

Midwest Spey School

Spey Casting Class Outline

General information

Course: Spey Casting 101, Introduction to Spey Casting

Prerequisites: Basic overhead and roll casting ability with single hand rod.

Duration: Three hours.

Instructor to Group ratio: 1 instructor for maximum of 8 students.

Class Goals

Students should expect to achieve the following by the end of the class:

- Build a solid foundation of the basic principles and vocabulary of the spey method of casting.
- Learn exercises that build sound mechanical and procedural spey casting technique.
- Perform one upstream anchor cast (Circle Spey) one downstream anchor cast (Double Spey).

Content

I. Brief history and demonstration of spey method of casting	15 min
II. Warm-up exercises	
Overhead cast – both hands up	10 min
Circle (Belgian) cast – both hands up	10 min
III. Basic principles of spey casting	15 min
Anchor, D-loop, 180 Degrees	
V. Circle spey (upstream anchor)	
Break down and demonstrate cast	15 min
Students practice, instructor roams and provides individual instruction	45 min
Review and questions	10 min
VI. Waterborne anchor exercise	
Clearing line (requires partner)	30 min
VII. Double spey (downstream anchor)	
Break down and demonstrate cast	15 min
Students practice, instructor roams and provides individual instruction	45 min
Review and questions	10 min
*Built-in extra time for practice and one-on-on instruction	20 min
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	4 hrs

Methodology

Interactive lecture and demonstration, hands on casting exercises and casting practice, individual casting instruction. Take home handout.

Materials

Two-hand rod and reel, Shorthead or Skagit floating spey line, waders and wading boots, polarized sunglasses.