BROWN TROUT SCHOOL · AGES 14-17

Homework, Weeks 1-2: The Downer-Upper Cast - Driving the Nymph Down

Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge. Weeks count from Session 1. You do not need to buy a rod for homework; a broom handle, a stick, or just your casting hand works.

☐ Say it, then do it, no rod needed (stick or casting hand): sharp downward stop fires the nymph in (the Downer), then an immediate fast lift of the casting hand and forearm, thumb and forefinger pointing up (the Upper). Both, every rep. 20 reps a day.

☐ Glasses on. The one rule works in the yard too. With a rod, if you have one: 10 Downer-Upper casts a day into a bucket or hoop 15 feet out with a weighted yarn rig. Fly lands first, then the Upper: lift the casting hand and forearm fast, thumb and forefinger pointing up.

☐ Recite the sequence from memory: back stroke stop at 12, squeeze, sharp down tap (the Downer), immediate fast lift of hand and forearm, thumb up (the Upper).

☐ Find three spots on a local stream (with your adult) where only a Downer-Upper would work - pocket water, directly below you, tight angle - and note why.

☐ Film one cast on a phone and check: down stop visible, lift visible, fly in first.

Water rule: any practice at real water needs a parent or adult with you. No exceptions.

Partners: a parent, a buddy, or a Youth Helper can be your blind-feel partner and your audience for the seam analysis. 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