



Stonefly Maidens Women's Fly Fishing Club

Meeting Information

- July 14, 2004,
6:00 pm Social Hour
7:00 pm Business Meeting and
Speaker
- Iron Horse Restaurant
6034 SE Milwaukie Ave
Portland, Oregon
(503) 232-1826
- Speaker: Andy Pibal
[Fly fishing the Portland Area for
Carp and other Warmwater
Species](#)

When Should I Hit It? Part 2

Tim Rajeff

In part one of my "when should I hit it" tip we discovered that the stiffness of the rod will be one of the factors which determine when a caster should "hit" the cast. This casting tip will involve the parts of your body and arm that are used to "hit" the cast. Please remember that in every cast there is an optimum stroke length and stroke aggressiveness to match the caster's equipment and physique.

Every time I read a "tip" in a magazine I get a little irritated. It doesn't matter if it is a casting, golf, or other "tip". In every tip the writer assumes the reader already has a solid background in biomechanics, mechanical engineering, and is fluent in Latin. The truth is

many teachers can describe a simple motion or action in a complex and confusing way. Just for fun try to describe all the motions and actions you need to take two steps. Wow it's hard, isn't it? It might go something like this; start with the muscles in your hip, which you use to pull on your thigh, which in turn causes your quads to lift and swing your knee up while allowing your foot to extend out in front of you in a smooth acceleration..... blah blah blah. This is hard isn't it? So when I attempt to describe the actions and motions used to cast a fly rod please forgive my assumptions and complexity of my descriptions.

In the next few paragraphs I

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This Month with the Stonefly Maidens

Our July 14 presenter, Andy "AP Emerger" Pibal / Carp on the Fly, will present a program titled "Fly fishing the Portland Area for Carp and other Warmwater Species." He will discuss tips, tactics, presentation, flies used and where to fish for the "golden ghosts" and other warm water fish. Included will be a short, fun video. Check out Andy's website at www.oregoncarp.com.

A reminder that the July 17 fish-a-long will be a float for smallmouth bass on the Umpqua River at The Big K Guest Ranch and overnight camp-out. Cabins are also available for rent. There is

still space available for this trip as well as loaner equipment. This trip will be a joint outing with members of Women on the Fly, a ladies fly club from the Medford area. If you are interested, please let Carmen know promptly so she can provide you with a trip sheet and get a final head count to the Big K folks. Email: csmith@nsslw.com or phone at 503.228.8446 (day). This promises to be an incredibly easy and fun trip!

Come to the meeting to find out where to fish in Portland and to get more information about the fish-a-long.

Fly Lines

by Tilda Runner

First the good news—The casting clinic last month was very successful. About 20 ladies, both members and non-members attended the clinic. Thanks go to Katherine Hart, Robin Healy, Kathi Williams, Carmen Smith, Lisa Wassgren, Tom Healy, and Jeff Runner for all of their assistance in making the casting clinic a success. Look for details about next year's clinic and invite a friend.

On Sunday after the clinic, eight of us went fishing on the Clackamas River. The group included three ladies who had been to the casting clinic and were not members (a couple of them are now).

I am soon on my way to Mexico to see if I can catch some dorado, bonito and maybe even a striped marlin. As many of you know, I have been

looking forward to this trip all year. If you ever have the opportunity to go on an exotic fishing trip, take it. I guarantee you will have a great time. Make sure that you carefully investigate the guides to make sure they know what they are doing in regards to fly fishing. A good guide will make all the difference in the world. The first time you go, you probably want to find someone who will provide gear and flies so you don't have to put out the money for gear. I'll have pictures next month for all to see.

I'm sorry I will miss getting to hear Andy "AP Emerger" Pibal this month. His talk sounds really interesting. I sure hope that many of you plan to go to the Umpqua. That is a really fun trip.

Have fun on the water this month. Hope to see you out there when I get back.



Goings On

Oregon FFF Events

September 17-19, 2004 Casting for Recovery – Big K Guest Ranch, Elkton, OR

BOW



BOW Workshop, August 21, Klamath Falls Sportsmen's Park, Klamath Falls, OR

Fly Fishing for Trout, July 10, Beaver Creek Reservoir near LaGrande, OR

Fly Casting Clinic, August 7, The Riffle Fly Shop, Madras, OR

Horse and Mule Packing, August 13-15, Eagle Cap Wilderness

Rod Building Workshop, August 28, Halfway, OR

Steens Mountain Backcountry Adventure, September 1-12, Frenchglen, OR

A Day at the Range, September 18, Emerald Empire Gun Club, Eugene, OR

Fly Fishing the Crooked River, October 16, Cobble Rock Campground, Prineville, OR

Fly Fishing for Steelhead, October 30, Valley of the Rogue State Park near Grants Pass, OR

Rod Building Workshop, December 4, Suttle Lake Church Camp, Sisters, OR

Native American Basket Weaving, December 4, Suttle Lake Church Camp, Sisters, OR

Information on 2004 workshops is available at www.dfw.state.or.us/outdoor_skills/bow.html. If you would like to put your name on the mailing list to receive registration materials, please contact Nancy Smogor, Becoming an Outdoors-Woman Program Coordinator, at (503) 947-6016 or nancy.e.smogor@state.or.us.

When Should I Hit It?

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would like to review the form used by great casters, many which use different strokes. Hopefully you can "relate" to one of the casting styles described below and pick out something that will help you. Keep in mind that it is best to examine your body type and your favorite casting motion to know if you are an explosive caster or a long stroke / smooth caster. Mr. Harvey Pennic, a famous golf instructor, used to tell his students "if you are going to try to copy the swing of someone make sure they have the same 'build' as you". I recommend the same thing for casting a fly rod.

The aggressive caster, one who likes to use an explosive burst of acceleration, will generally do better using little or no wrist in their cast. Remember in the first tip we discussed how the explosive caster would be the person who likes a stiffer rod. There is considerable more leverage against a person's hand and arm when they use a stiffer rod. The concept of a fly rod being a lever is one of the "engineering techno geek" things we instructors talk about and isn't important for everyone to understand. Just remember that a stiffer rod is harder to accelerate than a softer rod. Imagine trying to swing a hammer that has a handle that is twice as long as a normal handle. It would be difficult to swing the hammer and would require more strength wouldn't it? To swing a long hammer you might be better off using no wrist, or locking the wrist. So in essence a stiffer rod acts like a longer lever, which will require more strength and a more aggressive stroke to get the speed needed to cast a line.

To effectively cast a stiff rod a caster must work harder making a shorter stroke. This is the short twitch muscle person. They are able to reach their target using a short stroke. Since the wrist is the weakest link in the casting stroke of most people it

should be used sparingly when using a stiff rod.

The opposite of the aggressive caster is the smooth longer stroke caster. When they cast their rod travels farther back and farther forward during the cast. They prefer rods that bend more and act like a shorter lever. The softer rod is easier to accelerate so many people who use softer rods can take advantage of their wrist speed. The wrist snap is most people's fastest twitch muscle movement. Every major league pitcher relies on the wrist snap at the end of their motion to add the final speed to their throws. Like a pitcher a fly caster can add their final speed or acceleration using the wrist. If the rod is too stiff your wrist will not be strong enough to add speed and may cause casting problems and cause bad loops. If the rod is softer it will not be too hard to snap the wrist at the end of the casting stroke.

So try making some casts using mostly wrist and try making some casts using almost no wrist. Repeat the experiment with a stiff rod and a soft rod to help identify which "style" best suits your body type.

In my next tip we will talk about the shoulders and upper body and how it relates to your personal optimal cast.

Take care,
Tim.

(© Tim Rajeff of Rajeff Sports <http://www.rajeffsports.com>, courtesy of the FFF ClubWire)



Our mission is to create opportunities, encourage, educate, and mentor women's participation in the sport of fly fishing.

Our goal is to bring women together who share a love of fly fishing and the beauty of nature to create friendships and lasting memories.

Stonefly Maidens Women's Fly Fishing Club

An Oregon Council-Federation of Fly Fishers Member Club

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Calendar

Date	Meeting	Fish-a-long Date	Location
July 14	Andy Pibal Possibly fishing opportunities in nearby Portland	July 17	Umpqua River (smallmouth bass @ Big K- \$25 ea--reserved for 8) <u>women only</u>
August 11	Marc Williamson Lake fishing	August 14 & 15	East & Hosmer Lakes (trout etc.)
September 8	TBA	September 17-20	Steens Outing; Donner & Blitzen River, Mann Lake; Krumbo Res. <u>women only</u>
October 13	Pete Pripke Sea-run Cutthroats	October 16	Nehalem River (sea run cutthroat trout) <u>women only</u>
November 10	Members Roundtable, Equipment Swap	None scheduled	
December 8	Christmas Party	None scheduled	