

The Joe Humphreys' Fly Fishing Stream School

Warm Waters 1-Hour Clinic

Youth Fly Fishing Curriculum - Ages 6-17 - Inspired by the Methods of Joe Humphreys

"The secret of life is having something exciting to look forward to. And fly fishing is that - you're going fishing."

- Joe Humphreys

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SAFETY - STILL WATER: PFDs required for ages 6-10 and non-swimmers on docks, banks over deep water, or in boats. Set a casting perimeter - at least one rod length between students. Debarb all poppers and Clouser hooks. Sun protection on, water breaks every 60 minutes.

The 1-Hour Clinic is the program's front door. Its single goal is to give every participant one moment - a cast that lands, a fish that pulls back, or a story that stays with them. The warm water clinic is designed for school events, community programs, fishing derbies, and first-exposure outreach.

Open with Adrian's Story

Before any casting, before any gear is handed out, tell this story:

Joe Humphreys - the man behind this program - was on a stream with a group of fifth graders. A first-grade boy named Adrian joined the class. After practice, Adrian pulled Joe aside and told him exactly what he needed to do: use a Woolly Bugger, fish down and across, fish it slow.

Joe went to the water, missed a fish, came back, was about to cast. Adrian reached up and grabbed his hand.

"This time, set the hook."

Joe was 97 years old. Adrian was six. Ask students: what is one thing you already know about fishing that you could teach someone else today?

The 60-Minute Plan

Segment	Time	Activity	Notes
1 - Story	0:00-0:08	Adrian story + Joe Humphreys introduction	Who is Joe? Why does this program exist? The first-grader who outfished him.
2 - Casting	0:08-0:25	Casting fundamentals on grass	Short stroke. Arm out, wrist in. Target accuracy before distance.
3 - Gear	0:25-0:35	Rig up: floating line, bobber, Woolly Bugger #10	Simple rig. Everyone fishing the same fly today.
4 - Water	0:35-0:52	Fishing - panfish water (pond, dock, or stream bank)	Rotate so every participant gets a cast to good water.

Segment	Time	Activity	Notes
5 - Look Up	0:52-1:00	Look Up closing moment	Put down rods. Find one living thing that isn't a fish. Share one observation.

What to Bring

5-6 wt rods with floating lines (one per 2 participants)

Pre-tied leaders with small bobbers and Woolly Bugger #10 or #12

Polarized glasses for instructors

Fish ID cards (from Warm Waters Species Handout)

Bio-indicator reference sheet (optional: turn over one rock before fishing)

Key Messages - One Hour, Three Things

1. Panfish are not a starter fish. They are a teacher fish. Every great angler learned something important from a bluegill.
2. The short casting stroke is the only casting stroke. Joe Humphreys caught Pennsylvania's fly-caught record brown trout on it.
3. Look up. The fish will still be there. The moment you are in right now will not.

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