Homework, Week 1: Grass, Grip & Your First Cast

Warm Waters practice sheet - pairs with the Warm Waters School pages. Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge. You do not need to buy a rod for homework.

☐ 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 them out loud. (Optional: the same stroke with a rod if you have one.)

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

☐ 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.

Partners: a parent, a buddy, or a Youth Helper can hold the hoop, count the reps, and ask what today’s cue was. You don’t need to fish to help. Five minutes of attention beats an hour of equipment.

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