

Mid Island Castaways Fly Fishing Club Single Hand Fly Casting Skills Development Program

Mid Island Castaways (MIC) offers fly casting clinics to members during the winter and spring months. The clinics provide participants with lessons and drills to practice at home. In addition to clinics, the Club implemented a program to encourage members to progressively hone their single hand casting skills. The MIC Fly Casting Skills Development Program (FCSD) consists of a four-level sequence of skill building tasks. It is modelled closely after a program developed by Fly Fishers International (FFI), of which several MIC casting instructors are members. The close alignment of the Castaways program with the FFI program is designed to prepare our members to successfully participate in the FFI program should they wish to do so. The Castaways program adds some skills at Levels III and IV that are useful for stream and river fishing on Vancouver Island. The FCSD program is intended to be a fun activity for members to develop skills at their own pace and to serve as a basis for lesson plans offered by instructors. Participants who achieve a MIC FCSD skill level are issued a certificate recognizing their achievement.

A description of casting skills for each of the four levels is posted on this web page as a pdf file: MIC-FCSD_skills.pdf

Equipment recommendations and requirements: Five, 6, or 7 weight 8.5 to 9.5 ft fly rods are recommended. However, some club members may only have 8 or 9 wt rods they use for salmon fishing. Rods of these weights are acceptable if they are not any longer than 9.5 ft. A weight forward integrated floating fly line is required, with a 7.5 to 8 ft monofilament leader tapered to a 0x or 1X tip (salmon/steelhead leader), and a piece of yarn for a fly. The leader should be straightened before attempting to cast. A fly line head length of at least 35 ft is recommended. All participants should use some form of eye protection and dress appropriately for the weather. A camp chair is useful for breaks and information sharing.

For further information about the MIC Fly Casting Development Program direct inquiries to info@midislandcastaways.com. You may also contact any of the club's fly casting instructors or view information posted on the club's website <https://www.midislandcastaways.com>

MIC Club members who wish to receive recognition for achieving Fly Fishers International Bronze, Silver or Gold levels must follow FFI's rules and procedures and be members of that organization. The website for the Fly Fishers International Fly Casting Skills Development Program is: <https://www.flyfishersinternational.org/Learn/Learning-Center-Resources/Fly-Casting/Fly-Casting-Skills-Development>