

The *Flyer*



Official Newsletter Of The



The Flyer

The Official Newsletter of the Coffs Coast Fly Fishing Club

JUNE 2020

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Above: Brian Mighell with a tailor on fly from the Bellinger River.

Cover: A Mac Tuna caught on fly off the Coffs Coast - photo courtesy of David Moppett.

PRESIDENT'S REPORT

June 2020



Welcome again to another monthly newsletter. As per last report things have been very quiet with the virus lockdown forcing us to keep a low profile as a club. Individually some of our members have been getting out and about as is shown on the Facebook page.

Pip has made up a very nice presentation case to display the flies which are being tied for the monthly "competition". According to Allan I managed to win the last round with a Bass fly. After some discussion I made my point that I really didn't wish to win a "Sheep Station" as I had vowed never to have anything to do with sheep after I had left my Father's property in the North West of the State. A cattle property will suffice. In all seriousness, though, the flies, as presented in the case, do look like a million dollars. Well done Pip.

Casting has started on a Tuesdays at Mylestom with a good gathering last Tuesday 19th. Allan had his Lie Detector (Casting Analyzer) in use to check our faults. I know, in my case much improvement will be required.

We are getting to the stage of the lockdown now where we are almost able to plan a month ahead. Some of our planned activities will certainly be affected but keep an eye on the club calendar for upcoming events.

All the best and tight lines

Doug

Editorial

I don't expect too many people will have the time to read the June newsletter as we all head off to fishing destinations across the state now that travel restrictions have been lifted. Look out fish! We have all been waiting for this day for some time. But the excitement and anticipation needs to be tempered by the fact that Covid-19 is still active and life-threatening and we all need to continue to practice social distancing and good hygiene measures. As one of our members who works in the health industry reminded me the other day, the restrictions are being lifted not because the pandemic is over but because our hospitals now have the capacity to cope.

With Covid-19 far from being eradicated and still no vaccine in sight, when the Committee meets this month any decisions will be made keeping in mind the safety of club members, their families and the wider community. It may be possible to ease back into some of our regular activities but we need to continue to follow Government restrictions and ensure we eliminate any risk. There is a distinct possibility we will be hit with a second wave and I believe we should be cautious in anything we plan for the near future.

So again, for the month of June, there are no club activities apart from the Tuesday casting mornings (see Page 6). The Committee will look at what is possible for July and the Mid Month Update will keep you informed.



You only have to visit any local boat ramp or fishing spot to know how important fishing has been to people during this stressful time. During the lockdown fishing has been allowed as a means of exercise but it has also provided a form of relaxation and a mechanism for coping for many. Even though club events are not yet happening there is no reason why you should not get out fishing. You can even do it with friends now. As long as you remember you still have to adhere to the 1.5metre (or 4 square metre rule where applicable) you can reap all the benefits fishing brings. If you can do it with a fly rod the rewards are even greater.

Enjoy this month's newsletter. You will find another interesting article from Barry Ryan, a primer on how to set up for Luderick on fly plus all the regular features. There's always room for articles from members and now that more people are getting out fishing maybe we will have some fishing reports in the next edition.

Editor

Club Executive 2019-20



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June Meeting

Due to the Covid-19 pandemic the June meeting has been **cancelled**. If you have anything you would have liked to share at the meeting don't forget we have a Facebook Group where you can post photos, pose questions or report on your fishing activities. Keep in mind our Facebook Page and Group are both public so anything you post can be seen by anyone who is on Facebook.



June Outings

Outings for June have been **cancelled**. They will be rescheduled once the pandemic is over and things return to normal.

Committee Decisions

You would have received a copy of the decisions from the May Committee Meeting in the Mid Month Update. Here's what was decided:

All activities for June will be cancelled. The Committee will meet in early June to decide on activities for July.

The AGM will be postponed until June 2021 and all executive positions will remain as they are.

Fees for 2020-2021 will be waived for existing club members.

A decision regarding an outing to Swansea will be made at our June Committee Meeting.

We will have a buy/swap/sell table at future meetings to be run by Brian Bevan.

The June Committee Meeting will make plans to resume fly tying sessions.

We will not be using Zoom to hold General or Committee meetings.

If travel and accommodation restrictions are lifted we will go ahead with our outing to Dunmore Waters in late July.

The Committee will meet again in early June. If you have ideas you would like the Committee to discuss they can be sent to any Committee member. You will be kept informed of any decisions the Committee makes through the MMU.

Casting

Now that restrictions are lifting we are holding some casting sessions on Tuesday mornings. It won't be every Tuesday so you will need to keep in touch if you want to attend. Starting time will be 10.00am at the park in Mylestom (opposite the boat ramp). It will be an informal gathering where we help each other work on our casting skills. All you need is a rod and line and some time to spare. We could get some food for lunch from the Club or Cafe if they are open. You can let me know if you are interested or just turn up on Tuesday 2nd June.

Club Calendar 2020

All outings, meetings and events for May and June have been cancelled. The situation will be reviewed in May.

Month	Outings	Activities
JANUARY	No outing this month Casting at Mylestom at 5.00pm on Monday 20 th .	Club Meeting at Mylestom Monday 20 th
FEBRUARY	Home Waters Saturday 15 th	Club Meeting Monday 17 th
MARCH	Forster Fly Muster (Cancelled) Tasmania Tues 3 rd - Sat 14 th	Club Meeting Monday 16 th
APRIL CANCELLED	Keepit Carp Caper Friday 3 rd - Sunday 5 th (some members will be going Thursday 2 nd)	Club Meeting Monday 20 th
MAY CANCELLED	Home Waters Saturday 9 th Fly Fishing for Trout Workshop Saturday 23 rd	Club Meeting Monday 18 th
JUNE CANCELLED	Lake St Clair Friday 12 th - Sunday 14 th Home Waters Saturday 27 th	Club Meeting Monday 15 th
JULY	Casting Day Saturday 4 th July TBA Dunmore Waters Fri 24 th - Sun 26 th TBA	Club Meeting Monday 20 th TBA
AUGUST	Home Waters Saturday 8 th Swansea Salmon Classic Friday 21 st - Sunday 23 rd <i>Official event cancelled by Hunter Valley Fly Fishing Club</i>	Club Meeting Monday 17 th
SEPTEMBER	Fly Tying Workshop Saturday 5 th Jackadgery or Copmanhurst Fri 18 th - Sun 20 th	Club Meeting Monday 21 st
OCTOBER	Home Waters Saturday 31 st Dorrigo or Ebor Saturday 17 th	Club Meeting Monday 19 th
NOVEMBER	Urunga Flathead Tournament TBA Home Waters Saturday 21 st	Club Meeting Monday 16 th
DECEMBER	Home Waters Saturday 12 th	No Club Meeting

Fly Tying Competition

The winner of the fly tying competition for the month of May was President Doug. This is the second time Doug has taken out the prestigious award proving he is a top notch fly tyer. Doug's chosen pattern was a Donnie Brasco; a fly that works well on Bass and Golden Perch in impoundments and rivers.



This fly is all about movement, from the Streamer Hair collar through to the rabbit tail. Cast these into the weed pockets, rocky points and standing timber and hang on.

Congratulation to Doug on another win. He tells me he doesn't want another sheep station so he will just have to accept the honour of having his flies displayed in our cabinet of fame.



Once again there won't be a meeting in June so the fly tying competition will continue in our Facebook Group. <https://www.facebook.com/groups/1073002562788177/>

Photos must be posted online by the 15th June and voting will take place over the remainder of the month. To vote just click the "like" button. The fly with the most likes will be declared the winner.

You will have to tie 2 flies following this month's theme of dry flies for trout. Dry fly fishing for trout is where our sport began. There are literally thousands of proven patterns that will catch a trout at some time or other. Your choice is endless so get going and tie a dry fly and see if we can have a new winner for the fly tying competition this month. Jim Wray, our resident fly tying expert, shows you how to tie an Elk Hair Caddis as an example of a dry fly for trout.

Fly Tying



Our guest fly tyer this month is Jim Wray. Jim loves his dry fly fishing for trout. He has fished nearly all the streams and rivers around Ebor and is almost a permanent resident of New Zealand. The first fly Jim will tie on is always a dry fly and one of his favourites is the Elk Hair Caddis.

Elk Hair Caddis

By Jim Wray

The Elk Hair Caddis is considered a searching type pattern as it resembles the general form of adult caddisflies or small stoneflies. Al Troth created the pattern and first fished it in 1957 on Loyalsock Creek in eastern Pennsylvania. Originally tied to imitate the Green Caddis hatch, the Elk Hair Caddis has since been tied in a variety of wing, hackle and body colours to simulate different caddis and small stoneflies.



Materials used:

Hook: Black Magic Fly Hook E10

Thread: Gudebrod Brown

Hackle: Whiting Silver Grade Brown

Dubbing: Tiewell Super Possum Brown

Wing: Elk Hair



A hair stacker is useful for aligning the elk or deer hair.



Tie in the hackle.



Dub the body



Palmer the hackle forward and tie off.



What the trout sees.



Tie in the elk hair.



Admire your finished project.



Trim the elk hair.

You can find plenty of videos and tying patterns on the Internet if you need more help or are looking for variations. This is a good place to start:

<https://fliesontheline.com/2019/03/06/elk-hair-caddis/>



How far have we Gone?

or

Food for Thought

By Barry Ryan



Let's take a hard cold look at the truth about Fly Rods. Today you can spend \$1000 plus on the latest must have wiz bang, you beaut fly rod that some call a cannon and other wonderful things that can cast like nothing built before. A rod you must have because it will improve your casting and therefore, surely help you catch more fish. That's why most people buy a fly rod - to catch fish. And it only weighs an amazing few ounces, grams or grains.

Now let's sit back, pour down the throat a nice black coffee and consume some of Don's magical cheese and think about the cold facts of today's wonder fly rods. Let's start back in the early 1960s, as a base for the thinking. The memory banks are now opened and out comes the fly rod. Today if someone was told I am casting a rod almost 70 years old, there would be tribes of so called experts and their followers carry on about using an old Fibreglass rod and how wonderful today's rods are. But the truth is they are not. Yes that's a cold hard statement to make that will wind up a few sales types and the tribes of experts and their followers and make them spill their coffee.

First you will be told this new 2020 rod is lighter than your old fiberglass rod Really? How much lighter? A few grains that's about all. But in the meantime in the 60's nobody carried a mobile phone, in fact this was a time before the mobile phone was even invented. Today you must carry this phone wherever you go, in case you miss a call and this phone is getting heavier and larger and heavier..... But that's acceptable - a must have while casting/fishing. No one worries or even thinks twice about the weight. But we worry about the weight of an extra ounce or two of the rod.

Meanwhile the good looking caster with a lighter wiz bang new state of the art fly rod must carry all the gadgets with a few hundred flies on his/her back and even more on their chest. But that's acceptable. Here the weight doesn't matter. In the 60's a lightweight vest with only a couple of fly boxes was enough. Today the good looking fly angler/caster doesn't worry about all the weight of these multi pocket front and back vests that carry a few hundred flies and all kinds of important things that most likely will never be used year in and year out any more, but worries about the weight of the rod.



Now this wiz bang new state of the art rod can out cast that old 1960's rod, but can it? Ask as many people as you like the question, how many feet extra did your new \$1000 fly rod allow you to cast? Yes,

you know the answer. The answer will be the caster, and not the rod has improved his/her casting. Understanding and ability; that's the secret - the key. And as a suggestion, all, yes all even the so called teachers and expert casters should have lessons to help their casting. If the World's best Tennis and Golf players have a full time coach then fly casters should at least start thinking about a coach or a lesson as it's the 1% that improves the stroke be it Tennis, Golf or the fly cast.



With the new super fly rods, most are not perfect tools, and that's all they are, for Roll casts to Spey type casts. They are amazing with distance casts as most are built as fast action styles, which now limits where you can cast and fish.

I still have and still use my first fly rod which was built by Bill Southam in Sydney in the early 60's. Bill was an ex Australian Casting Champion that built and sold a range of fishing tackle from game fishing to Bass lures. The famous Bell Brook Wobbler was one of his lures. My rod is a 6w 8foot model built from German fiberglass. 8foot 2 piece was the normal length and sections back then as nobody had 9footers or even 4 piece. This rod has been rebuilt 4 times over the years.

And I introduce casters to this rod by informing them that I have just bought this glass rod and ask them to try a cast. The remarks after a cast range from; I never thought about glass before, to this is so enjoyable to use.... And then I inform them it's almost 70 years old.....then comes a look

on their face that's worth a million dollars. Have we gone too far? As food for thought everybody should have a lesson or have someone just take a look at their casting and spend some hard earned money on skills instead of that wiz bang beaut new fly rod. The weight doesn't really matter within reason. Question yourself; do you really need a wiz bang fly rod? Then ask yourself again, am I carrying too much junk on my back and chest in grossly expensive gadget bags that are stinking hot in the summer months?

Today, what has really changed from the early 60's about fly rods, is the mountains of marketing and promotion by Company reps and Advertisers telling you the newest, the best, the all amazing fly rod you simply cannot live without, has arrived. And each year out comes a new wiz bang you beaut rod, that really doesn't cast any further, but in the meantime, you have improved your casting. In the 60's there was none, as in zip, of the above.



Barry Ryan

Luderick on Fly

Allan Ekert

Fly fishing is all about making the simple task of catching fish more difficult.

I grew up spending all my school holidays at Hawks Nest on the Myall River in NSW. Under my granddad's patient guidance I learnt the art of fishing for blackfish (that's what we called Luderick then - and names even less politically correct). Every day of the winter school holidays we would fill our sugar bag with berley and head down to the rocks to bring home an equally full sugar bag of Luderick.

Times have changed and the fish are not as plentiful nor is the green weed we used to catch them on. Some would say our "catch and kill" mentality was to blame. Having been back to my old hunting grounds and seen the changes to the river and the loss of habitat I don't feel guilty about the fish we kept for a feed. I believe the decline in the fishery is due to factors greater than anything a grandfather and his grandson could be responsible for.

Nowadays I am much more aware of catch and release and do my best to preserve the remaining stocks of Luderick. I even go to the extent of making it more difficult by trying to catch Luderick on fly. Let me tell you about how I go about fishing for Luderick these days. It's nowhere near as successful as when fishing with green weed using a handmade bamboo rod with a steelite reel and wooden float; but I enjoy it.

This article is specifically about fly fishing for Luderick in one particular creek on the Mid North Coast of NSW. In fact it is just about one specific way that I fish this creek.

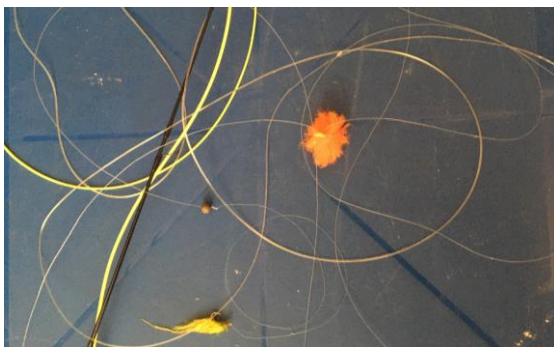
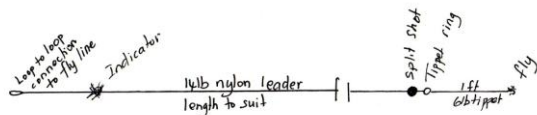
There is more than one way to skin a cat - or should that be fish! There are many creeks like this up and down the coast that can be fished in a similar way. I don't suggest you should take everything I say and try it in your own creek. This is just my way of doing things and hopefully it will give you some ideas to try in your own backyard.

My creek presents a few different challenges. It is too wide to cast across and too fast and deep to walk across. The fish hold in different places in the creek at different times. It is very popular with swimmers and dog walkers. It can be fished from a small boat but that is a technique for another day.

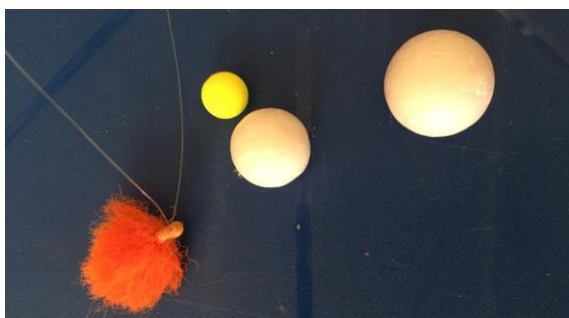
Because I often have to make long cast with no room for a back cast (I don't want to hook a dog walker!) my rod of choice is a TFO Deer Creek 11ft double handed 6 weight. Any fly reel will work as well as old centrepin reels like the Avon Royal if you remember those. Choice of fly lines is a never ending quest but I have settled on two lines that I use the most. The first is a Royal Wulff Ambush (10wt 400gr) which is a Skagit style integrated shooting head. The other is an Airflo Speydicator (6wt 360gr) with a long heavy mending section behind the head. If I know I will need extra long casts I use the Ambush. If I know mending line to get a drag free drift is going to be important I use the Speydicator. These lines on the double handed rod allow me to use spey casts to deliver a fly and indicator to wherever the fish may be holding.



I set this rod up to suit my style of fishing. You can use your own ideas and don't be afraid to experiment. Because both these lines have bright front tapers I add a 7ft clear floating polyleader. To that I attach about 10ft of 10-14lb nylon allowing me to fish the deeper holes. Finally, I add about 12 inches of 4lb or 6lb fluorocarbon using a tippet ring. Just above the tippet ring I crimp a split shot if the fly is not heavy enough to get down in the flowing water.



Indicators are a problem. You can fish without one but controlling your depth and detecting a take becomes more difficult. The indicator needs to be big enough to see at distance and hold the weight of the fly and split shot. On the other hand it needs to be small so you can cast it and it doesn't upset the fish. I use yarn indicators and polystyrene balls of various sizes.



A fly is never going to be as successful as a piece of fresh green or cabbage weed leaf. But aren't we trying to make things more

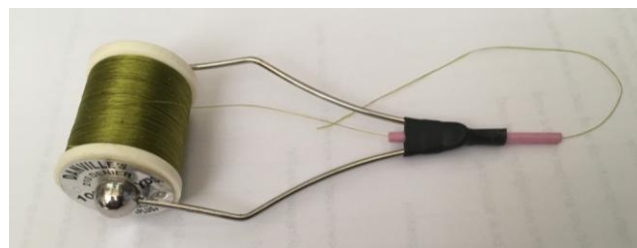
difficult! The advantage of the artificial fly is that it is going to stay on the hook when you are casting and you don't have to keep baiting your hook when the fish are biting. Lots of traditional Luderick anglers are switching to weed flies for these reasons. And they will catch fish.

There are as many different ways of tying a weed fly as there are Luderick anglers. Choice of hook, type of dubbing material, colour and method of tying will be different for every one of us. Only the fish have the right answer. For what it is worth, here is my go to weed fly (if you look in my fly box you will find other patterns!)

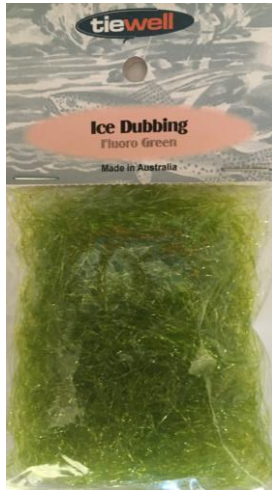
Hook: I like a curved caddis or grub hook with a wider gape - usually # 10, sometimes #12. I prefer to add a split shot to the line rather than add weight to the fly.



Thread: Anything olive/green in 6/0 or clear mono.



Dubbing: This will start an argument with any group of Luderick fly fishers. My material of choice is Tiewell Ice Dubbing Fluro Green. The original is very difficult to get now but there are plenty of close substitutes. I don't think this dubbing is magic but I fish it with confidence and that's what matters.



It usually takes about three balls to cover the hook (making sure not to crowd the eye.)

Tying the weed fly is pretty straight forward. The rougher it looks the better it fishes.



Ice dubbing is like tinsel and won't wrap around thread like normal dubbing. Try wetting your fingers and rolling it into a ball before tying it on top of the shank.



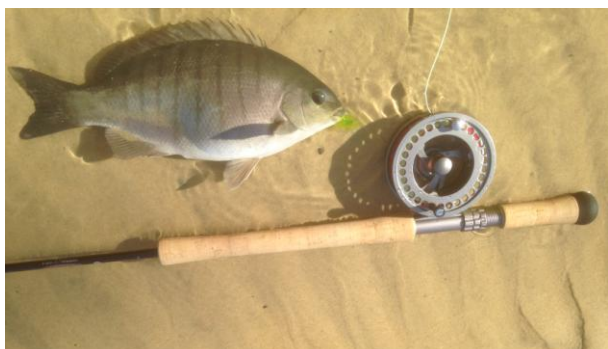
Fishing for Luderick on fly in this method is akin to nymph fishing for trout. You find where the fish are feeding and drift your fly through the area at the right depth and without the fly dragging. That's where your indicator is important. If you indicator is dragging your fly will not be drifting naturally and that, plus the movement of the indicator on the surface, will spook the fish.



You will need to be able to at least roll cast with your double handed rod but to be more successful with your casting you will probably need to learn a few spey casts. Start with a single spey and then add a circle or snap-t cast and you should be well equipped to fish any moving water. As with all your casting you need to be able to

perform the cast over either shoulder – the wind doesn't always blow in the right direction. The only problem with spey casting in my creek occurs when the word gets out that the fish are on and you get crowded with people fishing beside you. Unfortunately, not even 1.5metres is enough room to make a Snap-T.

Here are some photos from a session at the creek. The fish were there but not feeding apart from one hungry little fellow. When the fish are not feeding there is nothing you can do about – except maybe offer them some fresh green weed!



There are many approaches to catching Luderick on fly. This is just one of the ways I go about trying to catch them in my local creek. Using a boat is another way using a different setup and a different approach.

I encourage everyone to give fly fishing for Luderick a go. Even if the fish don't play ball you get to practice your casting. You'll learn a lot about spey casting and the double handed rod will give your tennis elbow a rest.

Allan Ekert

Trout Season Closure

Annual closure on fishing in trout streams for NSW will be in place from Tuesday after the Queen's Birthday weekend and re-opens on the October long weekend. Trout dams remain open to fishing throughout the year.

When the season opens again in October, a minimum size limit of 25 cm, daily bag limit of two and possession limit of four trout again applies to the Thredbo and Eucumbene Rivers and other fly and lure only waters in NSW.





Casting Geek

I'm a casting geek. So what does a casting geek do when they are forced to stay at home because of a pandemic? Lots of casting in the backyard of course! I'm fortunate to live in suburbia with a backyard just big enough for a 40 feet back cast and 40 feet forward cast. During the Covid-19 lock down I have been able to get out and practice my casting most days. I'd like to say my casting has improved immeasurably but what you are about to read may prove that wrong.

The definition of a geek is "someone who is very interested in a particular subject and knows a lot about it." Another definition is a "digital-technology expert or enthusiast" I'm very interested in casting and enthusiastic about using technology but I have a lot to learn and am far from being an expert. I still think that makes me a geek. With time on my hands I decided to indulge the geek in me and study my casting in more detail. To do this I used the Casting Analyzer. I've written about the Casting Analyzer before so I won't go into details. If you want to know more search the archives for June 2012 and August 2018.



The Casting Analyzer measures several aspects of a cast and compares that to an expert. Hundreds of experts in the field were measured and the "ideal" cast was extrapolated. The Analyzer allows you to measure your cast against the scores these experts achieved. The amount of information is mind blowing and overwhelming if not broken down into manageable parts. So that's what I decided to do. I decided I would study one aspect of an ideal stroke and see if my casting measured up. Then, over a period of a week or two I would see if I could improve on what I was doing and get my scores somewhere near the expert mark.

To keep track of my scores I decided to use an Excel Spreadsheet. I haven't used Excel for some time and not for creating graphs so this would be an opportunity for me to put my brain to work. To any statisticians and Excel geeks out there I apologize for having to put up with my crude use of the software. Just imagine what a casting instructor has to go through when you, as a complete novice, turn up for your first casting lesson, and cut me some slack. Apologies also to my other reader who likes to see photos of casting and catching fish. I'm afraid the spreadsheets and graphs are as close as you are going to get to pictures this month.

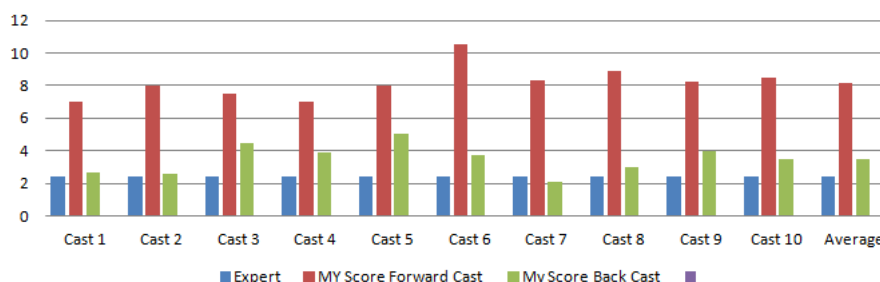
My first step, then, was to collect data and produce a spreadsheet to make analysis easier. I took my trusty Echo 3 9ft 5wt fly rod out to the backyard and setup the casting analyzer. The plan was to make a series of 10 casts and record the results on a spreadsheet. This would give me a benchmark to study and find areas of my cast in need of attention.

Length: 40feet	Expert	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	Average
Date: 29.4.20												
Rod: Echo III 5wt												
Cast Symmetry	100 > 80%	86	90	94	86	83	100	99	85	95	85	90.3
Forward Arc	66 65-80	72	71	70	65	64	73	64	72	66	72	68.9
Cast Energy Forward	100	16	10	5	20	12	24	-1	34	6	25	15.1
Smoothness Ratio Forward	2.4 1-8	7	8	7.5	7	8	10.5	8.3	8.9	8.2	8.5	8.19
Peak Speed Forward	260 240-280	276	269	262	281	271	285	255	296	264	286	274.5
Deceleration Forward	2200 >2200	2649	2982	2137	2739	2598	1446	2355	2624	2342	2565	2443.7
Stop Forward	30 <30	-15	-5	-5	-30	-7	-31	-1	-9	-3	-3	-10.9
Rod Load Forward	25 >25	51	52	45	58	50	27	43	44	44	41	45.5
Backward Arc	66 65-80	67	64	64	67	64	71	70	69	64	70	67
Cast Energy Backward	100	-10	-7	-9	-6	-22	-31	-6	-2	0	-6	-9.9
Smoothness Ratio Backward	2.4 1-8	2.7	2.6	4.5	3.9	5	3.7	2.1	3	4	3.5	3.5
Peak Speed Backward	260 240-280	238	242	246	243	226	286	258	252	250	243	248.4
Deceleration Backward	2200 >2200	2976	3104	1728	2976	2846	2412	2944	2552	2880	2144	2656.2
Stop Backward	30 <30	-12	-2	-24	-18	-28	-31	-22	-26	-20	-11	-19.4
Rod Load Backward	25 >25	47	45	35	38	44	27	34	38	27	23	35.8

As any good politician knows, the best way to hide problem figures is to surround them with so much data no one is going to be bothered reading it. That's pretty much the case here. There's a lot that needs working on according to these results but I am hoping you won't bother studying them in detail. I could, like a politician, highlight the positives and explain the extenuating circumstances such as the wind or my tennis elbow, but if this was going to be a worthwhile exercise I needed to look at the "good, the bad and the ugly." Given that there is plenty of "ugly" in these figures, I decided to settle on just one aspect that I could improve and set about doing something about it.

Smoothness Ratio

Date: 29.4.20
Rod Echo 35wt

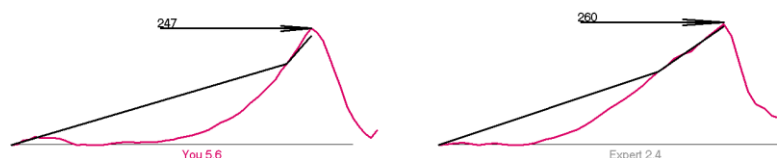


From the data there was one thing that stood out for me. It was the difference between the smoothness of my back cast compared to my forward cast. Why was I so much smoother on the back cast? What could I do to make my forward cast smoother? I've always admired smooth casters because of their efficiency and great looking loops so I decided to try and improve my smoothness ratio. The plan was to find out how to make a smooth cast and practice until I could see the results in the data generated by the Casting Analyzer.

Smoothness is one of the main differences between being able to throw good loops, and being able to throw great loops. Smooth acceleration leads to smooth bending of the fly rod and this enables the tip of the rod to track in a straight line. Keeping the rod tip on a straight path is the key to developing an expert casting stroke. The Casting Analyzer was able to pin point what I needed to do to make my casting smoother.

The diagram below is a good illustration of where I was at and where I needed to be. These rod speed curves illustrate my application of power (left) and an expert cast (right). In each cast, the slope of the first line is the average acceleration at the beginning of the stroke. If these slopes are nearly the same, as in the case of the expert cast to the right, then the power application is smooth. By contrast, if these slopes are very different, as seen by the obvious 'kink' in my cast to the left, then the power application is not smooth. The ratio of these two slopes is called the "smoothness ratio." When this ratio is small (8 or less), then the two slopes are similar and there is little visible 'kink', as in the expert cast. Now all I had to do was work on smoothing out the acceleration on my forward to cast so that it matched the smooth acceleration on my back cast.

Rod Speed Curve

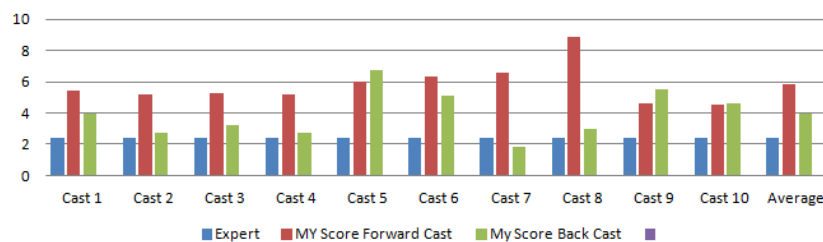


There is a well known saying that "weighing a pig doesn't make it fatter." I'd measured my problems and now I needed to do something about it. It was no good testing again until I had spent some time trying to make my forward cast smoother. Each day for a week I practiced, concentrating on the smooth acceleration of the rod. I watched my loops to see if they were tight and the fly line was straight. I practiced until I was certain my casting stroke was smoother. And then I used the Casting Analyzer again.

Date: 10.5.20												
Rod: Echo III Swt												
		Cast 1	Cast 2	Cast 3	Cast 4	Cast 5	Cast 6	Cast 7	Cast 8	Cast 9	Cast 10	
Length: 40feet	Expert	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	My Score	Average
Cast Symmetry	100 >80%	96	99	98	99	88	99	95	85	99	98	95.6
Forward Arc	66 65-80	65	77	66	77	69	64	68	72	80	65	70.3
Cast Energy Forward	100	-15	21	-2	21	38	14	0	34	70	6	18.7
Smoothness Ratio Forward	2.4 1-8	5.4	5.2	5.3	5.2	6	6.3	6.6	8.9	4.6	4.5	5.8
Peak Speed Forward	260 240-280	239	282	259	282	301	273	256	296	334	263	278.5
Deceleration Forward	2200 >2200	2534	2803	2752	2803	3136	2124	2304	2624	3161	2086	2632.7
Stop Forward	30 <30	-19	2	-17	2	-5	-1	-1	-9	-20	-13	-8.1
Rod Load Forward	25 >25	54	45	46	45	39	36	41	44	40	56	44.6
Backward Arc	66 65-80	66	75	76	75	75	66	71	69	78	75	72.6
Cast Energy Backward	100	-19	29	-3	29	12	21	16	-2	76	15	17.4
Smoothness Ratio Backward	2.4 1-8	4	2.7	3.2	2.7	6.7	5.1	1.8	3	5.5	4.6	3.93
Peak Speed Backward	260 240-280	229	284	254	284	244	275	269	252	332	268	269.1
Decleration Backward	2200 >2200	2176	3646	3168	3648	3488	2784	2688	2552	4864	3904	3291.8
Stop Backward	30 <30	-31	-26	-26	-26	-13	-17	-20	-26	-13	-24	-22.2
Rod Load Backward	25 >25	24	33	25	33	44	36	40	38	47	39	35.9

Smoothness Ratio

Date: 10.5.20
Rod Echo 3 Swt



As you can see I did have some success in making my forward cast smoother. I still wasn't able to consistently match the smoothness of my forward cast with that of my back cast. And I still couldn't attain the levels of smoothness achieved by the experts. But progress was made and I was obviously on the right track. I was happy with that.

With lock down restrictions being lifted I don't plan on spending more time working on all the other aspects of my casting which do not meet the standard of the experts. There are too many places to go and fish to be caught. I will continue to measure my casting with the Analyzer and continue to practice to get better. In the meantime, in the words of Joe Smocktapop (aka Mel Krieger) "I may not cast very well but I can catch fish!"

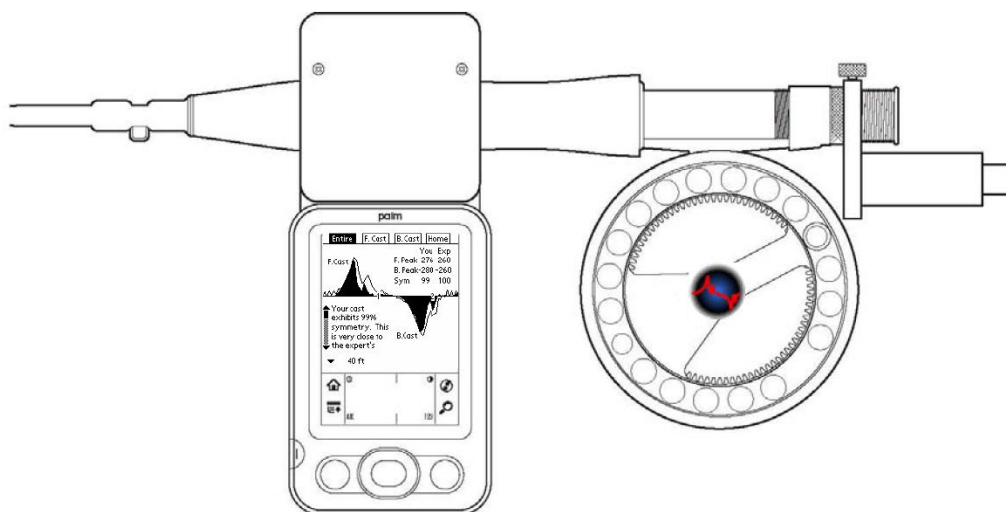
So what have I learnt from this exercise? Here are a few random thoughts:

- I am not an expert.
- It takes lots of practice to be perfect.
- Being a smooth operator is harder than it seems.
- It's impossible for me to be consistent every cast.
- The Casting Analyzer produces way too much information.
- I am a casting geek.

Fly casting is an art and a science. The late Mel Krieger classified casters into two broad groups: *engineers* and *poets*. The first group is formed by those who need to know how things work in order to learn them; the other one relies more on feeling and doing those things. Whether you learn using the Casting Analyzer and study the mechanics from an engineer's point of view or learn from feeling and doing as an artist would, it doesn't matter. All that matters in the end is that you can cast well enough to catch fish in every situation your fly rod takes you.

If you managed to read this far you have done well. If you are an engineer and have studied the data you have done really well. Although I wasn't able to achieve the scores of the experts consistently I think my casting did improve and the time taken to practice paid dividends. To put the scores into perspective this is how the designers of the Casting Analyzer, Bruce Richards and Noel Perkins, rate my casting. I might not be an expert but my report card featured lots of excellent work.

40 ft Cast	Expert	Excellent	Good	Needs Work
Symmetry	100%	>90%	80-90%	<80%
Peak Speed	260	240-280		
Arc	66	65-80 deg		
Smoothness Ratio	2.4	1 to 8	8 to 12	>12
Deceleration	2200	>2200	1400-2200	<1400
Stop	30	<30	30-40	>40
Load	25%	>25%	15-25%	<15%



Beginner's Corner

This month's question for Beginner's Corner is about how to retrieve your fly. For the absolute beginner, learning to cast is just the first part of the challenge of catching a fish on a fly. Learning what to do once you've got your fly on the water can be just as complex and frustrating. Every new species I chase still has me thinking about the retrieve. I don't pretend to have all the answers but here are a few of my thoughts on retrieving flies.

For the beginner, you are going to need to learn how to use your non casting hand. First you will want to be able to hold the line in your hand to stop slack entering your cast. Later you will need to use your non casting hand to control shooting line. Eventually you will have to learn to use both hands to double haul. Don't worry about the complicated stuff yet and just concentrate on making sure your non casting hand is always holding the fly line. You can't retrieve unless you have the line in your hand.

The way I look at retrieving line is that it depends on the fly you have tied on and the fish you are targeting. When you select a fly you are usually trying to imitate a food source of the fish. If you have tied on a dry fly to resemble an insect a trout might eat you need to know what that insect might do when it lands on the water. If it is a hatching mayfly or a drifting beetle stuck in the meniscus there won't be much movement. A trout would expect to see the insect drifting helpless in the stream. In this case you wouldn't retrieve your fly at all. In fact you would have to learn about mending your line to ensure the fly does not produce unusual movement (we call that drag and it can be a subject for discussion on its own.) If you are a trout fisher the first retrieve you need to learn is no retrieve.

If the insect or food source you are trying imitate moves, then you have to learn to move the fly. This is where things become a little more complicated. Not only do you have to

learn about using your non casting hand to make the fly move, you have to know what sort of movement. Insects, baitfish, crustaceans, molluscs etc. all move in different ways. When you tie on a fly you need to know what you are trying imitate and how the real thing moves. This is where some study and observation is necessary. A crab moves differently to a prawn. A nymph swims differently to an anchovy. When you understand this you are well on your way to knowing how to retrieve a fly.

As this column is for beginners I am not going to go into a lot more detail about retrieves. There are plenty of books and Internet articles that will give you that information. For the sake of simplicity, I am going to offer a few suggestions for how to retrieve your fly for some of the fish you can catch in our local area on your first fly fishing trips.



Trout: I have already made some comments about the retrieve for fly fishing for trout. You can fish for a lot of trout without having to retrieve at all. If you want to fish a nymph you might like to use a figure of eight retrieve (Google is your friend). For streamer patterns like Woolly Buggers a simple strip, strip, strip, pause retrieve will work.



Flathead: If you have never caught a fish on fly this is the species for you to target first. Flathead are predatory fish which lay in ambush and pounce on any unsuspecting

fish or crustacean that comes near. To make your fly act like the natural you just need to strip the line about 30cm at a time with a pause in between. If you have come from a soft plastic background you will know what works. If you have never caught a flathead on a soft plastic or hard body lure watch what others do. Just make your fly act the same way.



Tailor: Like flathead, tailor will eat just about any fly you throw at them. A fast retrieve is required but you will often get a hit when you pause the fly. As a general rule retrieve the fly as you might imagine yourself fleeing from a shark!



Bream: For the beginner, the easiest way to catch a bream on fly is by using bread for berley. Throw a few slices of bread around any place you see bream and watch them go crazy. Once they are in a feeding frenzy cast your bread fly as close as you can and wait for the bream to pick up the fly. There is no need for a retrieve. The secret for success is accurate casting and a bread fly that sinks slowly. And remember, although the fish are going crazy eating the bread they are still aware of your presence. Getting too close or sloppy casting will put the fish off the bite straight away.

When you are ready to catch a bream on fly without berley you will have to think of your retrieve again. Depending on what type of fly you are using you will need to move the fly to get the bream's attention. Glenn wrote about

this in last month's fly tying. "Twitch" is a good word to describe how to move the fly and it is very important to pause and stop the fly - sometimes for a number of seconds



Mullet: You can catch some mullet on fly the same way as you catch bream on bread. Unfortunately, the large bully mullet do not eat bread (or anything else that you throw at them) and are very difficult to catch on fly. Smaller species of mullet and garfish love bread and can be targeted with a bread fly without a retrieve.



Whiting: Whiting will take flies but it depends on what day it is and whether you are wearing your lucky shirt. Spin fishers catch them fairly regularly by using a fast non-stop retrieve of a surface lure. When there are a few whiting about a fly will work if you can convince them to chase and catch it before their mates get it. With whiting, it usually pays not to pause or stop the retrieve as the fish seem to lose interest in the chase.

The more I write on this subject the more I find needs to be said. For a beginner knowing what to do after you cast the fly can be daunting. Use this information as a starting point and get out there and experiment. There are no definitive answers.

Editor

Our Supporters

These people have all helped our club in one way or another. When you are looking for products and services make sure you consider them first



Membership Fees

Membership Fees are as follows:

Adult membership \$30

Concession membership \$20

Junior membership free

eMembership free

The membership year runs from 1st July to 30th June. If paying membership after December fees will be reduced by 50%.

¹ Concession membership is available to senior cardholders, pension card holders (including disability support and aged), Centrelink and Veterans Affairs cardholders

² eMembership replaces Distant Membership and is available to anyone not wanting to attend meetings or events but still retain the other benefits of club membership. eMembers are not covered by Club Insurance. eMembers wanting to participate in an event or meeting must pay to become full members.

³ Junior membership is available to anyone attending primary or secondary school.

Fees can be paid:

1. **In cash** or by **cheque** at the next meeting or fly tying night. (cheques made payable to Coffs Coast Fly Fishing Club Inc.

2. **By cheque** posted to:

The Secretary
Coffs Coast Fly Fishing Club
11 Butterfly Close
Boambee East
NSW 2452

3. **Direct deposit:**

BSB 062-678

Account Number: 10333424

Name: Coffs Coast Fly Fishing Club Inc

Reference: Your surname

If you are making an electronic deposit please send an email to ccffc@tpg.com.au to indicate you have paid as we do not have online access to our account. When depositing make sure you include your surname in the Reference section. e.g. **Ekert Membership.**

Club Contact Address

Our official email address is ccffc@tpg.com.au.

Our mailing address is:

The Secretary
Coffs Coast Fly Fishing Club
11 Butterfly Close
Boambee East
NSW 2452

Electronic Contacts

We have a Coffs Coast Fly Fishing Club website which can be found at:

<http://coffscoastflyfishing.weebly.com/>.

If you find problems with the website such as broken links please email the Secretary so they can be rectified.

Our Facebook Page can be found at:

<https://www.facebook.com/coffscoastflyfishing/>

We have a **Facebook Group**. If you are on FB all you need to do is search for Coffs Coast Fly Fishers and ask to join the Group. Currently there are 247 members in this group.



2020 Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
1	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	1
2	Th	Su	Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	2
3	Fr	Mo	Tu	Fr	Su	We	Fr	Mo	Th	Sa	Tu	Th	3
4	Sa	Tu	We	Sa	Mo	Th	Sa	Tu	Fr	Su	We	Fr	4
5	Su	We	Th	Su	Tu	Fr	Su	We	Sa Fly Tying	Mo	Th	Sa	5
6	Mo	Th	Fr	Mo	We	Sa	Mo	Th	Su	Tu	Fr	Su	6
7	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	7
8	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	8
9	Th	Su	Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	9
10	Fr	Mo	Tu	Fr Easter	Su	We	Fr	Mo	Th	Sa	Tu	Th	10
11	Sa	Tu	We	Sa Easter	Mo	Th	Sa	Tu	Fr	Su	We	Fr	11
12	Su	We	Th	Su Easter	Tu	Fr	Su	We	Sa	Mo	Th	Sa	12
13	Mo	Th	Fr	M Easter	We	Sa	Mo	Th	Su	Tu	Fr	Su	13
14	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	14
15	We	Sa Outing	Su	We	Fr	M	We	Sa	Tu	Th	Su	Tu	15
16	Th	Su	M Club Meeting	Th	Sa	Tu	Th	Su	We	Fr	M Club Meeting	We	16
17	Fr	M Club Meeting	Tu	Fr	Su	We	Fr	M Club Meeting	Th	Sa	Tu	Th	17
18	Sa	Tu	We	Sa	M	Th	Sa	Tu	Fr	Su	We	Fr	18
19	Su	We	Th	Su	Tu	Fr	Su	We	Sa	Mo	Th	Sa	19
20	M Club Meeting	Th	Fr	M	We	Sa	M	Th	Su	Tu	Fr	Su	20
21	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr Swansea	M Club Meeting	We	Sa	Mo	21
22	We	Sa	Su	We	Fr	Mo	We	Sa Swansea	Tu	Th	Su	Tu	22
23	Th	Su	Mo	Th	Sa	Tu	Th	Su Swansea	We	Fr	Mo	We	23
24	Fr	Mo	Tu	Fr	Su	We	Fr	Mo	Th	Sa	Tu	Th	24
25	Sa	Tu	We	Sa	Mo	Th	Sa	Tu	Fr	Su	We	Fr	25
26	Su	We	Th	Su	Tu	Fr	Su	We	Sa	Mo	Th	Sa	26
27	Mo	Th	Fr	Mo	We	Sa	Mo	Th	Su	Tu	Fr	Su	27
28	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	28
29	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	29
30	Th		Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	30
31	Fr		Tu		Su		Fr	Mo		Sa		Th	31



Coffs Coast Fly Fishing Club Inc.

Membership Form

I.....DOB.....

(print full name)

of.....

(print full address incl. street name and number, town and postcode)

Email address.....

Phone number.....mobile.....

Emergency Contact:..... phone:

I hereby apply for membership of Coffs Coast Fly Fishing Club Inc. (tick one)

- | | | | |
|---------------------------------------------------|------|-------------------------------------------------------------|------|
| <input type="checkbox"/> Adult membership | \$30 | <input type="checkbox"/> Concession membership ¹ | \$20 |
| <input type="checkbox"/> eMembership ² | free | <input type="checkbox"/> Junior membership ³ | free |

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I agree to: (cross out if you **do not** agree.)

- having my contact details circulated only to financial members of the club.
- abide by the constitution, rules and any safety regulations of the club.
- any photographs taken of myself or family members to be used in the club newsletter, club promotional material or on the club website and Facebook Page.
- receive emails from the club including newsletters and club announcements.

..... **(signature of applicant)** **(date)**

..... **(signature of legal guardian if junior member)**

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Account Number: 10333424
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Reference: Your surname

All information supplied will be held in club records and will only be disseminated to financial club members (if approved by the applicant as indicated above)