

Homework, Week 1: Safety, the Grip & Your First Cast

Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge.

- ☐ 5 minutes a day: the painting-above-a-doorway stroke with a squeeze at BOTH stops. Count the squeezes out loud.
- ☐ Lay a hula hoop or paper plate at 15 feet. Ten casts with a yarn fly: in the hoop = 2 points, close = 1, pile = 0. Write down your score.
- ☐ Tie the overhand knot in a shoelace 5 times: circle, mouse through the hole, pull his tail.
- ☐ Recite the one rule with no exceptions at dinner.

Parents: you don't need to fish to help. Hold the hoop, count the reps, and ask what today's cue was. Five minutes of attention beats an hour of equipment.

The Joe Humphreys' Fly Fishing Stream School | joehumphreysyouth.org | Inspired by the Methods of Joe Humphreys