

FALL 2023

The Loop



THE JOURNAL OF FLY CASTING PROFESSIONALS

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by Jonathan Walter and others
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Cover photo: "Mac Brown MCI discussing trajectory on the forward cast which is made up of force application and casting arc."

Editorial

Here in Northern California, we have been experiencing the transition from the lush green of summer to the reds and yellows that bathe hills and valleys with a warm glow in Fall. This Fall has also been a season of change for the FFI Casting Program. In our Fall issue, Jonathan Walters and co-authors provide an overview of the new Fly Casting Education Program and answer frequently asked questions about the changes. Furthermore, we have two articles that discuss key casting principles. Gary Borger explores the ways in which the fly rod tip controls fly casts. Bruce Richards revisits Gammel's Five Essentials of fly casting by adding some detail to each of the essentials and modernizing them a bit to include official FFI fly casting definitions. Finally, Russ Carpenter and Rick Williams introduce and

explain the new Single Hand Spey Casting Ladder now available in the FFI Learning Center. This provides a step-by-step approach to adding Spey casts to your stream fishing arsenal.

As we move into 2024, the new Fly Casting Education Program will provide many new opportunities for individuals to support the expansion of high quality fly casting instruction. I hope you will look for ways in which to contribute to this effort.

I welcome Rick Shelton as a new Associate Editor for The Loop. Actually, Rick has been serving in this capacity for a while.

Jim Wigington - Editor-in-Chief

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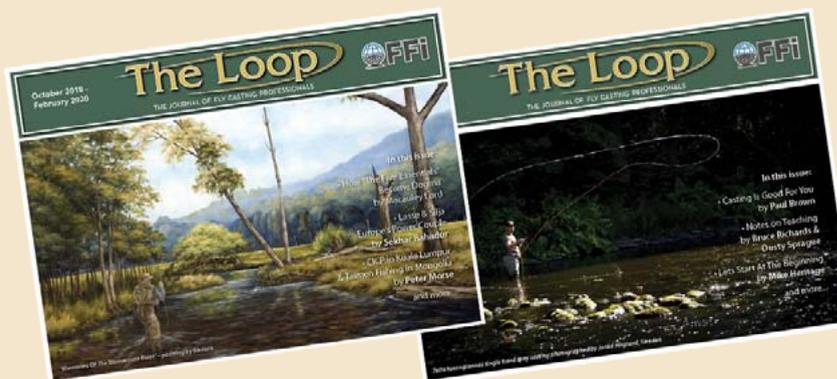
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WANTED

We're calling for article ideas from all CICP members, all casting instructors, and all fly fishing photographers worldwide.

Please email your ideas and photos to:
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THE NEW FFI FLY CASTING EDUCATION PROGRAM

Questions with answers from the Leadership Team

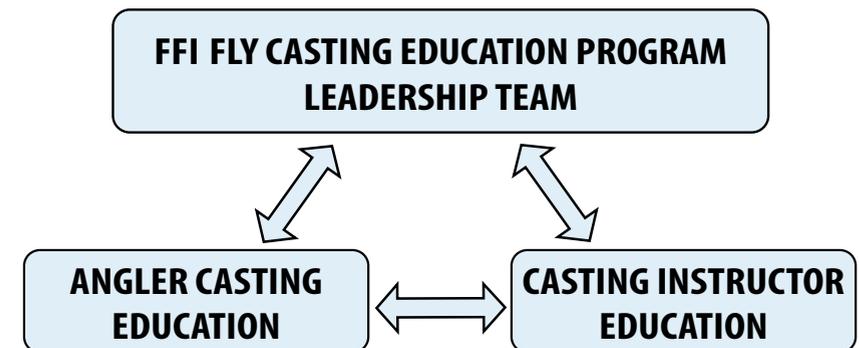
Jonathan Walter, Chair; Willy George, Vice Chair

Molly Semenik & Jim Wigington, Angler Casting Education Co-Leads

Sekhar Bahadur & Rick Williams, Casting Instructor Education Co-Leads

Change can be difficult, and big changes all at once present special challenges. Still, there are times when such a change is positive and needed. The FFI Casting Program is experiencing such a time. For the casting program and FFI to flourish, it must have a greater impact on the fly-fishing community, and broader recognition of the value of increased casting skill, and the value of instruction from FFI Certified Instructors. Additionally, the journey to instructor certification at all levels must become more obvious and structured so that candidates feel welcomed, encouraged, and supported throughout the process.

A new casting program organizational structure was created to achieve these goals through a set of agreed upon functions. These functions fall primarily into two areas (or streams), Angler Casting Education (ACE) and Casting Instructor Education (CIE). These two areas have Co-Leads who are responsible for managing the teams in each area, which we refer to as streams. These streams, just like currents in a river, are related and inextricably linked. There is a Leadership Team of the new FFI Fly Casting Education Program consisting of a Chair, Vice Chair, and the two Co-Leads of the two streams. The Leadership Team is the primary decision-making body of the program.



[Click here for the full FCEP Organizational Chart](#)



The cornerstone of the new casting program is the current Casting Instructor Certification Program (CICP), which will remain intact in the Casting Instructor Education stream. It will be supported by a Casting Instructor Development Program, or “Pipeline.” This Pipeline will seek to identify and welcome candidates, help with mentor placement, and together with other teams create new video, text, and virtual programs to enhance and streamline the certification journey.

The New FFI Fly Casting Education Program *continued...*

Implementation worldwide of the Fly Casting Skills Development (FCSD) program through the Angler Casting Education stream is another priority activity of the Fly Casting Education Program. In addition, continuing educational support of our existing instructors and teacher development of all instructors, certified or not, will be a priority. Finally, we will emphasize strengthening our relationships with the fly-fishing community and industry to gain feedback on our progress and ensure our value and relevance.

Of special note is that all of this will be accomplished by volunteers like you. Our new approach will only be possible with your involvement, no matter how large or small. We need everyone to help make the Fly Casting Education Program grow and prosper as a valued and respected member of the fly fishing community.

What follows are some frequently asked questions and answers about the new casting program. Please feel free to contact the Casting Coordinator, Nikki Loy, at casting@flyfishersinternational.org if you have other questions or if you wish to volunteer, which we encourage you to do!

Why was the Casting Board of Governors (CBOG) retired, and who is making decisions now?

Many talented and dedicated individuals served on the CBOG for over three decades. However, there is a dwindling number of master level instructors willing to participate at this level. More CICP members are needed to do the work, and the administrative structure did not meet identified needs. Additionally, FFI leadership recognized the need for more outreach to FFI members and to the entire flyfishing community.

A design group was formed to consider alternative directions and governance of the CICP. The design group identified functions to be fulfilled and then came up with a new structure to meet the needs. There is a six-person Leadership Team (LT) that makes decisions and provides direction going forward. Two members of the LT are the Chair and Vice Chair who are appointed by the FFI Board of Directors, two are the Co-Leads of the Angler Casting Education stream, and two are the Co-Leads of the Casting Instructor Education stream. The FFI Board of Directors enthusiastically and unanimously approved the new direction and structure, and many recent and past CBOG members are participating in various roles. Response to the change from the CICP community has been positive.

What is the intent of the change?

Historically, the Casting Instructor Certification Program (CICP) has focused on instructor certification. Together, we built a world class certification program. But now our scope is expanding, and our audience is broadening. We are expanding to include casting education not just for certified casting instructors but for certification candidates, members of the angling public, and the fly-fishing industry. This will increase the perceived and real value of casting instruction and instructor certification. Our activities, which are a work in progress, will now include working with FFI Councils, Clubs, & global FFI members, providing online casting education resources and videos, facilitating Fly Casting Skills Development on a global scale, expanding our continuing education program, developing a certification candidate Pipeline, creating a teacher development program, and supporting regional and international casting education events.

The New FFI Fly Casting Education Program *continued ...*

CICP standards are too high, so aren't you just shifting to teaching the public?

We do not believe CICP standards are too high. We do believe there could be more and better preparation materials and methods. In so doing, The journey could be more efficient without lowering standards. The shift to teaching the public is about engaging more fly anglers and making them aware of the value of casting lessons from Certified Instructors. Some of these members of the public may become CIs, thus increasing the number of candidates and CIs.

What's in this "Pipeline?"

The Pipeline is meant to offer more and improved preparation materials and structure such that more candidates will have resources to prepare efficiently for certification at all levels. Study guides are but one example of this. Video and virtual resources must be developed. If more candidates have directed, realistic, efficient methods of preparation worldwide, the number of candidates should grow and the pass rate should increase.

Won't "teacher development" (training those that wish to teach but not get certified) dilute the value of Certification?

There is a risk of this happening, but we believe we have far more to gain as an organization (FCEP and FFI) by offering our teaching expertise to those that wish to teach. This improves the image of the organization from one of being a closed, exclusive culture to one of openness with a willingness to share our expertise. It will reduce the barrier of exclusivity, sometimes characterized as snobbery and arrogance, that keeps some who might otherwise be interested in becoming certified from doing so.

Couple this with Pipeline efforts to create a more directive, efficient approach to becoming certified, and perhaps more people will become certified. Additionally, more anglers will be taught casting with improved methods. Improved casting skill leads to better, more enjoyable fishing and keeps people in the sport. If more anglers know about FFI, its certified instructors, and their teaching skill, everyone wins.

Won't I lose clients to efforts to increase teaching?

We do not believe so. In fact, increased teaching activities by casting instructors at all levels will improve awareness of instructor certification, the value of a casting lesson with a certified instructor, and indeed the value of improved casting skill. Shared positive experience, shown lately to be a major way in which clients communicate value, should rise. Prospective client numbers could increase! We should work toward the goal of having the angling public ask for and expect an FFI Certified Casting Instructor. If there is increased demand for CIs at all levels, there should be increased demand for candidates to become certified.

Will there be new certifications for those becoming better instructors but not getting a CI/MCI?

There are no plans currently for additional levels of certification. Bronze, Silver and Gold Fly Casting Skills Development levels are casting achievements and not instructor certifications.

Are there plans to increase international activities?

We want to grow our international presence. This will start by improving the organization of our efforts worldwide, such as establishing regional casting directors overseas. This is already underway.

The New FFI Fly Casting Education Program *continued ...*

Will there be marketing for casting instructors?

This discussion is underway, and some plans are being considered. Market research lately tells us that “shared experience” (think “word of mouth” advertising) appears to be the strongest motivator of fly fishers. If so, our plan to reach as many as possible with certified casting instruction is a good approach if the angler knows the instructor is certified by FFI! Other avenues are being discussed.

Is the Examiner Development Pathway on pause for now?

Absolutely not. It has been re-vamped into a more streamlined version and workshops and paperwork are being revised to reflect the changes.

Will there still be casting instructor awards for CICP?

Absolutely. It is important to reward those volunteers that do exceptional work. These awards and the timing of nominations and presentations will carry forward into the Fly Casting Education Program.

FFI Casting Education Leadership Team



Jonathan Walter - Chair

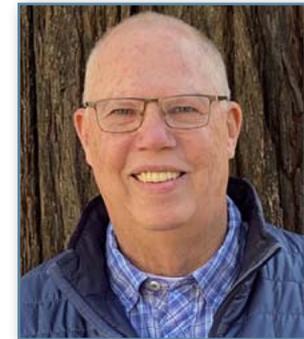


Willy George - Vice Chair

Angler Casting Education Leadership Team



Molly Semenik - Co-lead



Jim Wigington - Co-lead

Casting Instructor Education Leadership Team



Sekhar Bahadur - Co-lead



Rick Williams - Co-lead

[Click here to volunteer for the New Fly Casting Education Program](#) 

WHAT THE TIP DOES

By Gary Borger

Historical records indicate that fly fishing is at least 2,000 years old. But for the first 1,850 years, it was pole and string technology. That is, the fly fisher cut a pole from the woods and tied a string to the tip. The “string” was braided or twisted horse-tail hair; the pieces were knotted together to give the needed, final line length. The tippet was a single or double strand of the same hair.

Fly casting as we do it today started about 1850 when William Mitchell used Tonkin cane to build six-strip bamboo rods after the method of Samuel Phillipe (he had introduced the process in 1845). At the same time, manufacturers of string began braiding 90-foot-long silk fly lines, taper and all, without knots. Rod builders added “fixed rings” to the rods, allowing something that had not been available to anglers for 1,850 years—shooting line. This allowed anglers to lengthen line as desired without having to tie a new line to the tip of the rod. It also introduced tournament casting for distance.

Tournament casters quickly understood that to get distance they needed to form and use a good line loop (Figure 1). They also rapidly grasped that the rod tip was the creative point of the rod, which not only formed the loop, but also energized it. W.C Stewart, writing in his book *The Practical Angler* (1857) noted: “The forward motion is communicated to the line by the point of the rod, so that upon the rapidity with which the point of the rod moves through the air depends on the motive power of the line.”

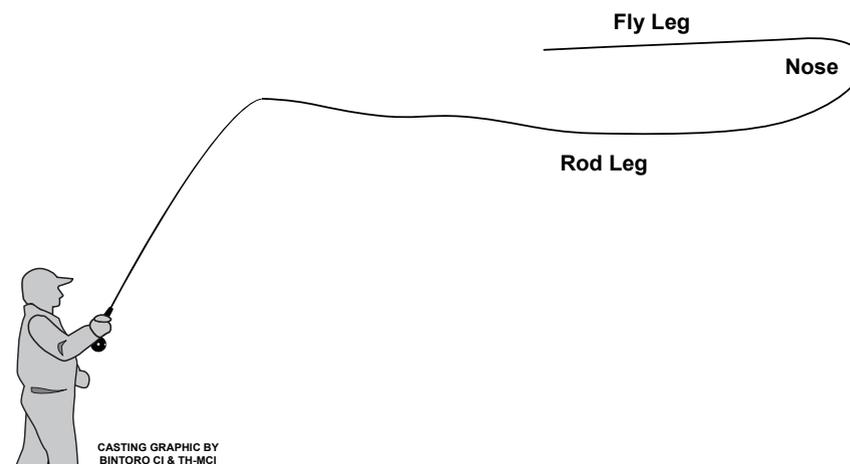


Figure 1. The Line Loop. The Rod Leg extends from the rod tip to the Nose of the Loop. The Fly Leg, quite obviously, extends from the fly to the Nose of the loop.

From this comes the only one true rule of fly casting: **What the rod tip does, the line does.** This axiom points to two understandings that have defined casting ever since fly rodders first recognized them in the middle of the nineteenth century: (1) the rod tip gives the line directionality, and (2) the rod tip gives the line energy. Both of these must be considered in the casting process. To cast straight, the rod tip has to move straight. But it must also impart sufficient energy to the line to make it travel as far as intended.

What The Tip Does *continued ...*

Fly rodders immediately began experimenting with techniques to energize the line. From this early work, ***the only three Casting Methods*** quickly evolved. Casting Method means the way the fly rodder empowers the rod to send the line to the target. First came Wrist Casting, using the wrist alone to power the line; this was followed rather soon by Forearm Casting, using the forearm and wrist to empower the line; and lastly, they began to employ Whole Arm Casting, using the wrist, forearm, upper arm and shoulder to give the line energy.

Tournament casters very quickly recognized that Whole Arm Casting gave the line far more energy than either Wrist Casting or Forearm Casting. And, since ***energy is the mother of distance***, by the end of the 1800s, tournament casters were locked into Whole Arm Casting, exclusively. Walter Mansfield, then president of the Golden Gate Casting Club, using Whole Arm Casting, achieved an astounding distance of 133 feet (average of 3 casts). That record stood for 35 years, until Marvin Hedge introduced the Double Haul at the August 1934, American Casting Games in St. Louis, MO.

But fly casting is not just about distance, it is also focused strongly on fishing tactics. It is here that Curve Casts, and other line handling tactics shine. And while there are five ways to make curves, the outcome of all of them depends upon the linking of tip directionality to the tip's power input. For one example among many, the aiming directionality of the rod tip to yield a Positive Horizontal Torque Twist Curve, can also yield a Negative Horizontal Torque Twist Curve, and a straight line!

How so? First, the Positive variety. Positive curves are cast across the front of the torso. For a right-hand caster, the curve forms to the left.

This is done by giving the line the normal amount of energy, to say, reach the target at 40 feet. The cast is initiated, but before the final energy is fully applied, the casting hand is rotated inward such that the hand ends up in front of the face at about chin level; the palm of the casting hand is facing the caster. The line flows forward and hooks around to the left (Figure 2).

Figure 2. A Positive Horizontal Torque Twist Curve is made, a bit after the start of the forward cast, by rotating the casting hand such that it ends up in front of the face with the palm oriented toward the caster.

Figure from Nature of Fly Casting (2011) by Jason Borger.



What The Tip Does *continued ...*

Ah, but give the line about half the energy needed to reach the 40-foot target, and even though the hand is rotated as before, the line flows forward and dies--with the tip of the line hooked toward the right! A Negative Curve.

The rod leg of the line loop has two points of anchor (tension). One is obviously the fly rod tip, and the other is the front end of the fly leg, just before it dives into the line loop. By pulling back on the rod tip, tension increases on the rod leg, which in turn, causes the fly leg to speed up. So, if the line is thrown underpowered, as if making a negative curve, and the caster pulls back just a bit on the rod tip (which in turn pulls back on the rod leg, thereby increasing its tension) then the line will straighten. If the caster pulls back a bit more vigorously on the rod tip, the line will hook around and form a positive curve.

Directionality of the rod tip and power input are always inextricably linked. ***The job of the fly caster is to direct the rod tip.*** Understanding how to do so is the key to not only casting well but controlling the cast with an exact intent in mind, and then changing it if need be.



Gary Borger has been teaching fly casting professionally for 50 years. He was the Midwest Director of the Fenwick Fly Fishing Schools, and has taught fly fishing and casting at numerous sports shows and fly fishing shows in the U.S. and other countries. He was a founding board member of the FFI Casting Certification Program and is a noted fly fishing author. He has written widely about all aspects of the sport.

INTRODUCING OUR NEW EDITORIAL TEAM

Rick Shelton, CI



Rick began his flyfishing life 50 years ago on a muddy neighborhood lake in his home town of Tuscaloosa, Alabama. He is still working on making the right cast to the right spot, whether it is in search of redeye bass or stripers in his home state or brook trout in the mountains of North Carolina. Rick has been a writer and teacher all of his professional life and tries to offer his fly casting students fundamental knowledge, enthusiastic

encouragement, and practical casting techniques, so that they can inspire themselves to become better fly anglers.

Rick is the owner and chief gear wrangler at the Alabama School of Fly Fishing in Westover, Alabama, and spools fly reels at Deep Outfitters in Birmingham. He is a member of the casting advisory board of the Southeastern Council of Fly Fishers International and regularly hosts popular FFI casting clinics. He is currently pursuing his FFI Master Casting Instructor's certification. Rick is a published children's author, short story writer, and poet. He has edited a literary magazine and taught writing to thousands of elementary teachers and their students around the Southeast over the past 25 years.

GAMMEL'S FIVE ESSENTIALS OF FLY CASTING

Revisted

By Bruce Richards

Bill and Jay Gammel's Five Essentials have been foundational for those wanting to cast and instruct well since 1990. Knowing these essentials and how they affect every cast is necessary for casters who want to truly understand fly casting. In this article, I'd like to add some detail to each of the essentials and modernize them a bit to include the official FFI fly casting definitions which were adopted in 2015. I would not meddle with the Gammel Essentials without Bill's blessing, which I got!

The first essential;

1. In order to form the most efficient, least air resistant loops, and to direct the energy of the cast to a specific target, the caster must move the rod tip in a straight line.

This essential is actually what results when the other 4 essentials are done properly.

The loop we use most when fly casting is a narrow loop **with a straight fly leg**. These loops are most energy efficient and can be cast most accurately. To achieve this kind of loop the rod tip must travel in a relatively straight line **during the casting stroke**. The rod tip path during the casting stroke largely determines whether the fly leg is straight or not. If the rod tip path is curved; up, down, right or left, the fly leg will be similarly curved and less efficient, less accurate. When the rod tip path during the casting stroke is relatively straight the most efficient loops are formed.

Tip path deviations in the vertical plane (up or down) are typically caused by rod bend issues. Horizontal tip path deviations (right or left) are normally caused by rod tip tracking errors. The rod tip path **during the casting stroke** determines what the fly leg will look like, and what the rod tip does **after the casting stroke ends and the loop has formed** determines what the rod leg will look like. Because the fly leg is moving much faster than the rest of the loop it is most important. It must be straight for the loop to be efficient and accurate. So, what must a caster do to make the rod tip path and fly leg straight?

2. The size of the casting arc must vary with the length of line past the rod tip.

This essential states that it is the length of line being cast that determines the size of the casting arc, which certainly is part of the story. When we cast we pull the fly line with the fly rod. The mass of the fly line resists the motion of the flexible fly rod causing it to bend. If there is more fly line being pulled there is more line mass and the rod will bend more, all else being equal. But if the line is simply thrown harder/faster the rod will bend more also. It isn't just the length of line that determines how much the rod bends, but also how hard it is thrown, how much force the caster applies. This essential would be stated a little more clearly if it said: the size of the casting arc must vary with the **degree which the rod bends**.

Gammel's Five Essentials of Fly Casting – Revisted *continued...*

Why is this important? The path of the rod tip during the casting stroke largely determines the shape of the top leg of the loop, whether it will be curved or straight. By matching the width of the casting arc to rod bend we can control the rod tip path to get the top leg shape and loop size we want. Most of the time we want the top leg of the loop to be straight and the loop to be narrow.

The casting arc is ***the angle change of the rod butt during the casting stroke***. The casting stroke starts when rod acceleration becomes sufficient to result in forming a loop. The casting stroke ends when the loop forms. That is when the rod unbends and straightens, the rod tip slows, and the fly line overtakes the rod tip (rod straight position 1: RSP1). The change in rod butt angle between those two points is the casting arc.

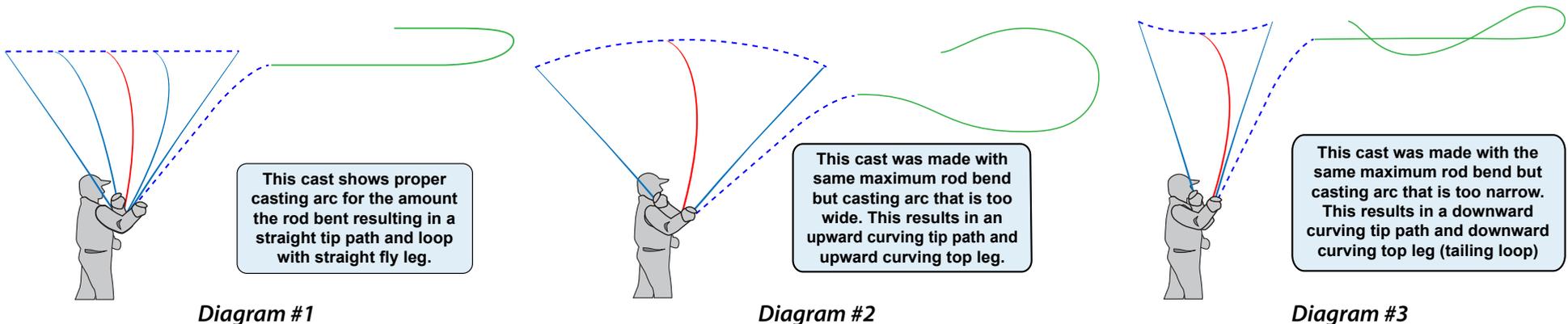
Look at the 3 diagrams below. The first shows a cast where the casting arc is properly matched to the rod bend. You can see that the rod

tip path throughout the casting stroke is straight and that yields a narrow loop with a straight fly leg. (*See Diagram #1*)

The next drawing shows a cast made with the same maximum rod bend but a casting arc that is too wide. You can see that this causes an upward curving tip path and a wide loop with upward curving fly leg. To straighten the tip path and the fly leg the caster should simply narrow the casting arc to match the rod bend. Another option would be to increase rod bend (more force) to match the casting arc but that would also increase line speed significantly. (*See Diagram #2*)

The third drawing shows a cast made with the same rod bend but a casting arc that is too narrow which results in a rod tip path that dips downward which causes a tailing loop. To straighten the rod tip path, the caster should widen the casting arc. Another option would be to reduce rod bend to match the casting arc but that would decrease line speed significantly and probably be too slow. (*See Diagram #3*)

THESE 3 DIAGRAMS SHOW CASTS MADE WITH THE SAME MAXIMUM ROD BEND. (shown in red)



Gammel’s Five Essentials of Fly Casting – Revisted *continued...*

3. Power must be applied in the proper amount at the proper place in the stroke.

One thing that is necessary for the rod tip path to be straight is that the rod bends in an evenly increasing way during the casting stroke. For that to happen, the rate of rod acceleration needs to be about the same from the beginning of the casting stroke to the end. That is called “constant” acceleration. To achieve that, force (“power”) must be applied in a smooth, constant way also. Of course, the right amount of force must be used to accelerate the rod and line to the needed speed.

If the acceleration is not reasonably constant, the rod tip path will not be as straight as we’d like. It is very common for casters to accelerate the fly rod too slowly early in the **casting stroke then much faster later in the casting stroke**. Slow acceleration doesn’t bend the rod much. Fast acceleration bends the rod much more. If the rod is accelerated as just described, here’s what the tip path looks like. (See Diagram #4)

If the rod is accelerated in a constant manner, with more constant application of force, the rod bends as below, and the tip path, and fly leg, is straighter. (See Diagram 5)

There is a common misunderstanding that continues to negatively affect casting instruction. Sometimes instructors confuse rod speed with rod acceleration. Every fly cast starts with the fly rod going slowly and

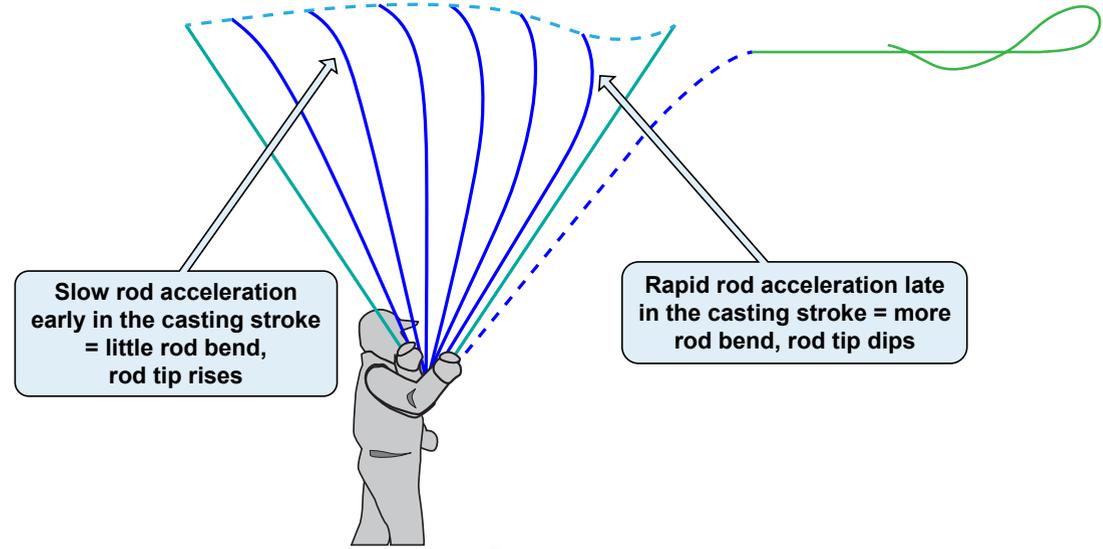


Diagram #4

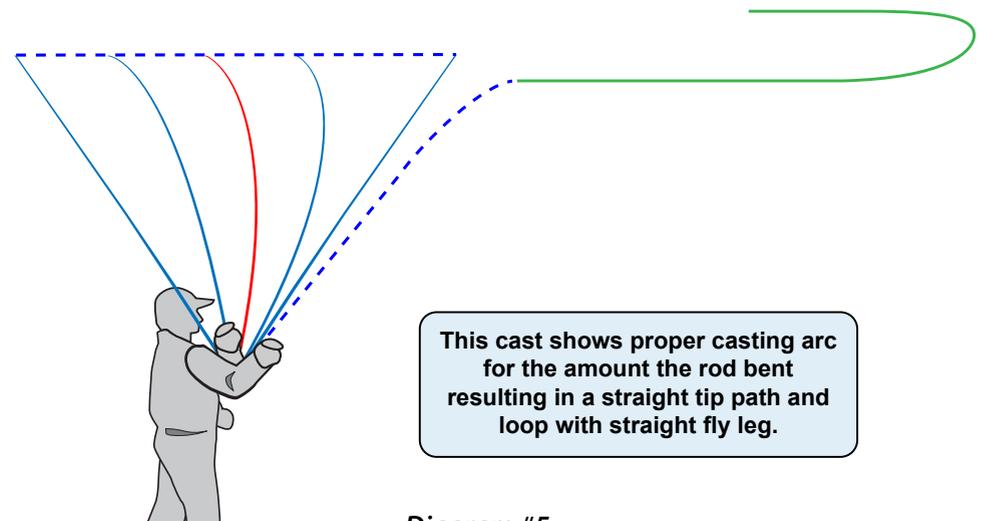


Diagram #5

Gammel's Five Essentials of Fly Casting – Revisted *continued...*

ends with the fly rod going fast. It is how we move the fly rod from slow to fast that is most important. That is acceleration, the change in speed (more accurately, velocity). Some instructors still ask their students to accelerate the fly rod slowly in the beginning of the casting stroke then accelerate it quickly at the end. That is one of the two most common causes of tailing loops, inappropriate application of power/force. For a straight rod tip path the rod must accelerate at near the same rate from the beginning of the casting stroke to the end. It is sometimes claimed that tailing loops are also caused when a caster accelerates the rod too quickly early in the casting stroke then slows rod acceleration later in the casting stroke.

While this would cause a tailing loop it is very difficult to do and I've never had a student make this casting error.

4. Slack line should be kept to an absolute minimum.

Efficiency is important when fly casting. When picking up the line or false casting, the straighter the line is when we start the casting stroke the more efficiently we can cast.

The more directly aligned this line is with the intended tip path of the coming casting stroke the more efficient the cast will be.

When we pull on the line with a fly rod a couple things happen. First, the line moves. Second, the rod bends against the mass of the line.

But if the line isn't fairly straight neither of those motions

are efficient. Part of the line doesn't move and only part of the mass of the line works to bend the rod so it bends less.

Try this horizontal, on the ground casting drill.... Lay out 40 ft. of fly line on the ground but with the fly only 20 ft. away. There will be 20 ft. of slack in the middle of the line as seen below in **Diagram #6**. Try to make a cast.

When the caster pulls on the line with the rod only the part of the line connected

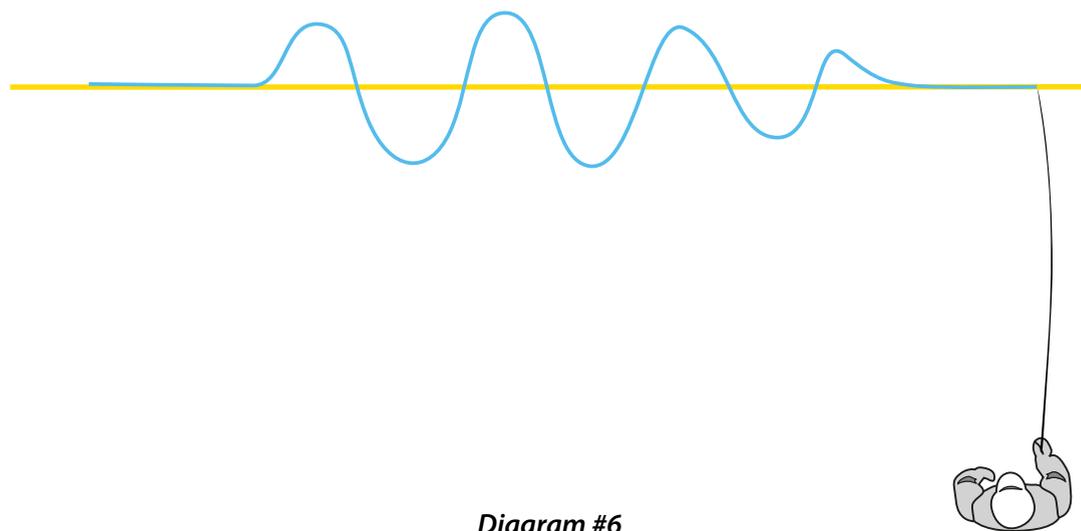


Diagram #6

straight to the rod moves initially, the line beyond the slack does not. Also, only the part of the line connected straight to the rod offers much resistance and causes the rod to bend. With slack, only part of the line is moved and rod bend is much less than if the line was straight. For most efficient casting we want all the line to move when the rod moves and all the mass of the line to bend the rod. Now try the same cast again but pull the line out straight to 40 ft.

Gammel's Five Essentials of Fly Casting – Revisted *continued...*

Now when the rod tip moves all the line moves also and the mass of all the line works to bend the rod.

The same thing happens in an overhead cast. If there is slack the line doesn't move as it should and the rod doesn't bend as it should requiring the caster to apply more force. (see *Diagram #7*)

Another form of slack is when the fly line is straight but not aligned with the intended direction of the cast being made. For most efficient casting the line must be aligned as much as possible with the intended tip path of the coming cast when the casting stroke starts. This is called the "180 Degree Rule". The line can be out of alignment in any plane, high, low, right or left. Alignment that is too low is shown in *Diagram #8*.

When the line is 180° aligned with the direction of the coming cast all the energy of the cast goes to moving the line in one direction. When alignment is off some of the energy of the cast goes to pulling the line into alignment with the rod tip path so the cast is less efficient. Also, when the line is not 180° aligned line momentum will cause the fly leg of the coming cast to be curved rather than straight, again reducing efficiency.

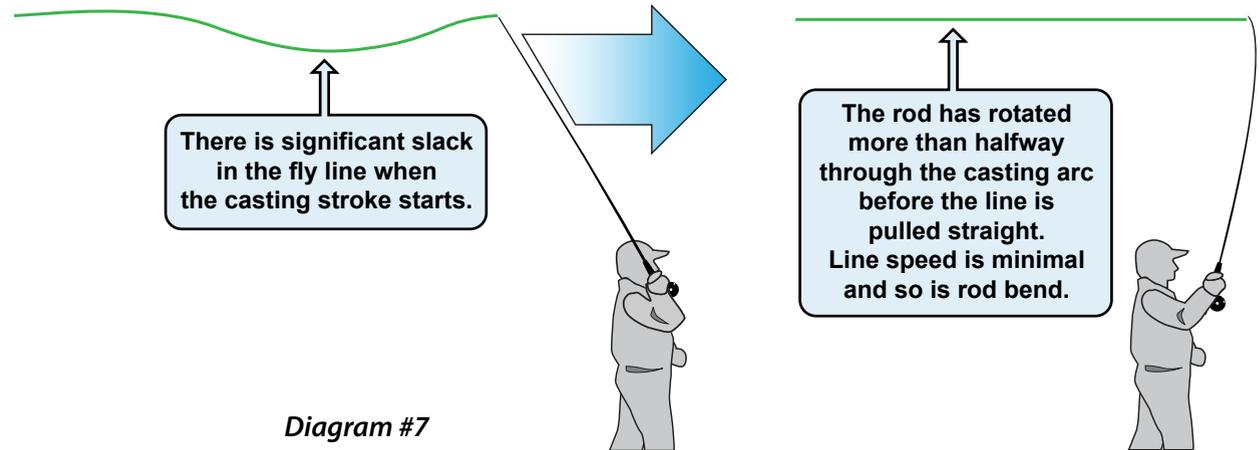


Diagram #7

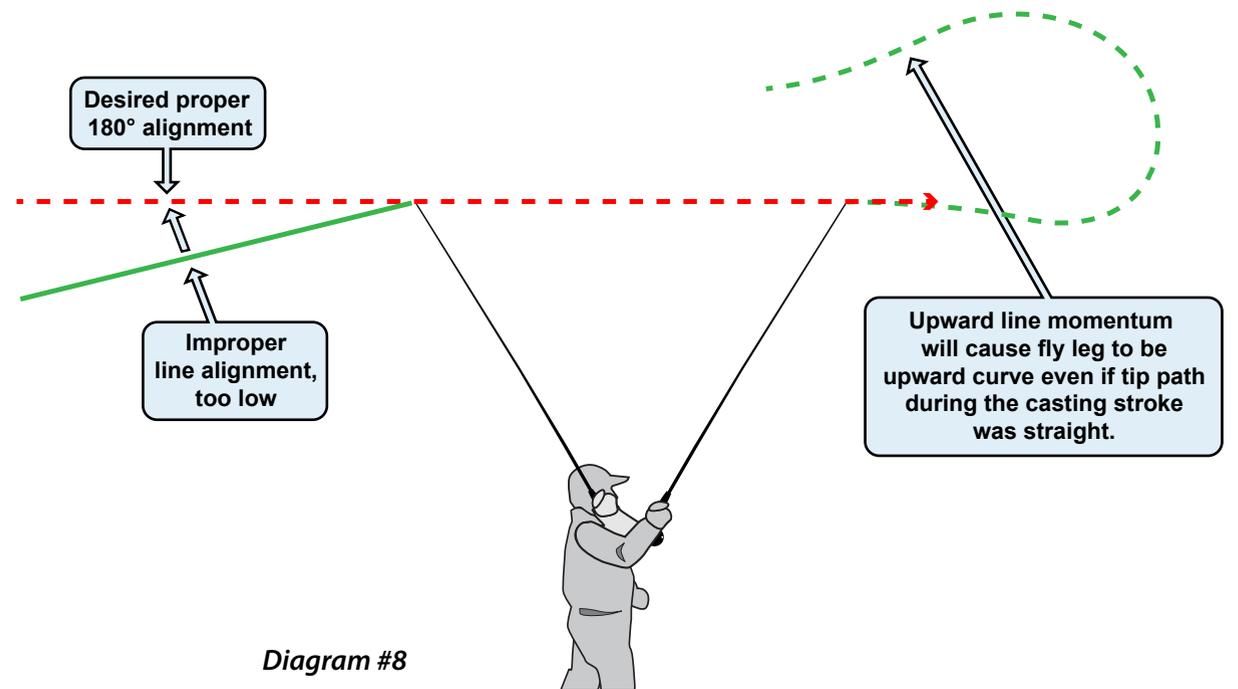


Diagram #8

Gammel's Five Essentials of Fly Casting – Revisted *continued ...*

5. There must be a pause between each (casting) stroke, which varies in duration with the amount of line outside the rod tip.

This essential is actually a subset of the fourth essential regarding slack. If the pause between casting strokes is too long or too short slack will result as the line will be curved not straight. Only if the timing is just right will the cast be most efficient. Two factors determine the proper pause duration, line length as the essential states, but also line speed.

Obviously, when casting any length of line the higher the line speed the shorter the pause will be. The drawings below show how pause timing affects slack. In the first the loop has not yet fully straightened and there is obvious slack in the line. In the second, the loop has fully straightened and started to fall, again, slack. In the last drawing the loop has just fully straightened, if the next cast starts precisely at this point there is little slack and a much more efficient cast.

(See Diagram #9 below)

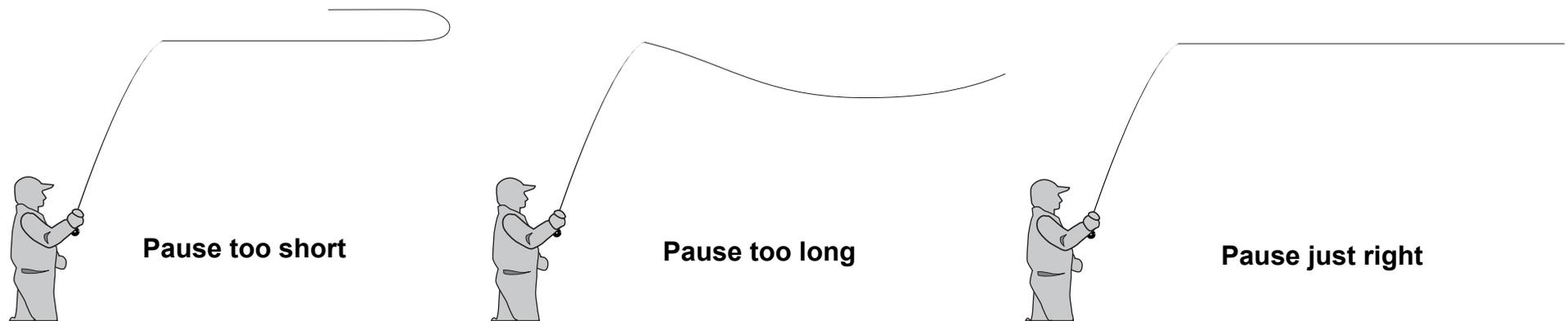


Diagram #9

ACKNOWLEDGMENT

We have Bill and Jay Gammel to thank for explaining these fly casting essentials so many years ago. The Essentials are as important today as they were then and every good caster and instructor needs to understand them. And I want to thank Bill for reviewing this article!

About the author:



Bruce Richards, MCI, Montana, USA, designed many great lines for Scientific Anglers and wrote the seminal work, *Modern Fly Lines*.

He is a former chair of CBOG and was instrumental in the development of the Casting Instructors' Certification Program (CICP). Bruce is also member of The Loop editorial team

The Single Hand Spey Ladder

A new addition to FFI's Fly Casting Skills Development Portfolio

By Russ E. Carpenter and
Rick Williams

Interest in Spey casting has grown within the larger fly fishing community in recent years. This includes more traditional angling pursuits like steelhead and Atlantic salmon, as well as a growing interest in smaller two-hand (TH) rods, such as Trout Spey. With longer rods, dynamic movements, and shared work between the two hands, many anglers have come to realize the virtues and joy of Spey casting, including more efficient casts leading to less fatigue, increased casting distance, and the simple pleasures of swinging a fly.

While there has always been some small degree of overlap between two hand and single hand casting – both can be used to perform overhead casts and roll casts – anglers have been increasingly adapting Spey techniques for single hand fishing. Because Spey casting movements are essentially the same, whether casting with one hand or two, single hand casters that have not been exposed to Spey casting will benefit from learning foundational elements, key terms, and some of the nuance inherent to Spey casting. Unfortunately, with the relatively fast evolution and growth of this hybrid casting style, there are limited articles or tools to help fly casters learn and work towards mastery of Single Hand (SH) Spey Casting ¹.

In this article, we summarize a recently completed addition to FFI's Learning Center that addresses this void – the SH Spey Skills Development Sequence (*aka the SH Spey Ladder*). Our goals for the SH Spey Skills Development Sequence were 3-fold.

First, to help fly fishers learn the basics and establish strong foundations in order to begin incorporating SH Spey Casts into their everyday fishing skills. **Second**, to provide a proven teaching progression for instructors to use as a tool when working with the increasing number of students eager to learn how to SH Spey cast. **Third**, the SH Spey Ladder was also developed explicitly to assist Casting Instructor Certification Program (CICP) members pursuing MCI certification in developing the necessary proficiency required for the MCI Exam SH Spey casts.

SH Spey Ladder

As we developed the SH Spey Ladder, we wanted to have a logical progression of information (*without becoming overwhelming*) that includes sufficient detail and context to allow a student to explore and learn at their own pace. Because users could range from those new to Spey, to those training for their MCI, to certified instructors that want to teach SH Spey, we wanted participants to be able to identify their level of skills and provide mechanisms and materials for improvement.

The SH Spey Ladder's progressive casting sequence includes a specific list of casts as well as criteria for assessing quality. There are a number of casts at variable distances over 2 Levels (*see Table 1*).

¹ But see Simon Gawesworth's excellent book, *Single-Handed Spey Casting* (2010; Stackpole Books).

The Single Hand Spey Ladder *continued...*

As you progress from **Level 1** to **Level 2**, the expectations become more stringent, which forces the angler to gain efficiency achieving greater distance and direction change with less effort. For **Level 2**, anchors must be in the correct place, and pointing relatively straight at the target. The fly leg of the loop should be relatively flat and stacked in the same plane as the rod leg, forming a loop that is 4ft wide or less.

Although each level has required distances for its skills, success goes beyond reaching the target. A good cast will also meet the required angle change expectations and have an anchor and D-loop in the appropriate positions that conform to the 180° rule. The anchor must be in the appropriate position, approximately 1-1.5 rod lengths away and slightly in front of the caster. For all casts in this sequence, the loop should unroll above the water with the line and leader landing relatively straight.

Because the SH Ladder feeds naturally into the SH Spey Tasks on the MCI Exam (Section 1B), MCI candidates can use the sequence as a training aid and progression to develop and gain mastery of the MCI SH Spey tasks. To assist this goal, the third column in Table 1 shows the MCI SH Spey tasks; however, only Level 1 and Level 2 are part of the Learning Center's SH Spey Skills Development Sequence – MCI Tasks are included for reference only.

The **Spey Skills Development Sequence PDF** is available at FFI's Learning Center and includes the **SH Spey Ladder**, **SH Spey Tips**, followed by a comprehensive **SH Spey User's Guide**.

Casts	SH Spey Level 1	SH Spey Level 2	MCI Exam SH Spey Tasks
1	Roll Cast @ 40' (Dominant side)	Roll Cast @ 45' (non-Dominant side)	Roll Cast @ 50' (Dominant side)
2	Belgian Cast @ 40'	Switch Cast to 55'	Roll Cast @ 50' (non-Dominant side)
3	Switch Cast to 45'	Single Spey to 50' 45° angle change	Switch Cast to 65'
4	Single Spey to 45' 30° angle change	Double Spey to 50' 90° angle change	Single Spey to 60' 45° angle change
5	Double Spey to 45' 90° angle change	Snake Roll to 50' 90° angle change	Double Spey to 60' 90° angle change
6	Snake Roll to 45' 90° angle change	Snap T to 50' 90° angle change	Snake Roll to 60' 90° angle change
7	Snap C to 45' 90° angle change	Snap C to 50' 90° angle change	Off-side Double or Snap to 55' 90° angle change
8		Perry Poke to 50'	

Table 1. Single Hand Spey Skills Development Sequence showing Level 1 and Level 2 of the Skills Development Sequence (in green), as well as the MCI SH Spey required tasks (in blue).

The **User's Guide** contains key information on gear (**rods and lines**), terms and definitions, as well as figures and detailed explanations of the cast types and how to perform them. As much as possible, we attempted to focus on the "substance" of the casting mechanics, knowing that stylistic choices may vary by caster, club, and region. We also include important information on how and where to practice, best practices for learning, how to troubleshoot common faults, and many other considerations. Some of this information is summarized in the remainder of this article.

[Click to download the SH Spey Skills Development Sequence](#)



The Single Hand Spey Ladder *continued...*

Equipment

The first task for most participants will be to find a well-balanced outfit that facilitates their journey into SH Spey Casting. Finding the right rod and line combination will make learning more efficient and the casting itself much more fun!

Rods

Level 1 and Level 2 SH Spey Skills can be done using a variety of different fly rod weights and lengths; however, most anglers will find that 9 ft rods in the 5-7 weight range can easily be used to accomplish the casts in both levels. In our experience, medium to medium-fast action rods with a progressive action (*i.e., more stiffness as the rod loads deeper into the bottom portion*) are the easiest rods with which to perform SH Spey casts. Fast or very fast action rods are generally more challenging for SH Spey casting as they are harder to load and often lack the 'feel' provided to the caster by rods with slower actions. In that instance, going up a line size (*e.g., using a 7-wt line on a 6-wt rod*) can help slow the faster action rod down and provide a better sense of feel to the caster.

Lines

After rods, the next critical piece is the fly line. The good news is that both Level 1 and Level 2 casts in the SH Spey Skills Ladder can be successfully done using an off-the-shelf standard WF floating line with a head length of 36-38 ft. Nevertheless, it may require some patience and experimentation on the part of an angler to find a well-balanced rod and line combination that facilitates SH Spey casting and learning. However, it's worth the effort!

The SH Spey User's Guide includes a table that provides information on lines that we tested and use for SH Spey casting. The table shows

head lengths and grain weights for many of these lines and may be helpful in choosing or testing lines for SH Spey casting and finding a balanced outfit. While Level 1 casts can be easily done (*with practice*) using a standard WF trout fishing line, Level 2 and MCI-level SH Spey casts may benefit from using a line with a longer head (~50'), such as the RIO Gold WF (*6 weight: 48' head; 168 grains*), the SA Infinity WF (*6 weight: 50' head; 175 grains*) or the Ballistic Pro Performance WF (*6 weight: 58' head; 160 grains*). It may also be worth considering going up a line size, for example, using a 7-wt line on a 6-wt rod.

SH Spey Casting Foundation

Although we do not discuss every element of the User's Guide in detail herein, we highlight what we consider to be a strong foundation for learning SH Spey casting.

Developing Proficiency at the Roll Cast

The accepted definition for a Spey cast is a dynamic roll cast with a change in direction. That means learning how to perform a SH Spey cast requires proficiency with the roll cast – because every Spey cast ends with a Roll Cast. We do not take this for granted and spend time early in the User's Guide discussing and reinforcing both the roll cast and best practices. We believe that before moving on to more dynamic casts, the participant's roll cast must have a narrow loop with a flat top leg that unrolls above the water. This sounds reasonably easy to do but takes practice to achieve – indeed, many casters who assume their roll casts meet this expectation are surprised to find that they do not.

We make practical suggestions for improvement, like starting with less line, then increasing distances sequentially.

The Single Hand Spey Ladder *continued* ...

Lengthening the stroke (*increasing translation*) while delaying rotation until the stop will result in a tightened loop and increased line speed. Start the roll cast slow and finish fast – the reverse of what many beginners and intermediates do! From our experience teaching, if you can't Roll Cast at 40' or 45' with a flat top leg and the loop unrolling above the water, you will need to adjust technique or equipment until you can. Taking care to meet this basic step helps form a strong foundation upon which to build throughout the rest of the casts.

Spey Casts and Angle Changes

With the exception of the switch cast, which is a dynamic roll cast, Spey casts have angle changes from where the line starts (at the dangle) to the forward cast delivery to the target (Figure 1). The choice of cast and degree of angle change desired is always dependent on the wind direction, as putting the fly on the wrong (*upwind*) side before delivery can lead to hooking oneself, which is generally unpleasant. In our experience, determining which casts to use in which casting scenarios (*i.e., changes in riverbank and wind direction*) can be confusing and overwhelming while students are learning, even though it is an important conceptual development. **Figures 1 to 4** are meant to visually represent the different types of casts and anchor locations that can be used depending on conditions to help teach, reference, and reinforce this important concept.

Definitions

An additional challenge students face is learning and internalizing the many names and terms that seasoned Spey casters tend to toss around with reckless abandon. While by no means comprehensive, we provide a list of common terms and definitions to help students learn the basics so they are less intimidated by the lingo and can focus

on the ideas or concepts they represent. All terms, definitions, and anchor-related diagrams come from already published FFI materials and are consistent with the language used in the THCI, THMCI, and MCI exams. (***See Figures 5, 6 & 7***)

If we had to choose one key concept to rule them all, it would be that of the **Anchor**. The anchor is the line (*and leader*) remaining on the water after the D-loop has formed and before the forward cast is made. Critically important in Spey casting, the anchor is a focal point when a cast is being made. Anchors have a **size** (*the amount of line on the water*), a **location** (*relative to the caster*), and a **direction** (*should be pointing at the target once the D-loop is formed*). When teaching Spey casting, generally anchors are one of the most talked about and easily misunderstood concepts. As anchor awareness is such a key element, we dedicate an entire page in the User Guide to discussing them in context.

Other Considerations for Learning

General best practices

Most of us learn how to improve or perform new casts with the help of others in real time. There is no substitute for working with a certified casting instructor in person, but we recognize that many people will tackle learning SH Spey casts by themselves or with a casting buddy. Consequently, we spend some time in the User's Guide discussing best practices for learning that are directly applicable here, and in most other scenarios that involve making complex movements in sequence over time. General best practices are discussed as an important reminder for everyone of some of the basics that can get lost or ignored in the desire to skip over the learning and arrive at mastery. **In summary, learn (*and master*) one step at a time.**

The Single Hand Spey Ladder *continued...*

Stepwise progression is often critical in learning new skills. However, it's a natural tendency for many casters is to jump right into the new thing, give it a 'go', and then try to figure things out on the fly (***pun intended***). Instead, consider intentionally progressing through each step of a cast sequence, treating the steps like building blocks. Breaking down the steps of the cast and working on them in isolation, beginning with a good start (***line and rod tip at water surface, target chosen, anchor landing area identified, body aligned correctly***), will teach you how each step of the cast sequence affects the line, anchor position and D-loop formation. This is the quickest way to developing a more efficient, repeatable, and rewarding approach.

Slow down and be patient. We are sorry we have to say this, but we do! Many beginning Spey casters tend to rush through the motions (***especially the sweep***) and make big movements, which can cause other problems. Making the initial lift too fast is one of the most common casting errors we see in classes we teach. "***Slow down***" is a key concept. Focusing on using a slow-to-medium tempo and emphasizing smoothness throughout the entire casting sequence will do more for your Spey casting than emphasizing power or quickness.

Practice toward proficiency. You can accelerate your learning curve by beginning each cast with a good start, and then getting in some good reps at each step before moving on. Importantly, on every cast you make, focus on ***watching the anchor***. This allows you to determine location, size, and direction which are critical for efficient casts. Learn to use your peripheral vision to do this, rather than turning your head! When working with casters that have a lot of single hand casting experience, we work to change their focus from

watching the line and forward cast to looking sequentially at the lift, the anchor, the target, and only then, at the forward cast!

Our goal here is to remind casters to practice with intention, focusing on long, slow (***but strong***) connected movements. ***Developing new muscle memory takes focused effort, time, and repetition***, it's not just about getting out there and cranking out a ton of reps or trying to cast across the river.

Choosing a practice site

We recommend practicing these casts on water only, never on grass. Water provides the tension we need to load the rod and move the line as we set up each cast. Practicing on grass is very unlikely to provide you any tangible practice benefit and if anything, can lead you toward bad habits. Generally, as you are learning, stand no deeper than about mid-calf in the water (***anywhere from ankles to just below the knees***). The deeper you waded, the more challenging the cast. ***In running water***, anchors will be in motion, so tempo and placement need to be considered, such that the anchor is well positioned when the forward cast is made. On a river, it is obvious which way is downstream, upstream, right bank, or left bank, which makes it much easier to determine desired angle changes for each cast. In standing or still water, however, you will have to use your imagination to determine the 'direction' of flow and the angle changes of your cast in relation to your target and where you are standing. It may help to pick out objects on the shoreline (***trees, rocks, beaches, etc.***) and designate them as 'downstream', 'upstream' or '90 degrees across' the stream, in order to facilitate setting up casts and casting angles. While this may sound easy to readers with a background in Spey, for those that do not, in the moment, this can be a point of confusion that impacts progress and confidence.

The Single Hand Spey Ladder *continued...*

Safety is of paramount concern when Spey casting because of the heavier lines and flies and the chance of hitting or hooking ourselves (or others). Safety comes down to the wind direction, as wind direction always determines the choice of Spey cast. No matter where you choose to practice, always select a cast that puts the anchor and fly on your **DOWNWIND** side. This keeps the loop and fly from being blown into you during the latter part of the cast. Monitor the wind in case conditions change and be ready to adapt. Practice with a yarn fly just to be on the safe side.

Troubleshooting

As much as we wish that your learning curve will be short and smooth, generally when learning, there will be fits and starts, progress, and plateaus. Some concepts or movements are more challenging than others. "Ugh, what am I doing wrong" can be a very difficult question to ask a small packet of papers and generate a useful response. In anticipation of users running into some of the classic mistakes that we see in the students we teach, we created a brief troubleshooting section for support in the SH Spey User's Guide. In the spirit of starting with what the line did or did not do (a Spey version of Bruce Richard's classic 6-Step method), we discuss 5 of the most common problems that casters run into, along with detailed discussions on why this happens and how to correct it.

For casters struggling with consistent anchor placement, we focus on a proper start and a slow, controlled lift and reposition move. If a caster is creating the infamous "Bloody L" (which can occur in both the Single and Double/Snaps for different reasons), we suggest making sure the anchor lands correctly in the Anchor Placement Zone

(*see Figures 5 - 7*) and focusing on the tempo of the sweep (slow but with smooth power). While we haven't covered all possible casting faults and fixes, by focusing on a few of the most common ones and providing suggestions for improvement, we hope to empower casters to self-analyze and build habits that promote competence and confidence in their casting.

Summary and Conclusion

We hope our article has piqued your interest and that you'll download the SH Spey Skills Development materials and give the casts a try. Learning SH Spey casting is approachable and fun. We believe the SH Spey Ladder and User's Guide provides a clear method and progression to help casters regardless of background or goals. The benefits of SH Spey casting for the fisher are many and tangible including being able to cast further while using less energy, which means you can cover more water and fish longer than you can with traditional Single Hand casting. We love these casts and use them all the time in our personal SH fishing – and hope that you will also! For the instructors reading this article, we hope you'll dive into the SH Spey Ladder, cast it, and consider incorporating it into your own teaching. It can also be a fun activity for you to lead at a local or Club event.

ACKNOWLEDGMENTS

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Brian Henderson, Molly Semenik, Jonathan Walter, Bryan Martin,
Sekhar Bahadur, Todd Somsel, Bruce Williams, Mark Huber,
Gary Turri, Steve Morikawa, Sarah Trenchel, Jim Wigington,
and others.*

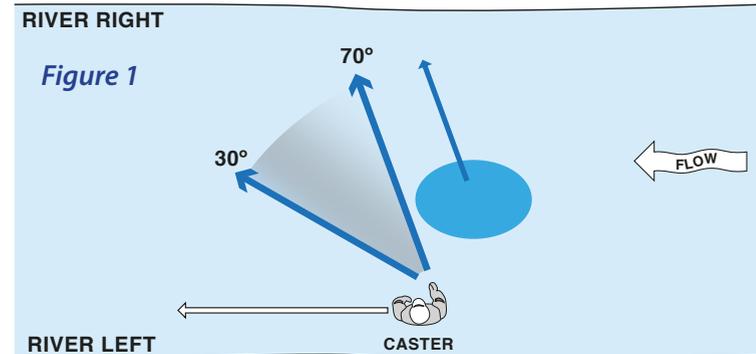
.....continued on the next page for all the Spey Casting Diagrams

The Single Hand Spey Ladder *continued...*

Figures 1-4. Spey casts and angles with each box showing the suggested angle change(s) and anchors for that cast from the dangle to the forward cast. Casts begin from the 'dangle' (white arrow next to caster). Caster is holding rod in their Right Hand. Current flow and wind direction (as applicable) indicated for each scenario.

SINGLE SPEY CASTS

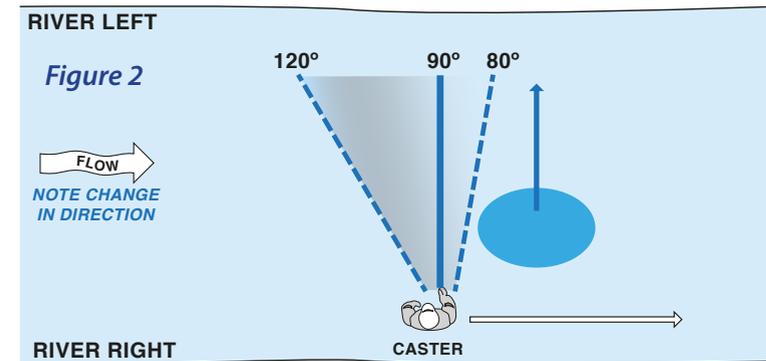
Place the anchor on the upstream side of the caster



They are useful when there is upstream or no wind. They tend to work best with angle changes of 30° to 70°. The blue oval represents the anchor placement zone for a 70° cast.

DOUBLE SPEY & SNAKE ROLL CASTS

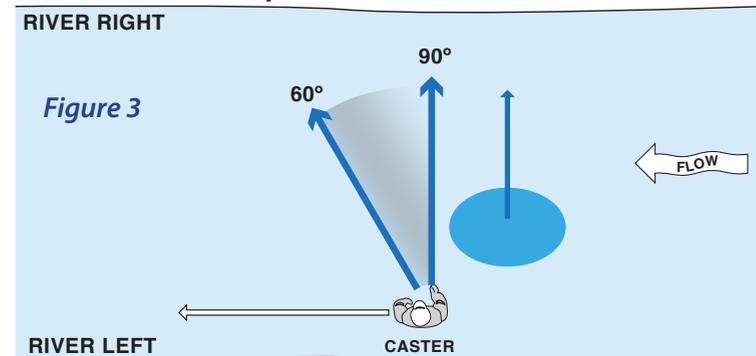
Place the anchor on the downstream side of the caster



They are useful with downstream or no wind. The casts tend to be used primarily for 90° angle changes, although some other angles (80° - 120°) are possible, particularly in Double Spey.

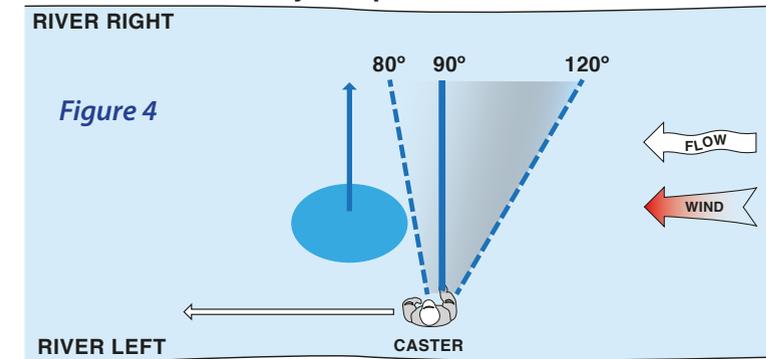
SNAP CASTS

Place the anchor upstream of the caster



They are useful when there is upstream or no wind. Snap Cast seems to work best for 60° - 90° angle changes. The blue oval represents the anchor placement zone for a 90° cast.

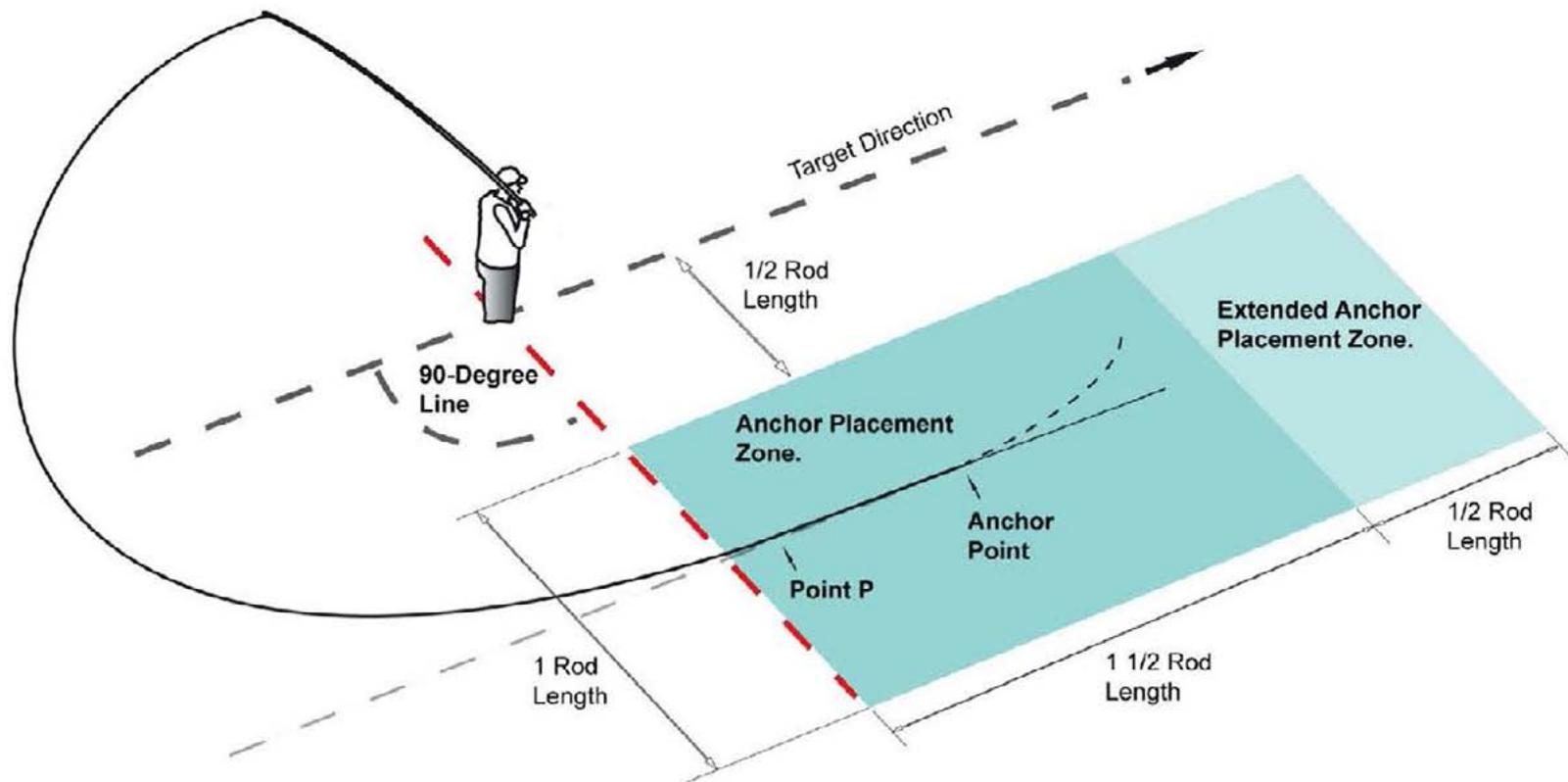
All Spey Casts require a move to reposition the anchor. Anchor should always be placed downwind.



In this scenario, standing in River Left with a downstream wind, the caster needs to make either an *Offside Double Spey* or *Offside Snake Roll*. The blue oval represents the anchor placement zone for a 90° cast.

The Single Hand Spey Ladder *continued...*

Figure 5 - Anchor Placement After D-Loop Formation



Anchor Position Guidelines

Diagram A is a generalized snapshot of the anchor and D-loop placement after D-loop formation.

- **Anchor:** The leader or fly line and leader (Point P to the fly) in contact with the water. The dotted curved line in *Fig. 5* represents a leader that is acceptable as relatively straight.
- **Anchor Point:** The tip of the fly line (line-leader connection). (*Figure 5 and 6*).
- **Point P:** The location where the fly line or leader leaves the water surface. Point P moves during the casting sequence, as well as during the initial lift (*Figure 7*).

The Single Hand Spey Ladder *continued ...*

Figure 6 - Anchor Placement In A Two-Stage Cast

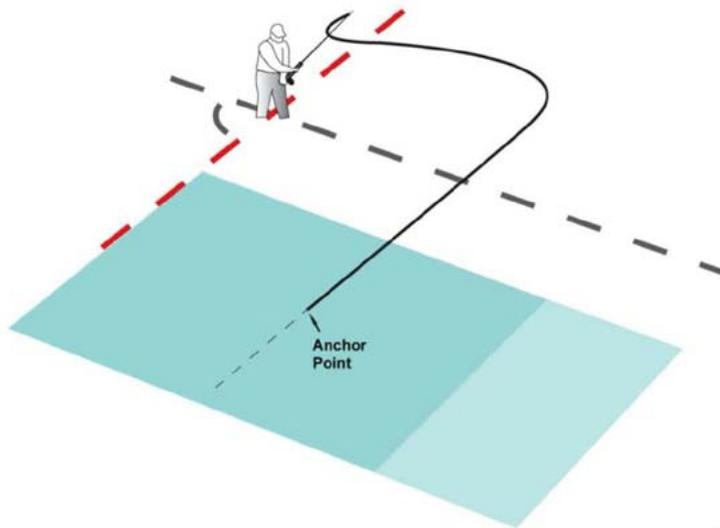
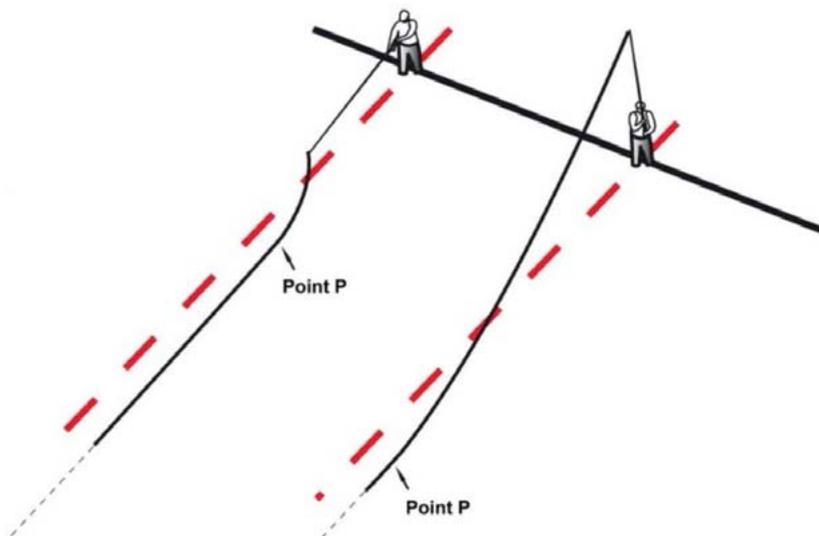


Figure 7 - Point P moves downstream during a lift



Anchor Position Guidelines ... continued

- **Anchor Placement Zone:** Area within which the majority of the anchor should be placed (*Figure 5 and 6*).
- **180° Rule:** Once D-loop has formed it should align with the anchor and target in a straight line
- **90° Degree Line:** An imaginary line centered on the caster and perpendicular (90 degrees) to the target direction. Generally, anchor should be placed just in front of this line, pointing towards target.

About the authors:



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Rick Williams (MCI, THMCI, L3 Examiner, CBOG-E) lives in Eagle, Idaho with his favorite fishing companions, wife Shauna (CI), and Labrador Retriever Kyoko.

NEW REGISTERED INSTRUCTORS

First Name:	Last Name:	City	Region	Country:	Certification	Test Date
Elisabeth	Jappay	Salem	Oregon	United States	CI	05/19/23
Frank	Koterba	Bellingham	Washington	United States	CI	05/20/23
Steve	Miller	La Crosse	Wisconsin	United States	CI	06/09/23
Mac	Wyzomirski	Amsterdam	New York	United States	CI	08/12/23
Kalyn	Hoggard	Stoughton	Wisconsin	United States	CI	08/25/23
Frank	Conlon	Graham	North Carolina	United States	CI	08/26/23
Joshua	Franklin	Indianapolis	Indiana	United States	CI	08/26/23
John	Barr	Burgettstown	Pennsylvania	United States	CI	08/27/23
William	Campbell	Lewisville	Texas	United States	CI	09/15/23
John	MacMurray	Silverthorne	Colorado	United States	CI	09/15/23
Marcus	Schoen	Lakewood	Colorado	United States	CI	09/16/23
David	Coffey	Ottawa	Ontario	Canada	CI	08/12/23
Andre	Abt	Kleindottingen	Aargau	Switzerland	CI	04/21/23
Alexander	Kronbeck	Landshut	Bayern	Germany	CI	04/21/23
Francois	Bietry	St-Paul-Le-Jeune	Ardeche	France	CI	04/21/23
Dylan	Braillard	Champagnole	Jura	France	CI	04/21/23
Jerome	Servonnat	Paris		France	CI	04/21/23
Yasmany	Picorel	San Andres del Rabanedo	Leon	Spain	CI	04/23/23
Maurizio	Bellinaso	Montesegale	Pavia	Italy	CI	11/03/23
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Chieko	Kondo	Minatoku	Tokyo	Japan	CI	08/05/23
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Musashi	Matsumura	Sagamihara	Kanagawa	Japan	CI	08/06/23

....continued on the next page

NEW REGISTERED INSTRUCTORS

First Name:	Last Name:	City	Region	Country:	Certification	Test Date
Exequiel	Bustos	Capital	Mendoza	Argentina	MCI	09/16/23
Alessandro	Salvi	Gemona del Friuli	Udine	Italy	THCI	11/03/23
Carla Enrica	Borsa	Busto Arsizio	Varese	Italy	THCI	11/05/23
Umberto	Benedetti	Casier	Treviso	Italy	THCI	11/07/23
Leonard	Corti	Carate Brianza	Monza e della Brianze	Italy	THCI	11/07/23
Maurizio	Corti	Carate Brianza	Monza e della Brianze	Italy	THCI	11/07/23
Hank	Wu	New Taipei City	Taipei City	Taiwan	THMCI	11/10/23

BECOMING A CERTIFIED CASTING INSTRUCTOR

If you decide to pursue certification it is recommend that you review all the material on our website, as well as find an MCI or THMCI who can mentor you through the process. The chance for success of passing the examinations is much greater for those who find a mentor. You can find an instructor/mentor in your area by clicking here.

Objectives of the Casting Instructor Certification Program (CICP):

The CICP Program's main objectives are to educate and enhance the growth of fly casting instructors by:

- Establishing high and consistent standards for casting instructors.
- Administering a test that fairly and consistently assesses the

candidate's knowledge of casting, teaching ability, and casting proficiency.

- Conducting teaching workshops as a required part of certification.
- Conducting clinics on how to teach fly casting at FFI shows, fairs, and consumer fishing demonstrations.
- Developing and maintaining an instruction reference for certified instructors.
- Establishing and maintaining communication networks for certified instructors.
- Facilitating the exchange of ideas between instructors worldwide.

Good luck with your journey to become a certified instructor.

For incoming test date and other CICP events information, please visit:
<http://flyfishersinternational.org/Casting/CalendarofEvents/tabid/616/Default.aspx>

The Editorial Team



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He has published in many scientific journals and previously was Editor-in-Chief of the Journal of the American Water Resources Association. Currently, Jim is an active casting instructor and L-1 examiner.



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Mac will serve as a technical advisor for the Loop. He enjoys adventure travel with his family when not teaching fly fishing techniques.



Bruce Richards, MCI, Montana, USA, designed many great lines for Scientific Anglers and wrote the seminal work, Modern Fly Lines.

He is a former chair of CBOG and was instrumental in the development of the Casting Instructors' Certification Program (CICP).



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His last assignment was CEO of Thomson Reuters Academic in London, UK. He is a Board of Directors President Emeritus, Friends of the Teton River, and is also a member of Trout Unlimited and FFI.



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She is the founder of her business, At First Cast.



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Bintoro is a commercial graphic designer and illustrator, he is **The Loop's** graphic design editor and illustrator.

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