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Let's GO Fishing!



CARE

Connecticut Aquatic Resources Education
Department of Energy and Environmental Protection

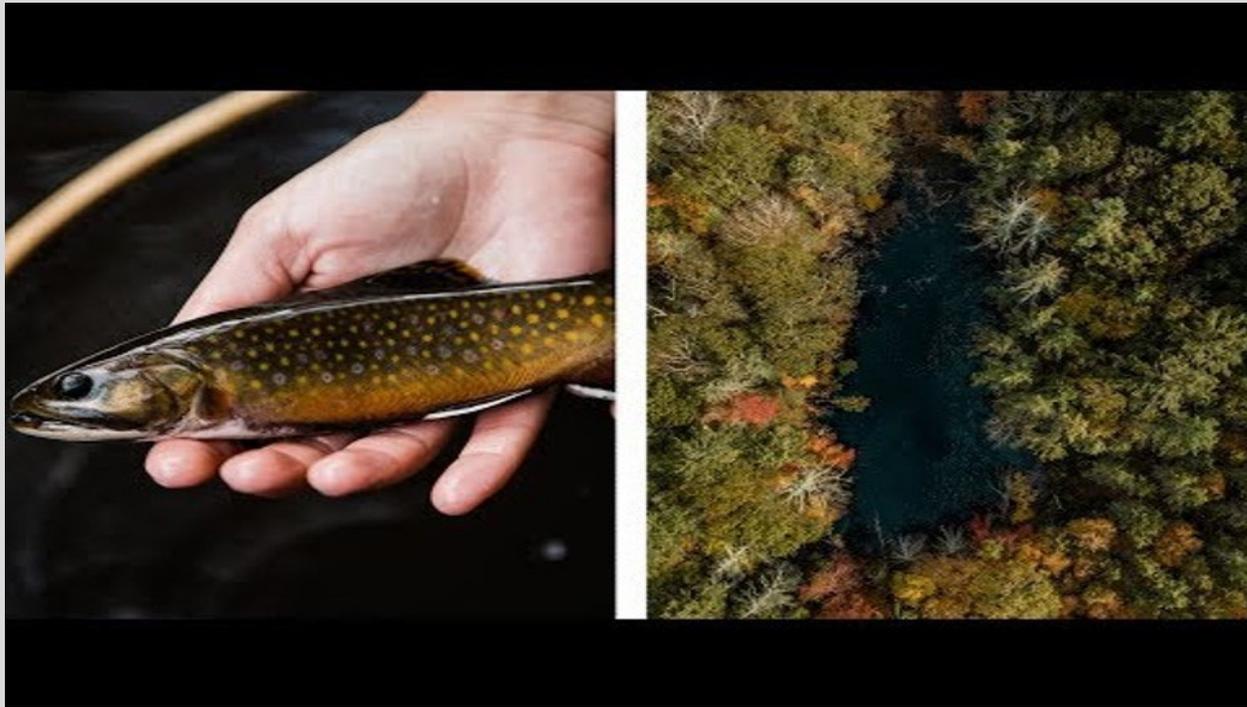




Introduction to Freshwater Fly Fishing

Department of Energy and Environmental Protection
Fisheries Division - Connecticut Aquatic Resources Education (CARE) Program

WHY DO WE FLY FISH?



Click Video To Play

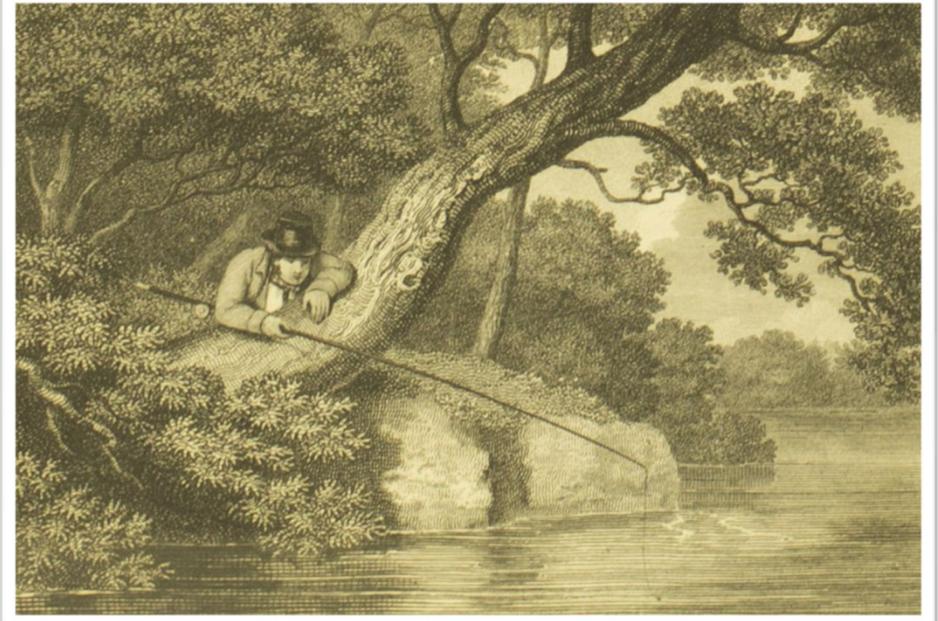
We Fly Fish...

- Because it is beautiful
- Because it connects us with nature
- Because it is our passion
- Because we love it
- Because it is a challenge,
- Because it is who we are.....

WHAT IS FLY FISHING?



- One of the most ancient forms of fishing or 'angling'.
- Uses a fly rod, a reel, a fly line, a leader and flies to catch fish!
- Can be done in freshwater or saltwater.
- Weight of line and the 'energy' of the rod used to cast a small fly.



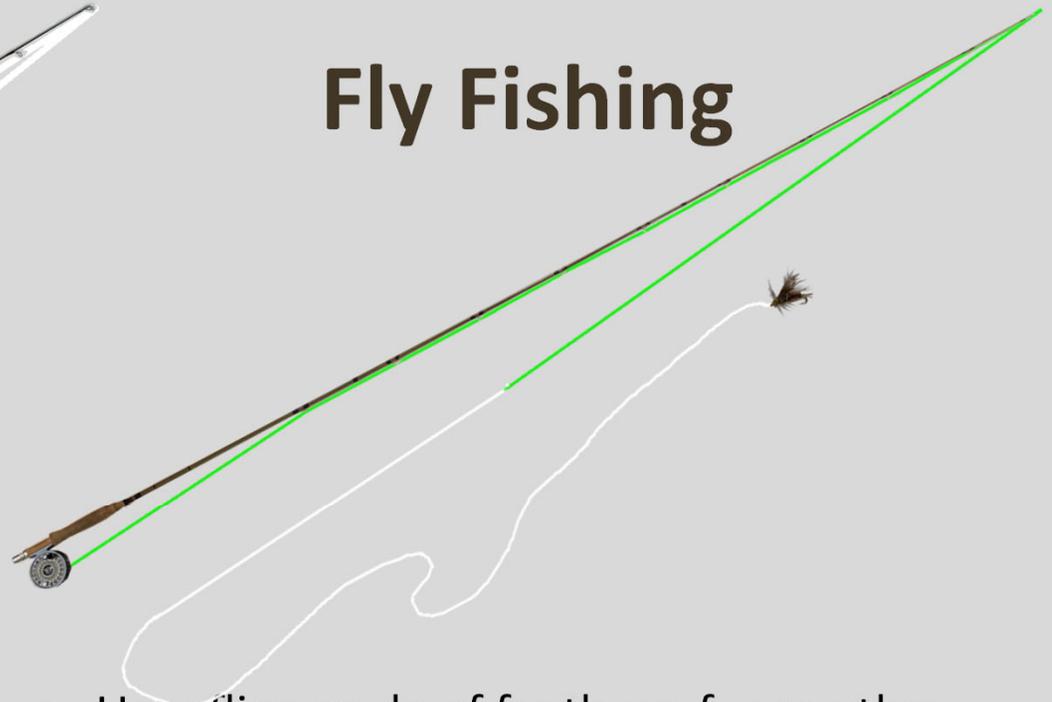
The Life of Izaak Walton: Including Notices of His Contemporaries, Thomas Zouch, 1823, facing 35, Trout, <https://arc.lib.montana.edu/trout-art/item/195>, MSU Archives Trout and Salmonid Artwork Collection, Montana State University (MSU) Library, Bozeman, MT

Spin Fishing



- Uses lures or live bait
- The weight of the lure casts the line out
- Often done from the bank

Fly Fishing



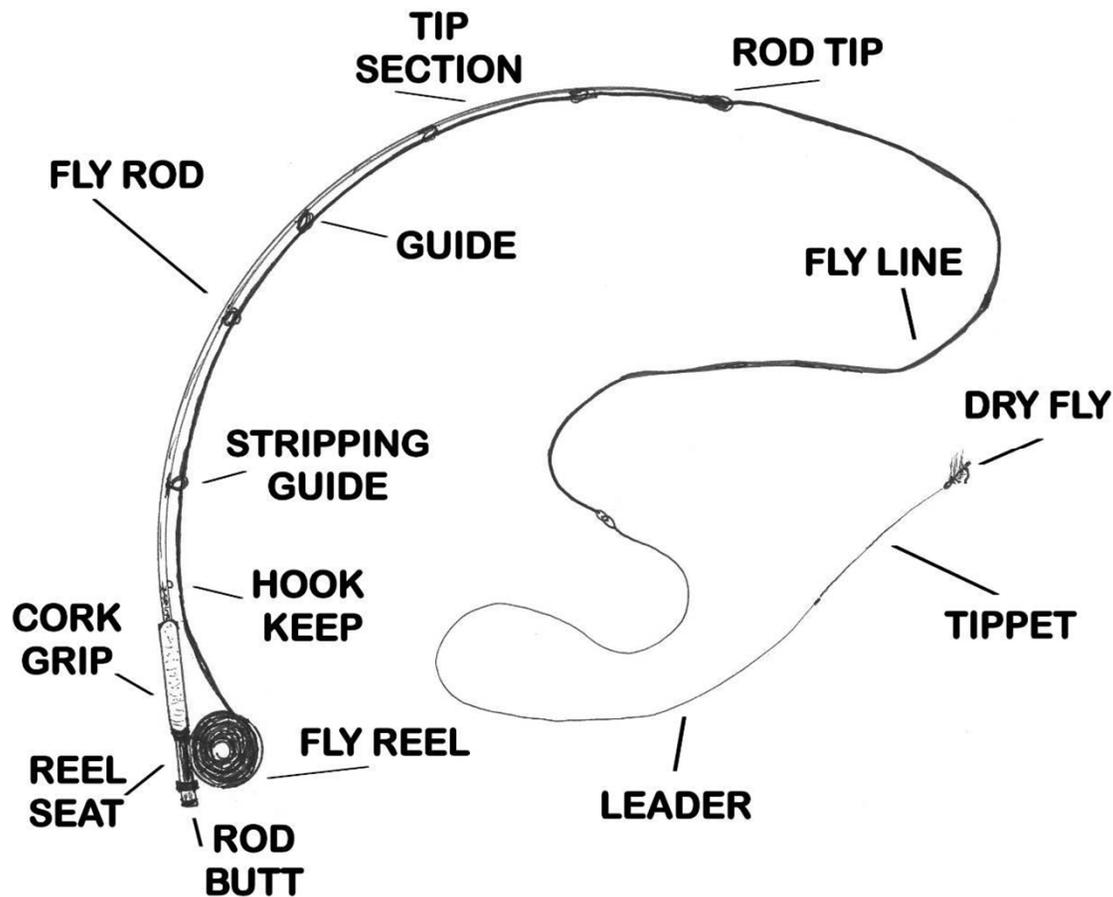
- Uses flies made of feathers, fur or other natural/synthetic materials
- The fly is weightless, but the line is weighted
- Often done from within the water



- Dates to ancient Macedonia or pre-Roman times
- Used a bronze hook or 'ANGLE' with wool or feather
- Popular form of fishing in Europe from middle ages to present
- European immigrants brought fly fishing to the United States in 1800's

Image Credit: Trout Fishing. , 1910. [New York: publisher not transcribed, about] Photograph. <https://www.loc.gov/item/2018695867/>.

THE FLY FISHING 'OUTFIT'



Getting Started

Outfit = Fly Rod + Reel + Fly Line

Choose an Outfit Based On:

1. The type of fish you will be fishing for.
2. Where you will be fishing.
3. The size flies you will be using.

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ROD, REEL & LINE 'WEIGHTS'



Outfits are Based on Different Weights or 'Wt's



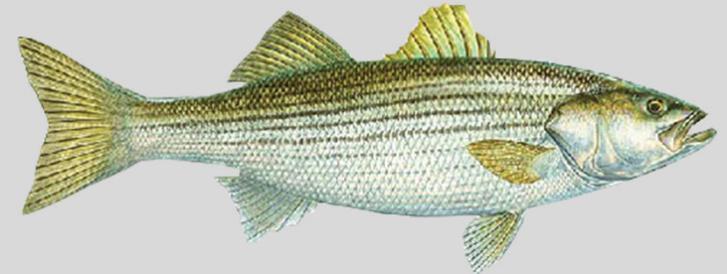
3 wt = wild trout



5 wt = trout



7 wt = smallmouth bass



8wt = salmon

9wt = striped bass

Smaller Fish



Big Fish



Bigger Fish

Fly fishing outfits should be 'balanced': 5wt rod = 5 wt reel + 5 wt line

Other Outfit Examples: European Nymphing - Streamer Fishing - Saltwater Fishing

Essentials



Flies, Floatant, Leader, Nippers,
Forceps, Tippet

Additional Items



Vest, Waders, Wading Boots, Net

Fly Line



Most common fly line is weight forward floating or 'WF F'.

Leaders



The leader attaches to the fly line via a 'Loop to loop' connection.

Tippet



Attaches to leader via a double surgeon's knot - extends the life of the leader.

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SETTING UP YOUR FLY ROD



How To Set Up Your Fly Rod



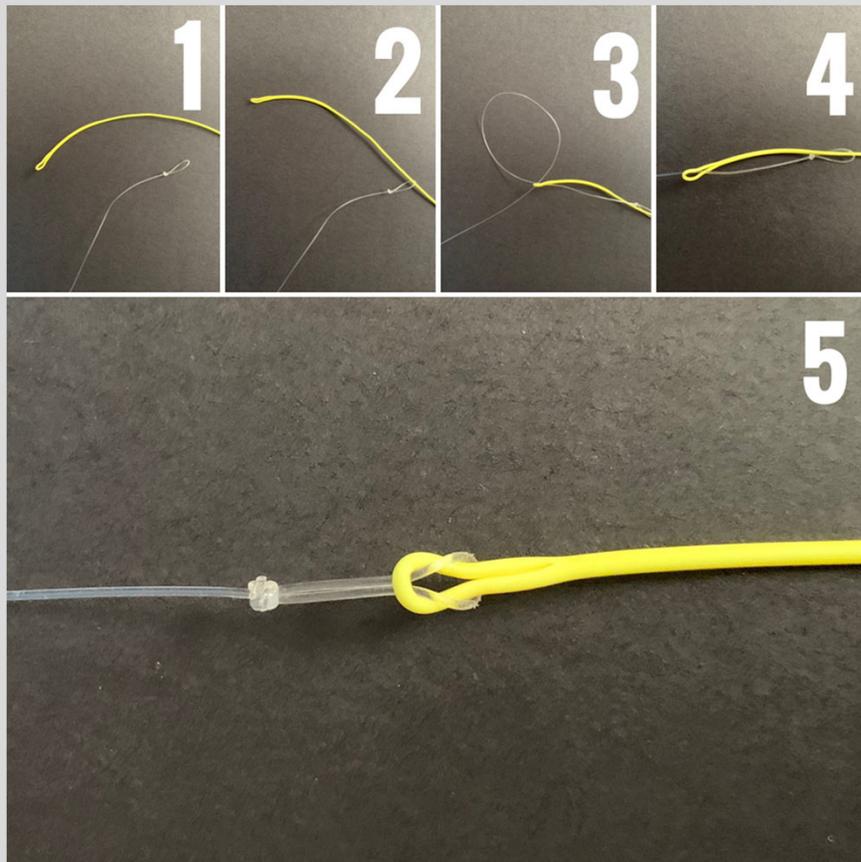
1. Put together rod 2 sections at a time and use alignment dots. Offset rod sections, push down and turn to put together.
2. Place reel in reel seat, secure locking ring(s).
3. Pull enough line (10 pulls on reel) to make it through guides, tip and back to butt of rod. Walk line through guides doubled over to prevent losing fly line.
4. Secure fly line to leader using a loop-to-loop connection.

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LOOP TO LOOP CONNECTION

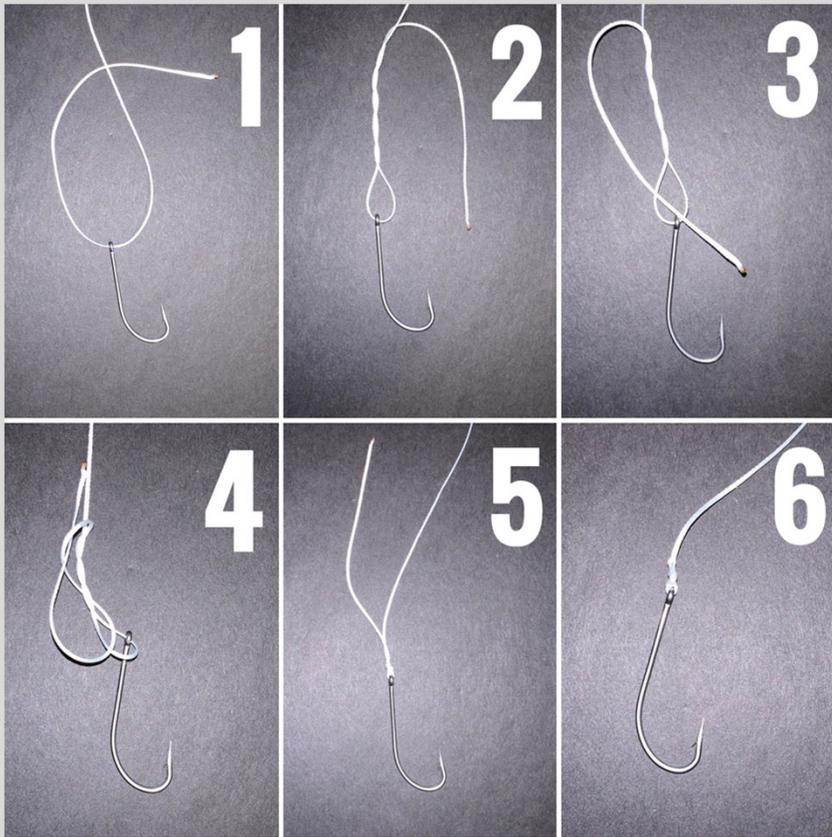


The Loop To Loop Connection Connects the Fly Line to the Leader



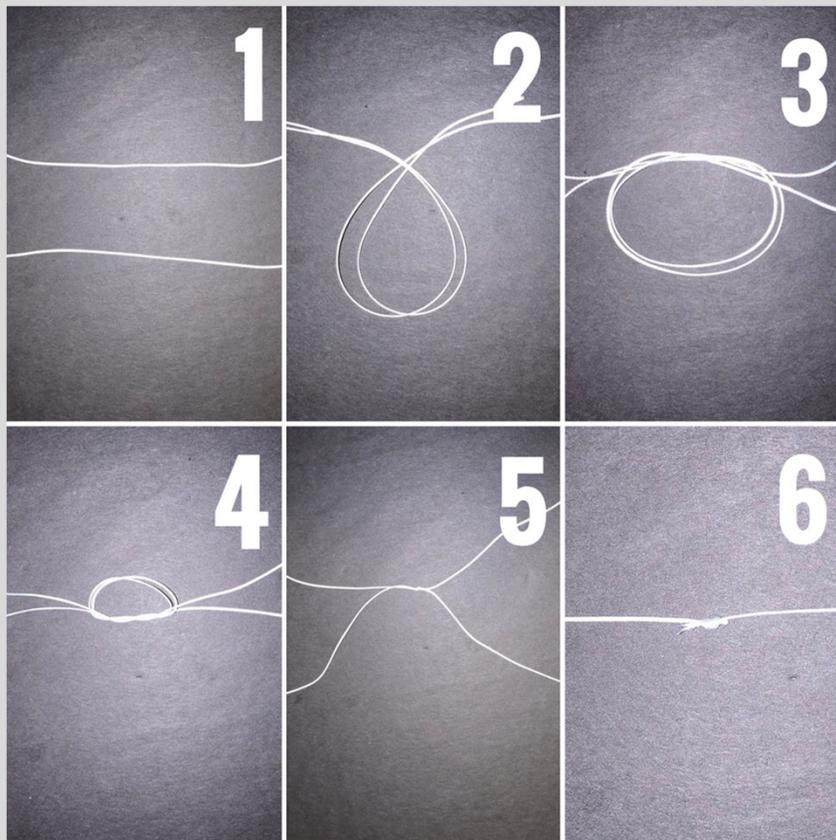
1. Lay end of fly line next to leader loop.
2. Pull fly line loop through leader loop.
3. Pull leader loop through fly line loop.
4. Cinch down connection over knot in leader.
5. Pull through to figure '8' or loop to loop connection.

Improved Clinch Knot Attaches the Fly to the Leader



1. Put tag end of leader through hook eye.
2. Make 5 turns around the line.
3. Put tag end through bottom of loop.
4. Wet the knot. Pull on hook and hold leader, knot will cinch down.
5. Cinch all way down.
6. Clip off extra material, leave $\frac{1}{8}$ inch of tag.

Use the Double Surgeons Knot to Attach the Tippet to the Leader



1. Lay leader and tippet side by side with 6 inches on each side.
2. Create a loop.
3. Pull tag end of leader and tippet together through twice.
4. Wet the knot and pull on both ends from each side.
5. Cinch the knot down.
6. Clip tag ends close.



The basic cast is a fly fishing fundamental. Also known as 'the pick up and laydown cast'

Four Parts:

1. Pick up
2. Backcast
3. Forward cast
4. Lay down



Click Video To Play



[Click Video To Play](#)

The roll cast is a fly fishing fundamental cast.

Used when brush or an obstacle is behind you and you can't make a basic cast.

What Do Fish Eat? Basic Entomology +



AQUATIC INSECTS

(Mayflies, caddisflies,
stoneflies, midges)



BAITFISH / OTHER FISH

(Sculpin, shiners, chubs)



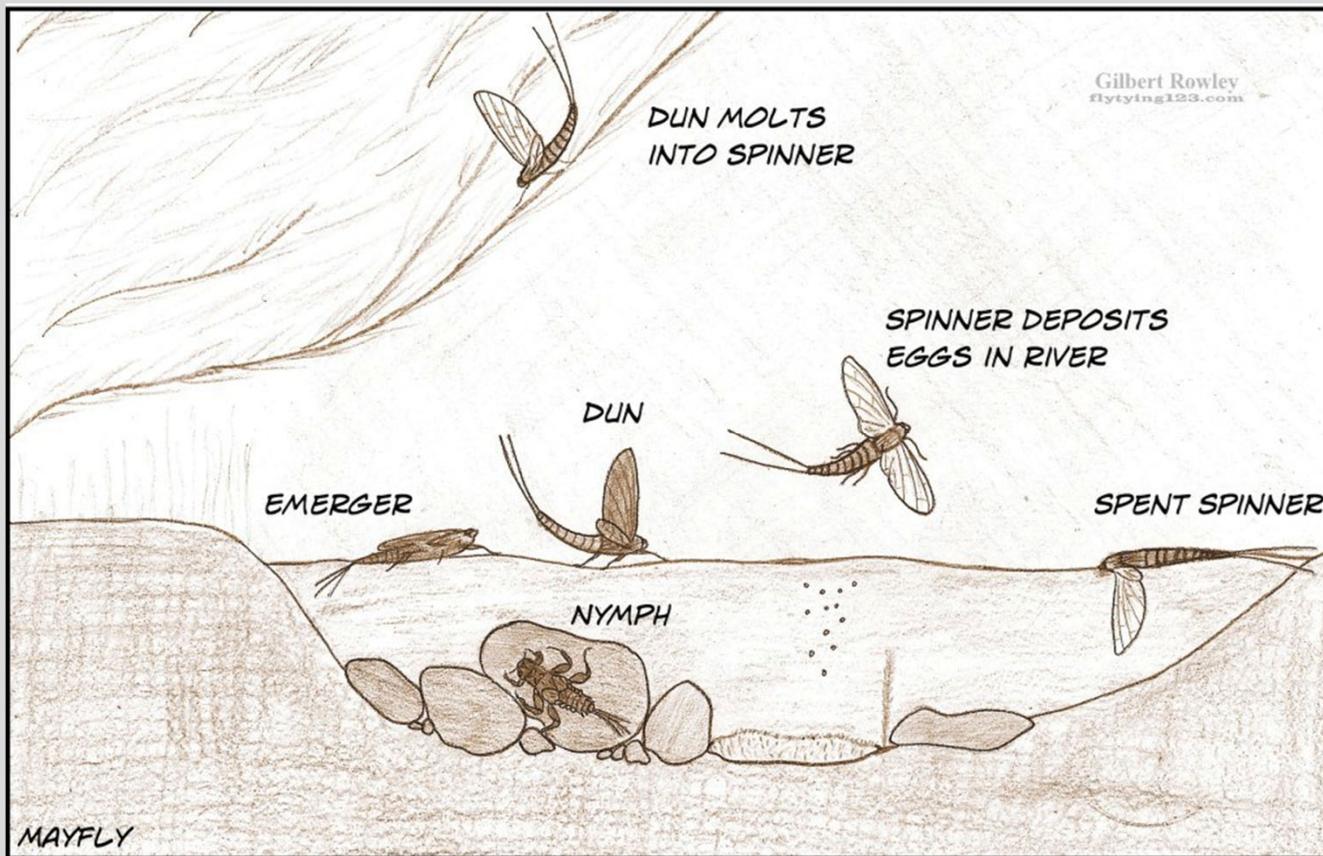
TERRESTRIALS

(Grasshoppers, crickets,
ants, beetles))

ALL IN 'A BUGS LIFE'



A Mayfly Story - An Aquatic Insects Lifecycle



Flies imitate aquatic insects, terrestrials & baitfish that fish eat!



Dry Flies

(Float On Surface)



Nymphs

(Sub-surface)

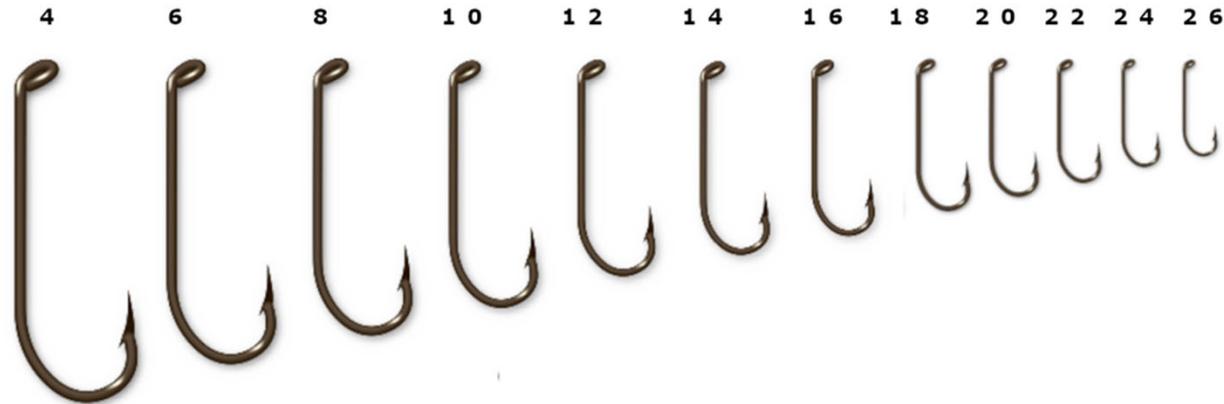


Streamers

(Sub-surface)

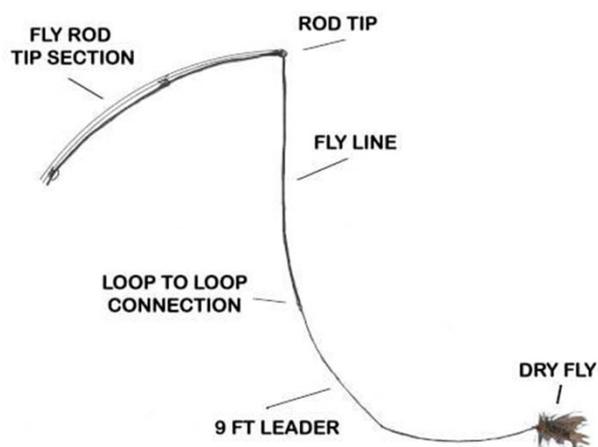
Other flies - Wetflies

Common Hook Sizes (Not to Scale)



- Hooks are sized based on the bug size they will imitate.
- Flies are sized according to hook size.

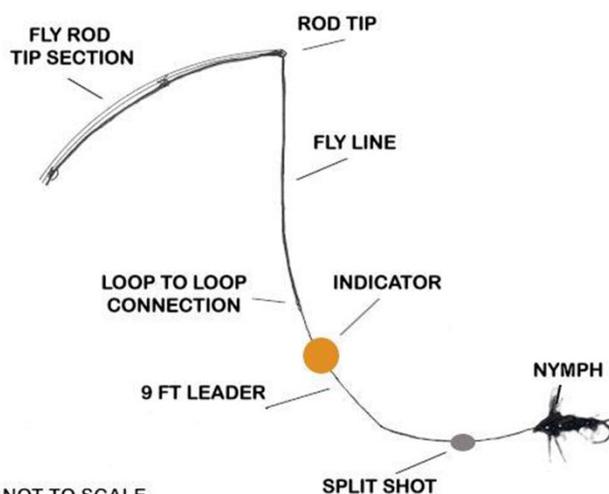
Tip: Small Hook = Small Fly but Big Hook Size ie 22



* NOT TO SCALE

Dry Fly

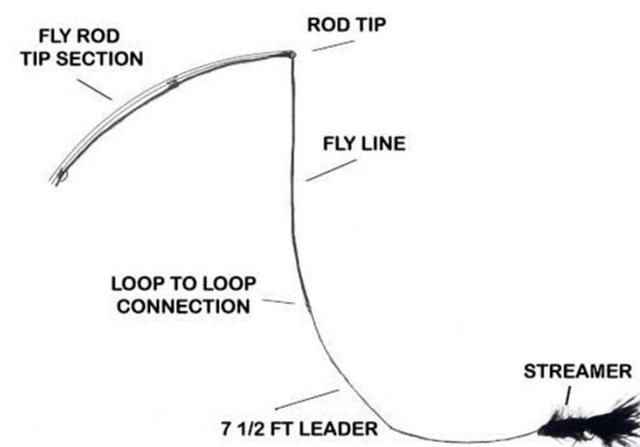
- Use floating fly line
- Divide fly size by 3 for leader/tippet 'X' size



* NOT TO SCALE

Nymph

- Distance between indicator and nymph is 1½ to 2 X's the depth of the water
- Split shot gets nymph down, place 12-16" from fly



* NOT TO SCALE

Streamer

- Use floating or sinking line
- Use shorter leader

Lakes

Fish wait in deep waters, but come up in to the shallower water to feed. Usually fish will stay close to cover along weed beds, under downed trees, docks or lily pads. Cover not only helps protect fish from predators, it also gives them a hiding place to ambush their own prey.

Hump -

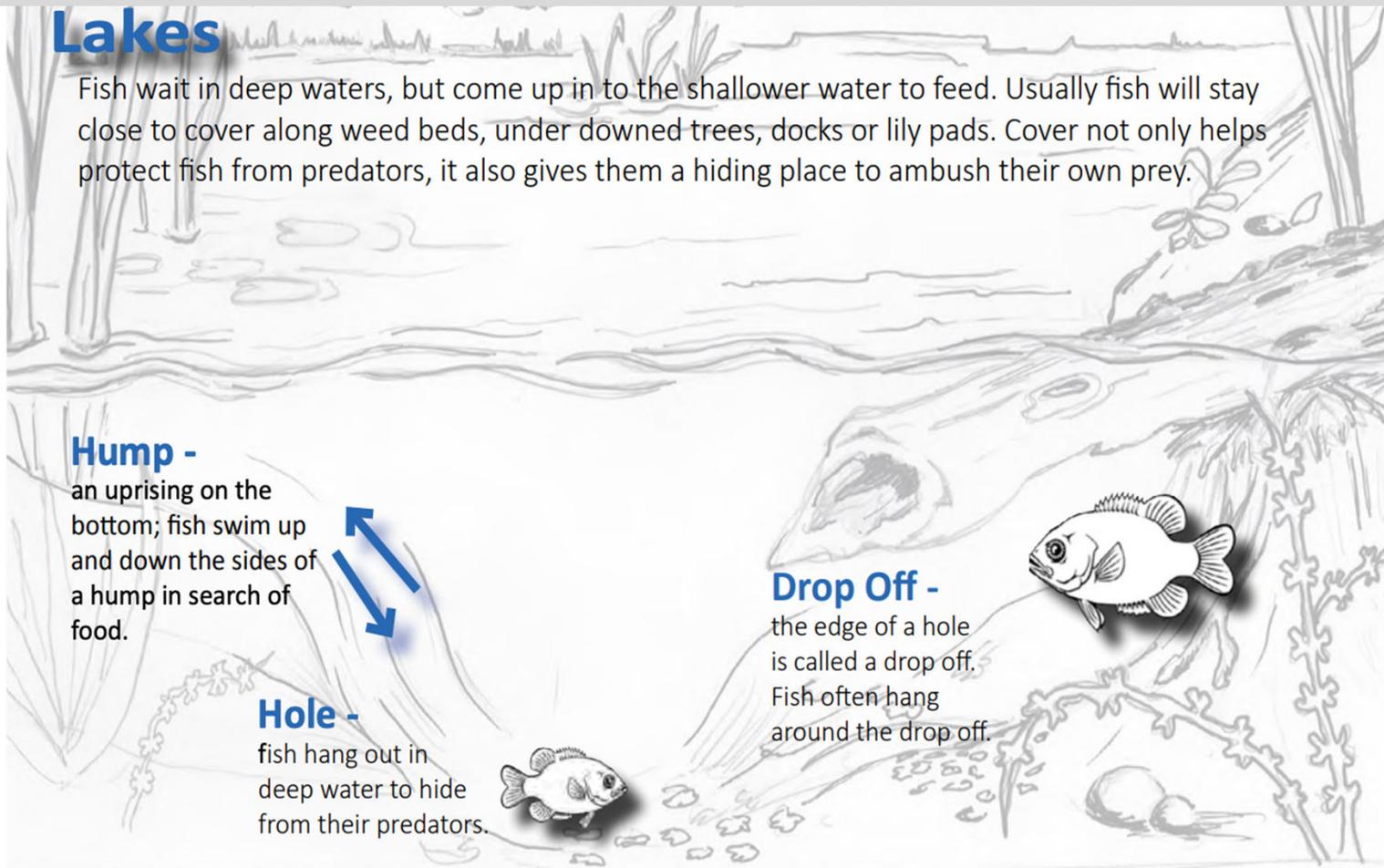
an uprising on the bottom; fish swim up and down the sides of a hump in search of food.

Hole -

fish hang out in deep water to hide from their predators.

Drop Off -

the edge of a hole is called a drop off. Fish often hang around the drop off.



Streams

In streams and rivers fish seek out places where they don't have to fight the current.

Upstream

Downstream

Riffles -

shallow areas, usually with rocks or gravel and the water flows swiftly.

Run -

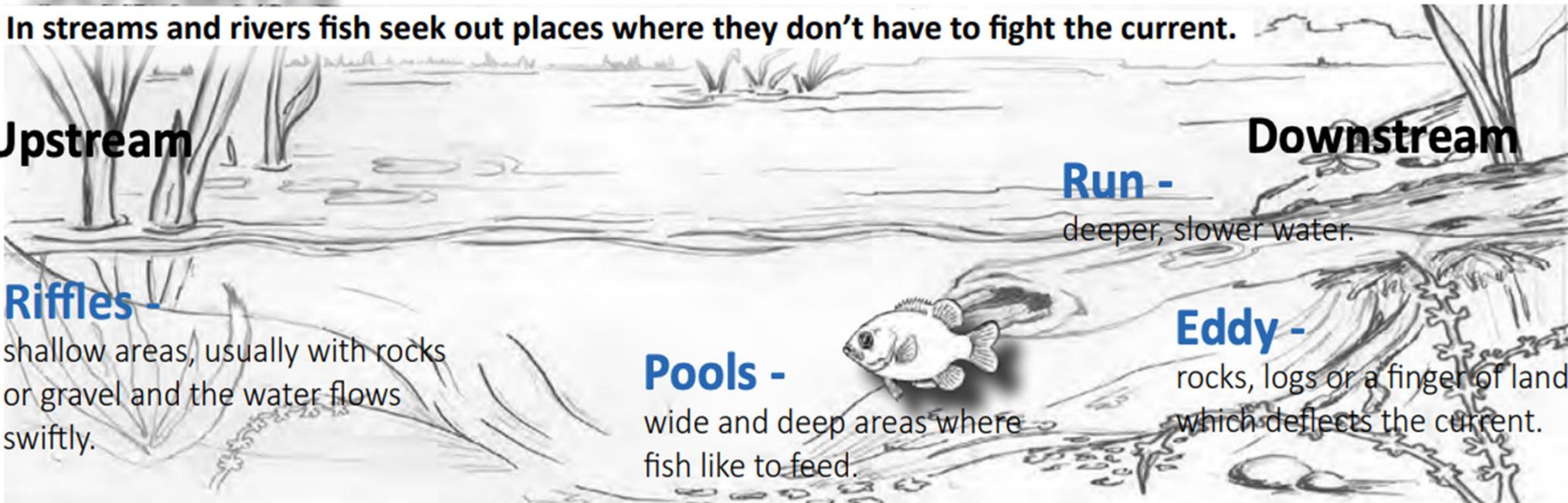
deeper, slower water.

Pools -

wide and deep areas where fish like to feed.

Eddy -

rocks, logs or a finger of land which deflects the current.



How To Land a Fish

1. Set the hook by raising the rod tip fast and firm.
2. Play the fish by keeping tension on the line. Allow the fish to run, and do not horse the fish in.
3. Reel in the slack line or strip the line in to bring the fish to you.
4. Use your net by placing it in the water and raising it up under the fish.



Learn and Know the Rules and Regulations!



Connecticut State
Department of Energy and Environmental Protection

All customer facing DEEP services have returned to normal business operations. For detailed information on what this means, visit our "New Normal" website: [DEEP New Normal Information](#)

CT.gov Home / Department of Energy and Environmental Protection / Fishing / Freshwater Fishing Guide / River and Stream Regulations

Freshwater Fishing Guide

What Is New

- Licenses and Permits
- Definitions
- Demarcation Line
- Species Regulations
- Lake and Pond Regulations

River and Stream Regulations

Determining fishing regulations is a simple two-step process:

1. Check the species regulation page for general statewide Species, Legal Methods, and Limits regulations.
2. Look up the waterbody in this alphabetical list of rivers and streams to find any special regulations that apply. If the water is not listed or if there are no special regulations, then the statewide regulations apply.

Largemouth Bass and Smallmouth Bass (about bass management) (about bass tournaments)

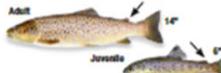
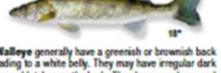
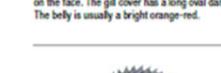
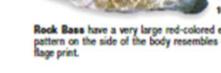
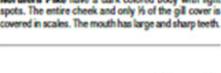
Daily creel limit is for both species in aggregate.

Photo	Legal Methods	Area	Open Season	Minimum Length	Daily Creel Limit
 Largemouth Bass	Angling, Ice Fishing	Lakes and Ponds	Open year-round	12"	6
 Smallmouth Bass	Angling, Ice Fishing	Rivers and Streams	Open year-round*	No minimum length	6
	Angling, Ice Fishing	Connecticut Rivers	Open year-round	12"	6

- Identify the creel and size limit of the type of fish you will be fishing for.
- Know general & local regulations.
- 16 & over need a license.
- Purchase a trout & salmon stamp.
- Only fish where permitted or where you have permission.



Identify the Fish You Will be Fishing for Before You Fish

<h3>Trout</h3>  <p>Brook Trout have a dark body with light spots and a worm-like pattern on back, head, and sides. The lower fins are typically red-orange with a white leading edge. Stocked Brook Trout are typically less colorful than wild Brook Trout.</p>  <p>Brown Trout have a light body with dark spots. The lower fins are typically brown, tan, or nearly colorless and may have a white leading edge. Wild Brown Trout may have bright red and orange spots and an orange adipose fin. The tail is more rounded than brown Trout and Atlantic Salmon look very similar.</p>  <p>Tiger Trout (hybrid) have worm-like markings covering the entire body. They usually do not have spots. Tiger Trout are a sterile cross between a male Brook Trout and a female Brown Trout.</p>  <p>Rainbow Trout have a light body with dark spots on the head and the tail. There is usually a pink band along each side.</p> <h3>Salmon</h3>  <p>Kokanee Salmon are silver without spots until spawning season when they undergo significant changes in both the shape turned. Males often develop a large hooked jaw (kype). The Kokanee Salmon die after they spawn.</p>  <p>Atlantic Salmon have a light body with dark spots. The adipose fin is brown or dark brown. The lower fins are brown with no color on the leading edge. There may be spots on the head and tail. Wild Atlantic Salmon recently entering freshwater typically are silver, turning brown after being in freshwater for a while. Small Atlantic Salmon will have a deeply forked tail. Atlantic Salmon are stocked as fry into many tributaries of the Connecticut River. All Atlantic Salmon must be immediately released, unless it is from one of the areas the Inland Fisheries Division stocks with surplus adult Atlantic Salmon (see page 24).</p>  <p>Atlantic Salmon have a light body with dark spots. The adipose fin is brown or dark brown. The lower fins are brown with no color on the leading edge. There may be spots on the head and tail. Wild Atlantic Salmon recently entering freshwater typically are silver, turning brown after being in freshwater for a while. Small Atlantic Salmon will have a deeply forked tail. Atlantic Salmon are stocked as fry into many tributaries of the Connecticut River. All Atlantic Salmon must be immediately released, unless it is from one of the areas the Inland Fisheries Division stocks with surplus adult Atlantic Salmon (see page 24).</p> <p>© Joseph Tomafel</p>	<h3>Bass, Perch & Walleye</h3>  <p>Largemouth Bass have a dark stripe along the side of the body. The end of the jaw typically reaches past the eye.</p>  <p>Smallmouth Bass may have vertical stripes on the side of the body. The end of the jaw typically reaches to the center of the eye.</p>  <p>Striped Bass have a light body, somewhat silver in color with a series of horizontal black bands along the side.</p>  <p>White Perch have a silver body and lack any spots or bands.</p>  <p>Yellow Perch have a yellow body with dark vertical bands and orange lower fins.</p>  <p>Walleye generally have a greenish or brownish back fading to a white belly. They may have irregular dark green blotches on the body. They have very large and sharp teeth.</p>	<h3>Sunfish & Bass</h3>  <p>Pumpkinseeds have turquoise markings on the face and have a red dot on the gill cover.</p>  <p>Bluegills do not have turquoise markings on the face and do not have a red spot on the gill cover.</p>  <p>Redbreast sunfish have some turquoise markings on the face. The gill cover has a long oval dark "ear". The belly is usually a bright orange-red.</p>  <p>Rock Bass have a very large red-colored eye. The pattern on the side of the body resembles camouflage print.</p>  <p>Calico Bass (stripie) have a distinct curved profile from the head to the dorsal fin. The body is very thin when viewed looking from head on. They body silvery or brass colored with dark spots.</p>	<h3>Bullhead & Catfish</h3>  <p>Yellow Bullhead have a rounded tail and the chin whiskers are light colored. Both the belly and chin are usually yellow.</p>  <p>Brown Bullhead have a rounded tail and the chin whiskers are dark colored. Both the belly and chin are light colored and usually white.</p>  <p>Channel Catfish have a forked tail (pointed tip), very long whiskers on the side of the mouth, and dark chin whiskers. Compared to the white catfish, the channel catfish has a narrow head.</p>  <p>White Catfish have a forked tail (rounded tip), very long whiskers on the side of the mouth, and light chin whiskers. Compared to the channel catfish the white catfish has a broad head. The eyes may have a light blue band around the iris.</p> <h3>Pike & Pickerel</h3>  <p>Northern Pike have a dark colored body with light spots. The entire cheek and only 1/4 of the gill cover is covered in scales. The mouth has large and sharp teeth.</p>  <p>Chain Pickerel have a yellow colored body with a dark "chain-like" pattern. Both the cheek and gill cover are completely covered with scales. Typically there is a dark vertical band below the eye. The mouth has large and sharp teeth.</p> <h3>Carp & Sucker</h3>  <p>White Sucker has a streamlined body with a round mouth. The body is usually dark brown on top and bronze color on the side.</p>  <p>Common Carp can be a very large fish (up to 40 pounds) and have large scales. Carp have a small whisker on each side of the mouth.</p> <p>This guide intended to provide some general descriptive information and a photo typical of each species featured. These represent fish that are most often caught in freshwaters of CT. The approximate size of the pictured fish is listed. For more detailed information please refer to the "A Pictorial Guide to Freshwater Fishes of Connecticut" by Robert P. Jacobs and Eileen B. O'Donnell. Available at the DEEP store www.ct.gov/DEEPStore.</p> <p>For questions about fish or fishing in Connecticut, please contact the Inland Fisheries Division at 800-424-Fish or email: deep.inland.fisheries@ct.gov or visit our web page at www.ct.gov/deep/fishing.</p> <p>All photographs by Robert P. Jacobs, CT DEEP FID</p> 
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How To Be An Ethical Angler:

1. Obtain a fishing license & trout/salmon stamp.
2. Apply rules & regulations.
3. Use proper etiquette.
4. Practice 'Leave No Trace.'
5. Practice 'Catch & Release' techniques.
6. Use proper handling of fish.
7. Help others become 'ethical anglers.'



An ethical angler always does the right thing, even when no one is watching!



Fishing Etiquette: an unwritten code for proper behavior on the water while fishing.

1. Be courteous and considerate.
2. Avoid crowding a spot/area, don't stay all day.
3. Rotate your fishing locations and do not overfish.
4. Ask permission to fish an area that someone else is fishing.
5. Don't 'highhole' or lowhole someone.
6. Ask which way people are fishing, upstream or down?
7. Those who are fishing upstream and moving so, have the right of way over those moving downstream.
8. Move quietly through areas where others are fishing, don't splash, keep a low voice and move slowly.
9. Give those landing a fish the proper space to do so.

Some fish species can't tolerate high water temperatures.



Warm water fish species like panfish can tolerate warmer water temperatures and are a great option for summer fishing.



Cold water fish species like trout and salmon can't tolerate warmer water temperatures.

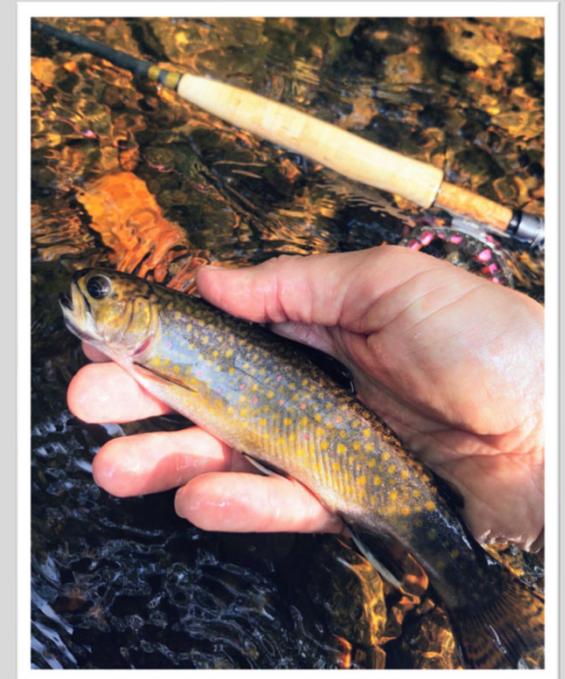
Don't fish for trout when water temp is above 67 degrees Fahrenheit.

Thermal refuge (check regulations).



Proper catch and release assures that fish can be caught again months or even years from now.

1. Use appropriate rod, reel and leader.
2. Crimp your hook barbs or use barbless hooks.
3. Land fish quickly, don't play them too long.
4. Use a rubber coated net to help you land the fish safely.
5. Wet your hands before touching your fish.
6. Use forceps for hook removal.
7. Keep fish in the water until you are ready to release.
8. Let fish go gently when ready, facing into the current.



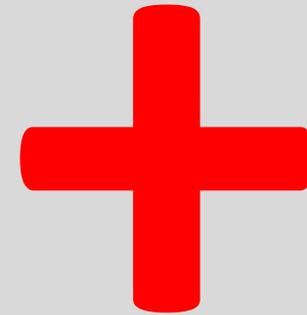
Proper Care & Cleaning of Your Catch



1. Ensure your fish is a 'keeper.'
2. The fish can be kept on a stringer, in the water until you are done fishing or keep the fish on ice.
3. Cut the gills of the fish, slice the stomach from the vent to the gills. Remove the guts of the fish.
4. Fillet, season and cook the fish.

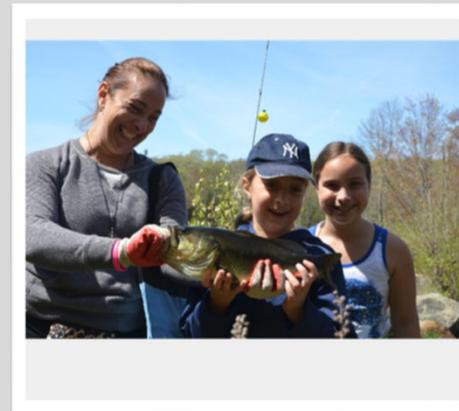
Being Safe is Key to Having Fun!

1. Always tell someone where you are going fishing
2. Know the area where you are going fishing
3. Wade Safely – Consider using a wading staff
4. Bring a map of the area
5. Fish with a friend
6. Wear eye protection
7. Wade safely
8. Never go past your knees in the water
9. Bring plenty of water to drink
10. Bring a first aid kit
11. Keep your mobile phone charged



Fishing Trip Checklist

- Fishing License // Trout & Salmon Stamp (16 & Over)
- Sunglasses, Sunscreen, & Bug spray, First Aid Kit
- Water & Snacks
- Map & Regulations
- Weather Forecast - Dress for the weather
- Camera &/or Cellphone
- Bring & Check Your Fly Fishing Gear

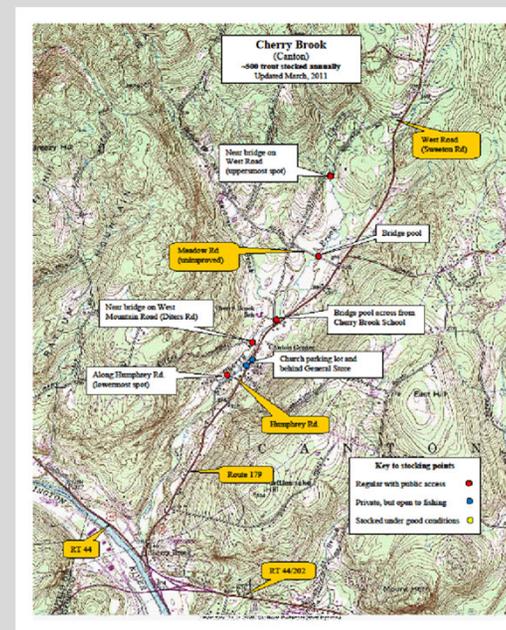
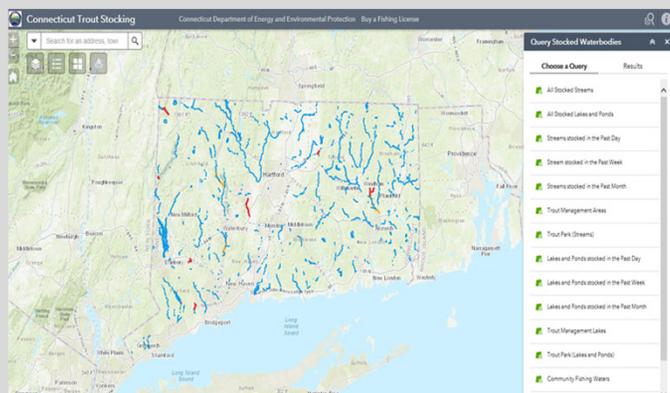
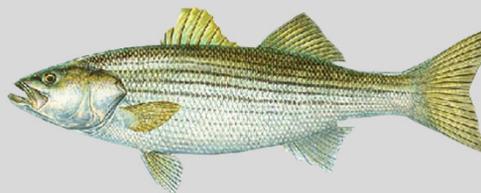


Valuable Resources to Help You are Available

CT DEEP Website:

<https://portal.ct.gov/DEEP/Fishing/CT-Fishing>

- Rules & Regs
- Fish Stocking Maps
- Fish Stocking Info Web App





We Will Be Fly Fishing For Panfish

Includes practice stations, then fly fishing

1. Setup and Rigging a rod
2. Loop to Loop with a leader
3. Tying on a yarn fly
4. Practice casting
5. Tie on a panfish popper (Improved clinch knot)
6. Let's go fishing!



Where To Go From Here? Your Fly Fishing Next Steps.

1. Explore Connecticut's fly fishing clubs and non-profits (CFFA & Trout Unlimited)
2. Visit Your Local Fly & Tackle Shops
 - [List of Local Bait & Tackle Shops](#)
3. Take a Fly Fishing Course:
Orvis, LL Bean, Bass Pro Shops / Cabelas
4. Hire a fly fishing guide



Image Credit: Christopher Cutler via Pixabay



Thank you for attending! We look forward to fishing with you!

Thank you to everyone that helped put this introductory fly fishing resource together.

Thanks to Rick Liegl & Bob Strassel Jr for all their efforts including the: presentation, graphics, text, photos and drawings.

Many thanks to Justin Wiggins and Jim Murtagh of Connecticut's Department of Energy and Environmental Protection - Fisheries Division - CARE Program for their support.

Thank you to Paul Denice, Brian Ibanez, Mike Platt, and Ven Yan for your valuable feedback!

A big thanks to the Orvis Company for their fly fishing videos and support, to Gilbert Rowley for his mayfly aquatic bug lifecycle drawing, and to Chase and Aimee Bartee of Tight Loops Fly for their fantastic video!