

# Thoughts on Distance Fly-Casting

*By John Hogg, July 2018*

The pleasure of a long cast is not just in the distance achieved, but the fact that you have accomplished something that required discipline and study, and control – both physical and mental.

Assuming no limitations of the equipment being used, what usually stands between you and a longer cast are violations of one or more of the six physical principles of fly-casting:

1. The rod must come to an abrupt stop to transmit energy from rod to line
2. Longer casts require a longer casting stroke
3. Longer casts require longer pauses on both forward and back casts
4. The rod tip must move in a straight-line path as the line follows the rod tip
5. Power varies with distance, line weight, and rod size.
6. Slack must always be minimized especially during the pickup and the two pauses.

The most common violations are:

1. Application of so much power to the casting stroke that an abrupt stop cannot be achieved.
2. Application of power early in the rod stroke that will appear to an observer as a wrist snap.
3. Rod tip not following a straight-line path usually evidenced as a dip downward on the back cast
4. Hauls not properly coordinated to casting stroke.
5. Soft stops resulting in open loops, especially on the back cast.

Some elements that contribute to a good distance cast include:

1. A tight loop on both the forward cast and back cast.
2. Starting the forward cast with the elbow moving ahead of the hand holding the rod.
3. Never releasing a forward cast on an immediately preceding bad back cast.
4. Waiting for the rod tip to load on a forward false cast before starting the back cast.
5. Never carrying so much line in the air that the cast starts to collapse on the back cast.
6. Controlling the hauls so that they do not disturb the smoothness of the cast.

7. Placing your line in proper loops on the ground so it does not tangle on the cast.
8. Recognize that the double haul adds mainly to the last 25% of the cast, not the first 75%.
9. Recognizing that a bad hauling motion hurts more than helps.