



Kansas City
Chapter



April 2021

Club Meeting Date:
April 27
7:00 pm

Executive Board Meeting
April 6
7:00 pm.
(Zoom Meeting)

Location
Fleming Hall
21906 SW Woods Chapel Road
Lee's Summit, Missouri

Next Club Meeting Date
May 25
(To Be Determined)

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Presidents Message

We will have our monthly **April meeting** at the Disabled American Veterans (DAV) building located at 14605 E 40 Hwy., Kansas City, MO on **April 27th at 7 pm**. We will be in the large meeting room. We are encouraged to purchase food/meals before the meeting (5:30 -7 pm) from the DAV Restaurant as those purchases offset the cost of the room rental. The DAV does require masks inside the building. I hope everyone that decides to attend has already received their COVID-19 vaccination

I want you to know there will be a **MTFA Spring Derby** at Bennett Spring State Park May 14-16. There is a dinner and state meeting planned for Saturday at 6pm but the location has not been secured. I'll let you know the details when I have them. You will still need to register for the tagged fish derby Friday night or early Saturday morning at the Park Store. The shelter-house across the Whistle Bridge, Shelter-house B, is the location for Sunday's activities at the close of the Derby.

Also of interest is the Branson Chapter is having a fly fishing Expo July 29-31.

- 1 They are inviting fly tyers (see attachment). There is a fly tying contest with a May 14th deadline for entering the contest (see attachment for how to enter).
- 2 I will have attached documents for all these events hosted by the Branson Chapter.
- 3 It's been a long time since we last met. The April meeting will give us a chance to get reacquainted with each other and discuss the kind of activities we would like to have for the rest of the year. — *David*

Bahama's Bone Fishing Trip



In the last week of February Mike McKinzie and I traveled to Andros South Bonefish Lodge on Andros Island in the Bahama's for some sun, warm weather and bone fishing. It was Mike's first time bone fishing. We booked our trip with JC Weeks and FishWest Fly shop, Kamas, Utah. I met JC on a previous trip there at the lodge, enjoyed the group that was traveling with him and made the decision to hook up with the group on this trip.

We flew from KC to Fort Lauderdale on Saturday, stayed overnight in Fort Lauderdale then took a Charter flight Sunday Morning from Fort Lauderdale to Andros Island. Due to the Covid restrictions it took a while to get thru

For More Information

Visit the website for the latest
News and updates
www.mtfa-kansascity.org

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Upcoming Events

April 1,
April Fools Day

April 6,
E-Board Meeting
(Zoom Meeting)
7:00 pm

April 27,
Club Meeting
(Cancelled)

Fly Casting Practice Drills

Trout season is now open in Missouri and it will not be long until we can hit the ponds and lakes for blue gill and bass. Some fly anglers I know only go fishing once a year on a special trip, sometimes they don't go for two or three years. My point here is that a person who can cast well, will be a lot more successful. I play the guitar and I read that in order to play at the intermediate level, you need to practice for 1 hour each day for 3.5 years. So keep practicing. Here are some practice drills to help you be more successful.

Muscle Memory

It is well known that if you perform an act enough times it will become second nature to you. This is because your muscles store the act or movement in their fibers and can react on instinct to the task in question. This is the same for any fly fishing cast, perform it enough times and your arms can then perform it without thinking about it.

In fact performing it over and over will increase muscle and tendon strength and flexibility so you don't become tired easily when out fly fishing. There is nothing worse than being invited to a top fishing destination to become exhausted and unable to continue fishing. This can be easily rectified with a bit of extra work.

In fact it is recommended to go out and perform some casting practice before the new fishing season begins especially if it's been a long time since you last casted. That way your first visit to fly fish will not be full of errors and time demanding problems. Don't just practice casting on nice calm days, get out there and tackle the wind.

To be honest I don't think many anglers go through the ritual but rather put in the time while fishing and hopefully by the second or third visit most of the problems will have been ironed out so fishing can be more successful.

However to make the most of your preseason I recommend performing casting practice with both hands for a 30 min cycle each day for a week or so to get your arms and shoulders into the groove. Believe me it works I have tried both preseason workouts and not when not doing it I was sluggish and not accurate in my casting.

Accuracy

Like with the muscle memory workout accuracy is very important with fly fishing. The ability to land a fly inches from a moving fish can mean extra takes and catches when your buddies who can't are getting few to none. To practice this put out several small hula hoops, plates or something small to aim at onto a grass field or large lawn at different distances and angles to where you are standing.

Then practice casting into each hoop or target one after the other. Start by getting your distances correct for each hoop by casting to it several times then when you have them all worked out mix it up by changing quickly from one hoop to the other.



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Roger Theroux
Marvin Allison
Ken Hicks

Fly Casting Drills Cont'd

It takes a bit of practice to get things working correctly but believe me when you can do it on grass without thinking about it you will be able to do it on the water very easily. Then when a fish shows to your side, you are able to change direction and drop a fly right on its nose and woosh your in!

Add some new cast to your arsenal:

This is also a great time to practice new casts. Especially when trying to change direction. Should you use the [snake roll](#) or a [single spey cast](#) or maybe the snap T is better? The thing about it is what is best for you as an angler. If you are hopeless at Spey casting but can snake roll easily then use that as your change of direction cast. Be sure to add the Back Cast presentation to your practice sessions.

You can of course use this time to practice the casts you are not so good at or have just found out about. This is the beauty of fly casting, there are no rigid rights and wrongs its only what's good for you and of course what is safe.

I have learned many new casts on the grass first before taking to the river or lake to try them with the feel of the water drag. Its also important to test casts during windy days as well as calm. There are times when you will find it almost impossible to make a cast because of strong downstream gusts or worse swirling wind which makes all things dangerous. However if you put in a bit of practice before hand there is no reason why you couldn't still get a bit of fishing in when your buddies have all but packed up to go home because of inadequate casting.

Don't worry about distance, every angler I have seen who is new to the sport is only concerned about distance. This may be because all his buddies are able to cast 50-60 feet, but if you work on your accuracy and practice your casting you will be able to cast longer and longer without having to work at it and you will also be able to do it with accuracy something I'm sure your buddies cannot do correctly. If I had only one choice to make I would choose accuracy over distance every time. It will get you more fish and that my friends is the name of the game at the end of the day.

I put this together from a number of different articles I have read and applied these principles to teaching fly casting. Lastly, there are some great YouTube videos out there.

MTFA Garage Sale Items:



Cabela's wading boots
Size 12
(Worn one time)
Contact: David Haynes
816-392-2246



Orvis Silver Label (9'-0") 8wt (3 7/8oz) (2 piece) w/ Orig Case. Excellent condition. Used twice in Michigan for Steelhead. Purchased from Orvis back in 2000 or 2001. Great Bass, Pike, Muskie, Steelhead Rod. \$200.00
Contact: Gary Davisson (816-896-5221)



Free Saturday Casting Clinics - Sign Up!!



**Fly Tying Clinics
Every Saturday**
*Learn to Tie Fish
Catching Flies*

Fly Tying Class - Free 1 Hour

2 Students 1 Instructor - Call for your Appointment



1 Hour each Saturdays 9am until 3pm

**Learn How to Tie - Drys, Nymphs or Streamers
Basic to Advanced You Choose**

Call 913-341-8118 www.kkflyfisher.com
8643 Grant St - Overland Park - KS

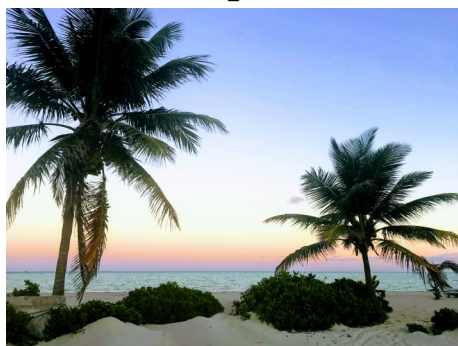
Fisherman Wanted - K&K Hosted Fly Fishing 2021 Trips -

April 11-17 - Swain's Cay - Andros Bahamas
(5 fish days - 6 nights) \$3650.00 + VAT

Note: These are all Guided Trips and prices do not include tips and transportation.

Call for Trip Details and Questions: 1-800-795-8118

Bahama's Trip Cont'd



customs. We had to have all our papers, test results etc. for their review.

For the rest of the story Mike will be giving a presentation on this trip sometime in the future when we can meet as a club.

Gary

FACEBOOK

*Join us every Tuesday at
5pm cst*

Facebook.com kkflyfisher
Facebook Live Streaming

- * **Fly Tying**
- * **Fishing Reports**
- * **Fly Casting**
- * **New Gear**

New Reels - Check them out!