfit

A \$5 raffle ticket (or 5 tickets for \$20) could land you a high-end TFO BVK Series 7-weight, 4-piece rod—complete with BVK reel, line, and case. Winner will be announced at 7:00 pm.



BUCKET RAFFLES

Twelve buckets will feature lots of goodies and fantastic values. Tickets are \$10 for twelve, or \$1.00 a ticket for the last of the big spenders. Buckets include:

- On the Fly cups
- 8 weight Orvis fly lines
- EP fiber materials
- Flies, coolers, shirts, leaders, lines, and more.

Bucket and silent auction winners will be announced at 6:30, 7:00, and 7:40 pm.

SILENT AUCTION ITEMS

Six silent auction tables will feature a fine array of fishing tackle. Some of the featured items include:

- TFO 8-weight and 6-weight, Lefty Kreh Professional Series rods
- Paul Sequira signature custom 6 weight rod
- Orvis Clearwater 9-weight, 4-piece rod outfit including Clearwater Large Arbor IV reel and Clearwater Fly Line and backing.
- Art and posters
- Flies from SFF premier tiers and Smitty's class (not mutually exclusive)
- Jewelry and fashion scarves guaranteed to get guys a "go fish card"
- Books—from cookbooks to fly fishing
- Onos Polarized Performance Sunglasses – two Oak Harbor models with bifocal magnifiers for better knot tying and hook-eye threading while on the water.
- Canoe Outpost overnight canoe/fishing expeditions on the Peace River
- Fishing vest, dry bag, videos
- Guide trips from famous West Coast fly guides
- Fly lines (7-, 8- 9-, 10-, and 12-weight)
- Bass Pro Shops 48-can soft-sided cooler
- SFF Logo Tee shirts featuring "Flats Grand Slam" design



Ready-Set-Go: Hog Roast Program

March 23, Florida Gulf Coast Fishing Center and Interactive Museum

12211 Walsingham Road - Largo, Florida
centerforfishing.org

- 5:00 pm Welcome and Registration
- 6:00 pm Serving BBQ and fixins'
- 6:30 pm Pick up (1/3) random bid sheets and buckets and announce winners
Announce door prize winner
- 7:00 pm Program:
Jim Simons – Director, Florida Gulf Coast Fishing Center and Interactive Museum
Philip Greenlee – President, International Federation of Fly Fishers
Pick up (1/3) random bid sheets and buckets and announce winners
Announce TFO BVK raffle winner
- 7:20 pm Program: 2012 SFF in Review
Recognition and Awards for Vision/Values and largest fish categories
Introduction of new officers
- 7:40 pm Pick up rest of bid sheets and remaining buckets and announce winners

INVITED MEMBERSHIP MEETING PROGRAM PRESENTERS

John Adams
Rick Grasset
Bill Lott

Craig Crumbliss
Annie Hays
Brad Lowman

Robert Fischer
Terry Kirkpatrick
Leigh West

PROGRAM COMMITTEE

Bill AuCoin
Pat Damico
Tom Gadacz
Al Pitcher

Kirk Burton
Myron Hansen
Rick Kelly
Paul Sequira

Joe Dail
Ken Hofmeister
Richard Oldenski
Tom Trukenbrod

HOG ROASTING TEAM

Rick Baker
Jerry Yancey

Hugh Copeland
John Zientarski

Alan Sewell



Alan Sewell's Fishing Reviews & Previews

February 23, 2013 - Our last outing was held around the north skyway rest area. It was either a beautiful day or you were fogged-in. The weather was good for fishing and our members showed others how to fish with fly rods. This was a really great outing with over 30 members attending. Lots of food, fish, and fun. Thanks for coming.

March 16, 2013. Since our regular day for our outing will be our Hog Roast day, we will have lunch at Maximo Park during the casting clinic that will be presented by Pat Damico and Dayle Mazzarella. This will be a great way to really learn the proper way to cast. All of the instructors are FFF certified and can show you how to improve you casting stroke. This a free clinic for our members. In other areas of our State, people have to pay up to \$150 for this instruction.

March 23, 2013 - no outing, Hog Roast day. Suncoast Fly Fishers and their guests are invited to come to the center early and check out your club's impressive exhibit and some of the art in the museum.

April 26-27-28 – Everglades Fishing Trip

Members of Suncoast Fly fishers and Tampa Bay Fly Club will be heading to the Everglades again this year. Hopefully we can have some dry days to fish, unlike last year's downpours. We will be staying at the same place as in the past. Make your reservation now:

La Quinta Inn Sunrise Sawgrass Mills
13651 Northwest Second Street
Sunrise, Fl 33325
954-846-1200

Make your plans now. Boats are recommended. Kayaks and canoes will work, but there are alligators. Boats can be rented close by at Holiday Camp Ground. If you need more info call me at 727-470-4570.

2012 - 2013 FISHING TOURNAMENT FINALS

Trophies for the largest fish will be presented at the Pig Roast

Trout - Tom Hummel
Sunfish - Robert Fisher
Other - Mark Craig

For sale to a Suncoast Fly Fisher: \$750. 2008 Mercury 4-stroke, 6-hp outboard motor used less than 10 hours. Kept in the garage. Includes motor stand, extra prop, flush cuff. Just \$750. Call me at 727- 470-4570.

Ready-Set-Go: Leigh West, Wade Angler

AuCoin: Suncoast Fly Fishers February Meeting Report

Leigh West's Wade Fishing Strategies

By Bill AuCoin

Get out of the boat and wade. You'll catch more fish. Bigger fish.

It's the February meeting. Fishing is about to get good in the new year on the flats. And one of the most successful fly fishers in the Tampa Bay area, Leigh West, is sharing what he has learned and unlearned in 25 years of tying and casting flies for 5-15 pound inshore slammers – speckled trout, redfish and snook – plus bonefish, permit and more in the waters of Florida as well as Mexico, Christmas Island and the Bahamas.

Leigh is a member of both the Tampa Bay Fly Fishing and Sunshine State Casting clubs. Wading is his thing. Skinny water wading on flats with the right kind of bottom with water that's moving well. Do not wade deep water. Watch for rays, sharks, jellyfish, oyster bars, muck and dropoffs. Carry a whistle.

One of his secrets is getting into position to see the fish. Then he knows for sure that he's in the right place. Okay, his eyes are good, but he gives them advantages like putting the sun behind him, wearing polarized sunglasses, and knowing that he's looking for darker shapes over lighter sand.

If there were only one takeaway from Leigh's talk it is this: To reach and catch fat, dumb and happy fish you sometimes must make long casts. Sixty feet ain't bad but – please don't get discouraged -- some fish may be 90 feet away. But Leigh also says a huge advantage to wading is the ability to get super close to quality fish unapproachable by any other means- sometimes as close as 10 feet- without spooking them.

But there were many more tips. Here's the once-over-lightly:

Do your homework. Visit fly shops. Talk to fishing buddies. Study nautical charts. Watch YouTubes. Research tides and times, cloud cover, water temperatures, wind. One of Leigh's favorite websites is NOAA's tidesonline which shows the observed tide level (red line) AND predicted tide level (blue line). The predicted tide can be impacted greatly by both wind direction and barometric pressure. If the red observation line drops far enough below the blue prediction line, Leigh starts gathering up his gear and he's off to a flat.

What's he bring? A 9-weight rod and a lightweight, large-arbor reel. Leaders are in Ziplocs. Bite tippet? 20-lb fluorocarbon branded by Orvis, Seaguar, Rio, Triplefish. Oh, also, sunglasses, sungloves, lip gloss, camera in waterproof bag and some safety gear—whistle and a fishing buddy of similar abilities. Oh, and waders. Waders in the winter, of course, but waders in the summer, too, because, you know, bacteria find their way to leg scratches, sores and such.

You've got to fish the right bottom but, also, be patient. Not seeing anything here? Go over there where the birds are. They like to hang around food. What fly are you going to throw? One of Leigh's favorites is the green-and-gold bendback which he designed as an alternative to a gold spoon, the same fly he tied at the meeting.



Leigh West and a permit. Just one of many wade fishing trophies he has earned fishing the flats of Florida, Mexico, Christmas Island and the Bahamas.

Tying Bench - Green/Gold Bendback by Leigh West, TBFFC

I designed and use this fly as an alternative to a gold spoon. It's very easy to tie. Because it's a bendback, it's virtually weedless and maintenance-free. It doesn't resemble any type of baitfish. It just happens to look right in place over the grass flats and yellow sand "potholes" of Tampa Bay and Florida's Gulf coast flats. The Flashabou sides give the fly a lot of flash and movement even when it's worked slowly. This fly works well on redfish, snook, and trout. Scale down the proportions and use a smaller hook for fall and winter, clear water situations, and for tailing redfish. Leigh West



Materials

Hook: Mustad 34007 or Tiemco TMC 411S, #4 - 2/0

Thread: Brown Kevlar or floss

Body: Gold Flashabou, olive or clear medium vinyl rib (can also use clear or brown monofilament, 30-40 lb, e.g.)

Wing: Natural bucktail (the brown hair near end of tail) or brown-dyed bucktail, gold Flashabou, peacock herl.

Tying Sequence

Step 1: If using the Mustad hook (411S is already bent), bend the hook into a bendback shape by placing the hook in a pair of pliers and bending the hook (starting about 1/8-1/4" behind the eye, depending on hook size) so that the unbent portion by the eye aligns with the barb of the hook.

When the fly is finished, the point will be hidden in the wing of the fly, but there will still be enough exposed point to hook the fish. Secure the hook in the vice so that the point is facing up, but is level with the hook eye.



Step 2: Where the hook starts to bend around towards the point secure about five long strands of Flashabou, followed by a 3 - 4" piece of vinyl rib.

Step 3: Wrap the thread up to the bent area just behind the hook eye.

Step 4: Wrap the Flashabou forward, covering the thread base wrap completely. Secure at the bend.

Step 5: Do the same for the vinyl rib, with the flat side of the material towards the hook. Secure the front of the body, and coat the body with head cement for durability.

Step 6: Wing the fly with alternating layers of Flashabou and brown bucktail, and top that with a generous amount of peacock herl. The wing should be about one and a half times the length of the hook.

Step 7: Finally, place a lateral line of a few strands of gold Flashabou on the sides, between the bucktail and herl.

Step 8: Build up the head and coat with head cement.

Fly Fishing First Aid and Prevention

Richard Oldenski: Shoulder Pain

By Richard Oldenski MD



The shoulder does most of the work in fly-casting. It is no surprise that when fly fishers were surveyed about pain, 50% reported some degree of shoulder pain. Those of us who fish in saltwater using heavier lines and rods, casting longer distances and

landing larger fish, are more susceptible to shoulder injuries.

How can we prevent and best manage our shoulder pain?



The shoulder has the greatest and most complex range of motion of any joint in the body. Composed of four separate joints, four layers of tissues and 17 muscles, its purpose is to position the upper extremity in space so that the hands, wrists and elbows can function. It has been estimated that the shoulder allows the upper extremities to assume more than 1,600 positions in three-dimensional space.

The shoulder makes it possible to lay that fly right where you want it to go. This complexity, however, requires proper maintenance.

If you had shoulder pain before you started fly fishing, you need a good medical evaluation of your shoulder. You may have a condition that can be treated or may require a modification of your fishing technique. You could have arthritis of your shoulder's ball and socket joint or of your collarbone joint. A previous injury might have caused scarring, thickening or calcification of your shoulder tendons and muscles. You may have loose ligaments and weak muscles causing excessive movement and pain in the joint. These conditions can often be treated conservatively by your family physician or may require more aggressive treatment by an orthopedic surgeon. People who have these conditions can still enjoy fly-fishing, but with some modifications. For some of these conditions, fly-fishing may actually help decrease the pain and improve the shoulder's function.

Take RICE, Tylenol and ibuprofen

If you fall on your shoulder or have pain that started while lifting your kayak or other gear, begin RICE (rest, ice, compression and elevation) and take Tylenol or ibuprofen. If your pain is not relieved in a reasonable time with these measures, call your doctor.

Continued on next page>>>

Richard Oldenski: Sprains-Strains-Pains

Continued from previous page

Most of the shoulder pain experienced by fly fishers; however, is the result of overuse and can be treated conservatively. These injuries often involve the rotator cuff, which is composed of four muscles that work together to allow the shoulder to achieve its numerous positions. These muscles originate at the shoulder blade, also known as the scapula, and require that the scapula be stabilized and move properly. Common injuries to the rotator cuff include impingement; tendonitis with inflammation, pain and swelling; and partial or complete tear of the tendons. Impingement occurs when the rotator cuff tendon is pinched between the joint structures and gets repeatedly squeezed and abraded. Impingement usually happens when the arm is held above shoulder level and away from the body, especially if done repeatedly. Poor posture, scapula muscle fatigue or weakness, and poor exercise selection or technique also predispose to these injuries.

The initial treatment again begins with RICE and NSAIDS. After adequate rest and pain relief, go back to fishing at about 25 to 50% of what you usually do. When that gets comfortable, increase by increments of 10% every week or so until you're back to your usual activity level. In the meantime, use a lighter rod, cast shorter distances and do daily shoulder stretching and exercise (see below). Most overuse injuries will resolve with this program. If your pain does not improve or gets worse, see your doctor.

Here are some suggestions to prevent fly fishing shoulder injuries:

- Keep your shoulder in shape. Do shoulder stretching and strengthening exercises at least 3 times a week. A strong, flexible shoulder will enable you to cast well without injuries. The American Academy of Orthopedic Surgeons' website at <http://orthoinfo.aaos.org/topic.cfm?topic=A00663> provides an excellent shoulder exercise program for treatment and prevention of shoulder injuries.
- Warm up before you start fishing. Do a few range of motion exercises. Start out with a few short casts and gradually lengthen your cast.
- Correct posture will stabilize your shoulder and help it to more easily generate power. Stand straight with your chest out, head up and left foot (right foot if your left handed) forward. Use your whole body to reinforce your shoulder during the cast. Most importantly, keep your elbow down and close to your body. This position allows more room for your tendons and reduces pressure and friction on your rotator cuff. Lefty Kreh is an advocate of this posture and has 2 excellent videos on YouTube to demonstrate. Check out <http://www.youtube.com/watch?v=NQ-AXvVbKkE> and http://www.youtube.com/watch?v=NDewXIM_sAc for good advice from a pro on how to prevent injuries. Remember Lefty's slogan: "Keep your arm on the shelf".
- Casting from a seated position, as in a kayak or canoe, puts an increased demand on your shoulder. Without the support of your lower body, the power and the range required from your shoulder is increased. Avoid slouching forward and sit straight with your chest out and shoulder blades back slightly. Take occasional rest periods to avoid shoulder muscle fatigue. Use a lighter rod and make shorter casts. Get closer to your target. When possible, get out of the boat and stand.
- If you anticipate a change in your fishing activity, prepare for it. For example, if you usually fish one day a week for snook and redfish with a 7 weight rod and line, but plan a week long trip to Belize where you hope to catch tarpon on a 10 weight rod, train for it. Practice casting with a 10-weight rod several weeks before your trip. Start with a few short casts and gradually increase the frequency and the distance. Like a baseball player, you need to go through "Spring Training" before you're ready for the first game of the season. You don't want to injure your shoulder on the first day of your fishing trip and spend the rest of the week on the dock with an ice pack.

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Report: Tying flies with an engineer

Ken Hofmeister: Smitty Ties One On

By Ken Hofmeister

Layne Smith set a new standard for SFF fly tying classes as he completed his recent six-week course teaching ten members how to tie eight grand slam flies.

His students included Frank Moss, Woody Miller, Bill AuCoin, Alan Sewell, Ken Hofmeister, Kirk Burton, George Hasletine, Bob Morrison and Dave McKay.

We thought we knew how to tie flies and signed up for a tune-up. What a surprise!

First, we got a list of materials (from Peccary to Badger hair). Then, we got a list of resources and web sites. Enver Hysni of Tampa's *On The Fly* shop put together a package of materials for each tier as a convenience for us. John and Mark Craig made a conference room available at their business.

Smitty enlisted the photographic aid of Paul Sequira to compile a magnificent color manual showing the flies we would be tying, and step-by-step instructions for the process.

Flies included: My Glass Minnow, Deadhead Minnow, Redfish Merlot, Golden Eyed Shrimp, Summer's Tide, Mangrove Snook Fly, Tarpon Toad, and Cockroach. All are killer patterns proven productive in our West Coast waters.

Don Coleman once observed that there were two kinds of fly tiers: engineers and poets. They both produced flies using different approaches. Smitty is clearly the engineer with step-by-step attention to detail and sequence.

His feedback was always kind but specific: "Nice fly but have you ever seen gills in front of the eyes on a minnow?" We found that sequence matters as we untied in order to tie it right.



Laughter was a hallmark of this class as we teased and tormented each other. When Dr. Frank Moss dropped his vise, we said we would not want anyone that clumsy operating on us.

Smitty went far beyond our expectations in supplying the right materials and hooks for each fly. We not only saw the step demonstrated; but, we also saw the tips and techniques that made his flies "presentation" quality as opposed to "fish ready."

Smitty—thank you.



Fly Casting: Essentials of Fly Casting Part II

Mazzarella: Explain. Demonstrate. Practice. Practice. Practice

The Roll Cast Lesson

By Dayle Mazzarella, Master Casting Instructor

*[Editor's note: The following is the second in a six-part series by Suncoast Fly Fisher Dayle Mazzarella -- "food for thought...for casting instruction specifically." Mazzarella will be the lead instructor at a fly-casting clinic (**free for SFF/FFF members**) at Maximo Marine in St. Petersburg on Saturday, March 16.]*

Considerable research has indicated that the best way to teach a new skill is to explain and demonstrate the skill first. This is the 'Whole'.



Next is to sequentially practice the skill one step at a time. This is the 'Part'. As each step of a skill is mastered, the next step is added. Teach Step 1, Repeat until mastery. Add Step 2. Do Step 1 and 2, repeat until mastery. Add Step 3. Do Steps 1, 2, 3. Repeat until mastery. Add Step 4. Do Steps 1, 2, 3, 4. Etc. This is the 'Part' of Whole- Part-Whole, or what is called "Structured Practice".

To demonstrate this point, let's take a look at a Structured Practice Roll Cast lesson.

Step 1. Anchor the yarn in the ground with a screwdriver or other similar device.

Step 2. Back up until the fly line extends 30ft. from the tip of your rod. Rod tip down.

Step 3. Move the rod tip 20 degrees off to the side and, as you are walking slowly forward, bring the rod slowly back to the 1 o'clock position, hand about level with your eyes. The line should be coming off the ground at or a little behind your feet. You are forming what is called the "D" Loop. Do this slowly. This is the starting position. Repeat 10 times.

Step 4. Slowly begin accelerating to about 12 o'clock. Repeat Steps 3 and 4 ten times. (A major cause of open loops is beginning too far back and/or accelerating too abruptly at the beginning of the cast.)

Step 5. Now, when you get to about 12 o'clock continue accelerating and stop at about 10 o'clock. (You should be using the same motion as you would use if you were flicking water off a paint-brush and onto a wall, with a target about head high.) Repeat Steps 3, 4, 5 ten times.

Step 6. With your rod tip, follow the line down as it hits the ground. If your loop is open, you are dropping your rod tip prematurely, starting your forward cast too far down in the rear position, accelerating too abruptly at the beginning of your forward cast, or a combination of these faults.

Watch your thumb. It should begin at about eye level pointing almost straight up. As you make the cast, your thumb tip should "scrape the ceiling". When completed, the thumb should still be almost straight up. If it is pointing forward, you have dropped your rod tip too far down.

If you are doing this correctly you should have a nice narrow loop with the top leg about head high.

If you are having problems, go back to Step 3 or 4 and make sure you do these steps correctly. Next month we will discuss the techniques of partner teaching and "Praise, Prompt, and Leave."

Damico: Fly Casting Clinic

Eliminating Slack is Crucial to Long Casts

By Capt. Pat Damico, Master Casting Instructor

Casting tip #39



I want to revisit one of the Casting Essentials. You cannot make a good cast without eliminating SLACK. This time of year when our waters are very clear and low, and wind seems ever-present, long casts are often needed. Starting your backcast with the rod tip on the water and a straight line layout of the fly line to the fly is a necessity. Letting line slip through your fingers during the casting stroke will produce slack, destroying the cast. When the rod stops on both the forward and back cast is the time when line can be slipped under tension to increase the amount of line you can carry. In this way false casting will give you more line in the air. Final delivery will occur when the rod stops on the forward stroke and line is released with your line hand. Let the line slip through your line hand fingers and pinch the line when over the target to control accuracy.

Pat Damico, MCI
St. Pete Beach

Bob Morrison: How-To

Slippery vise?

I have a vise that slips. The bracket that grips the table moves around and the jaws let the hook slip as well. After some thought I tried cementing a piece of fine emery paper to the bottom of the upper surface of the table bracket, and the slipping stopped. I then cemented a piece of emery paper to the gripping surface of each of the jaws, and again the problem was solved. If you need to take this step, use strong cement like Super Glue. Emery paper can be found at the hardware store. Finally, should it become necessary, you can find a weighted base for the vise at Tackle-Craft at www.tackle-craft.com. This base represents another way of solving the slipping grip problem.



Rinse salty ferrules

When rinsing your tackle after salt-water fishing, remember to rinse the flies that you used, as well as the inside surfaces of any metal ferrules on your rods. Even stainless steel can -- and does -- rust. I learned this the hard way. You should also check any metal fittings on wading shoes for rust. I removed the rust from the bootlace grommets on my wading boots with a scouring pad and a stiff brush. I then painted the grommets with Rustoleum topped with Sally Hansen clear nail polish, and it seems to be working.

Wader patch

For a quick wader leak patch, I tried the contact adhesive Seal-All, which dries quickly but retains flexibility when dry. Also, some duct tape over the Seal-All will help the patch to last longer.

Wiggly fish?

What's best for holding a live and wiggling fish? I always carry jaw grippers, sometimes my catch-and-release trout net, and a stringer if I plan to keep one for the table. Also, it seems to calm a fish if I hold it by the back with the belly up.

Fly Fishing Fitness

O'Byrne: Poor fitness contributes to hypothermia

Snow on the Water

By Chris O'Byrne, Certified Casting Instructor.



Crisp, dark water lapped at his wader belt. Seeping cold distracted his casting, his focus. Now, Payton, our all-American angler, was tired and breathing heavily. He took a break. Then another. He sat on a snow-covered log with his hands stuffed into fleece pockets and his arms held tight.

The guide decided they should go back to the warmth of her truck before his shivering reached the danger level. His dream trip was ruined.

It did not have to unfold this way. Physical fitness could have made all the difference.

It is obvious that the human body creates its own heat when we move. Additionally our body has the ability to increase the amount of heat produced. As this heat is carried in blood, our body can even change the amount of heat exchanged at the point where arteries become veins. Thermoregulatory mechanisms can generate more heat and conserve heat in the cold. Movement is the best way.

Shivering is involuntary muscle movement which generates new heat, but it is far from ideal. Shivering is brought on by inactivity. If you're fit, you can continue fishing and you'll generate heat doing it.

Numerous medical studies agree. One concluded that human activity is a part of the heat generating and conserving process. Not being able to move makes us colder. Another found that athletes with better aerobic capacity deal with cold weather better.

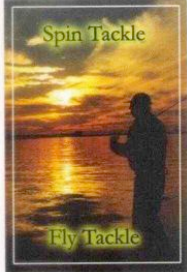
How? Check with your physician before beginning to exercise then focus on three areas of fitness:

- 1. Maintain healthy muscle/fat body composition.**
- 2. Keep cardio-vascular fitness at a level that lets you fly fish without fatigue.**
- 3. Keep your main muscle systems toned.**

The first and second areas can be improved by simple and light aerobic exercise; walking, swimming, biking. Muscles can be kept toned with easy to do weight bearing exercises.

Suncoast Fly Fisher Chris O'Byrne uses his background in Physical Education and coaching to inform his teaching as an IFFF Casting Instructor. Check with your physician before starting an exercise program, or a strenuous trip.

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CaptPat.com
Earthnc.com/online-nautical-charts
SaltwaterTides.com
[Animated Knots by Grog](http://AnimatedKnotsbyGrog)
Tides4fishing.com

New website recommended by Leigh West

<http://tidesonline.nos.noaa.gov/geographic.html>

Leigh likes the first graph predicting the water level. When the predicted tide is lower than than the observations, he says, "I'm outta here."

Members, got a good fishing website you want to share with other Suncoast Fly Fishers?

Email Bill AuCoin, wmaucoin@verizon.net

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Fly Fisher Reflections

David Putnam: A Fly Fisherman Returns to Golf



Let's assume a 20-handicap golfer--shoots in the nineties--and a fly caster of average ability and experience. (More later on a fly-fishing handicap system being developed at the Montana Double-Mouth Trout Foundation.) Here are a few thoughts:

Golf is more peaceful. Tee it up, see the flag in the distance or refer to a diagram on the scorecard, hit the ball towards it. Drive a little electric cart to find the ball, hit it again until it drops in a hole marked with a flag. Fewest hits wins.

It's a snap compared to fly-fishing. The player's balls are identical, there are 13 clubs in a bag suitable for play on any course in the world-- a lifetime supply-- and the distance and direction to the target are always known before the ball is struck.

In fly-fishing, the target, a fish, is often invisible, and its job in life is to move, called "high tailing." Having a mouth only on one end, a cast made to a fish-- should you be lucky enough to actually see the fish-- to where it *was* is the equivalent of a shank in golf, except it happens more often.

Usually a fish will move away from the angler, so the distance increases and angles change, requiring adjustments *during* the cast. A golfer faced with the hole moving thirty feet to his left as he's in mid-swing would probably weep openly. Imagine what would happen to the game of golf if the hole closed up as the ball approached, yet it's routine to have a fish turn and swim away from a perfectly presented fly.

A poor golf shot rarely injures the golfer. In golf another ball is put on the ground in a clean spot, then struck again towards the hole. A fly fisherman who makes a bad cast may be required to spend quite a few minutes--all morning maybe-- reorganizing his tackle, called, "getting his s__t together," before making another cast. In some cases an entire \$80 fly line must be replaced before casting can begin again.

A poor fly cast can have unforeseen results. A barbed fly with a large hook can come zinging through the air and stick into the caster's flesh or that of a companion. I saw a picture once of a size 2/0 tarpon fly hook, a hook large enough to hang a macramé swing, piercing the nose flap of an angler. Or the cast may not get going well enough to be called a cast, resulting in a wad of fly line at the angler's feet or wrapped around the wheel of the outboard motor or the branches of a tree.

Golf was invented long after fly-fishing. It's a game with rules. Peaceful, quiet play is respected. Not so with fly-fishing. Golfers who turned to fly-fishing have reported that they curse more frequently now, and more savagely, even in the company of children.

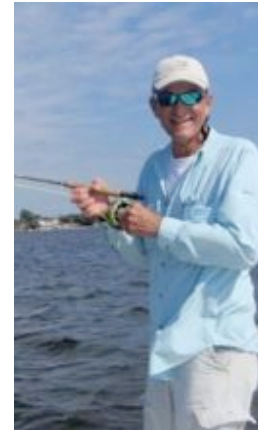


Fly Over

Bill AuCoin: Fly Fishing, Once Over Lightly

Where are the big fish, exactly?

One of the hardest parts about fly-fishing is getting successful anglers to tell you where, exactly, they caught that huge fish. So, it is with some faster heart anticipation that Suncoast Fly Fishers welcome Capt. Tommy Thompson as our March meeting presenter. He'll talk about some of those secret spots that he writes about in his new book – [The Saltwater Angler's' Guide to Tampa Bay and Southwest Florida](#). He'll sign copies. That would be a real good time to ask him, "Now, Captain, exactly, where is that big fish spot?" (Flanaturecoast.com/capttommy)



Live Flycariouly

Every Friday OrvisNews.Com posts its "Friday Film Festival" featuring fly-fishing videos from around the world that have been posted on the Web. Great fun. (OrvisNews.com)

Guilty, Your Honor, except....

Maybe I was wrong. A few issues ago I noted that the Symbicort TV commercial featuring fly-fishing had all the gear wrong. They were using huge fly reels on spinning rods, for crying out loud, and worst of all they were fishing a small stream. Throwing bobbers? Wha? Now I'm learning that maybe all that over-the-top tackle was correct. It featured "centerpin" reels, you see, and the subjects were "centerpinning." I'm not sure if the verdict is in but anglers are writing about it on an online forum site. (One commenter wrote, "You should talk to your doctor to see if centerpinning is right for you.") (Unaccomplishedangler.com)

Be afraid. Be very afraid

Ken Hofmeister has helpfully passed along a major news items about another creature that we fly fishers will have to watch out for this summer. It's the Giallinipper. It's a mosquito, actually, but not just any mosquito. This one is 20-times bigger than a regular mosquito and it doesn't sting you, it stabs you. It will refuel at MacDill AFB. Be careful out there. (USA Today)



Quit fishing, go golfing?

David Putnam is threatening to quit fly-fishing and go golfing instead. (See his "Reflections" article on the previous page.) Well, as it turns out, there is at least one item of fishing gear he can take with him to the golf course – a sun-blocking buff. Recently the number one-ranked golfer in the world, Martin Kaymer, wore a UV Buff sun mask during a nationally televised tournament. Note the fly-fishing decoration on his mask. (Examiner.com)

RIP, John Merwin

John Merwin, Field & Stream's fishing editor, author, and dedicated fly angler, died February 20. He was 66. Read about his accomplishments in the editorial world and in the real world of fly-fishing. (Field & Stream)

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