

Fly Casting Tips for Distance

by

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Hints for getting extra distance: For those that can't make it to a casting class here are a few things you can do that will add to your distance.

1. Clean your line and dress it if it isn't one of the newer internally lubricated lines. (Refer to the article "**Thoughts on New Fly Lines**" in January 2008 newsletter.)
2. Make sure the line is balanced for your rod and your casting stroke. Test this by trying lines one weight above and below what you are using.
3. Make sure your leader and tippet are not too long and light weight for the fly being cast. (Review the article "**Component Parts of Fly Fishing Equipment**" in the February 2008 newsletter and the article "**Leader Selection**" in the June 2008 newsletter for some basic information.)
4. Practice often and use a specific sequence in those sessions. If you need a coach, contact Ron Robinson at 602-867-8820 for help.
5. A sequence that may help you is as follows:
 - a. Practice on grass so that you can measure the distance you are actually casting (often casters underestimate distance out to about 60' and over estimate beyond this).
 - b. Start your sessions with the lightest outfit you will be using (5 wt. before 6 wt. and 8 wt. before 9 wt. etc.).
 - c. Warm-up on a target about 40' away and make sure you are casting tight loops. Tight or small loops are key to achieving distance.
 - d. Next extend your casting to about 50' and concentrate on achieving VERY tight loops on your back-cast (without hauling).
 - e. Start your double hauling with about 40' - 50' of line beyond the rod tip and deliver your final cast with the same power application you use of the false casts (have about 20' of line off the reel that is available for the "shoot" on this final cast). You should be able to shoot the 20' if you have 50' of line beyond the rod tip and have a tight loop.
 - f. Find the maximum distance you can handle in the air on your back-cast while still achieving a tight loop. This maximum distance is often only achievable for one or possibly two false casts.
 - g. At this maximum back-cast distance work on your forward haul technique so that you still deliver the tight loop you were working on earlier. Without a tight loop on this forward-cast you will not achieve much distance.
 - h. Remember, tight loops with high line speed (good hauling) are required to achieve maximum distance. Keep in mind that there is distance casting for tournament competition and distance casting for fishing conditions. Don't mix the two!