MINNOW SCHOOL · AGES 6-10

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. 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.

☐ 5 minutes a day, no rod needed: with a broom handle, a stick, or just your casting hand, do the painting-above-a-doorway stroke with a squeeze at BOTH stops. Count the squeezes out loud. (If you have a rod at home, do the same stroke with it afterward.)

☐ Lay a hula hoop or paper plate at 15 feet. Ten “casts” with a stick or your hand, pointing your thumb at the hoop at the stop. If you have a rod and a yarn fly: in the hoop = 2 points, close = 1, pile = 0. Write your score on your own card. Nobody reads it out loud.

☐ 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: no glasses, no rod in hand.

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

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