



INSIDERS' LOOK- 100TH. NATIONAL CASTING CHAMPIONSHIPS

Casters are proud to share this moment together.

Feel the awe of casting on these pools, where greatness visited before us.

THE NEW V-COURT RULES

A narrower court for our distance games, borrowed from international rules. Who will this rule help or hurt? It was used at this year's Kentucky Open and soon at the Nationals. You be the judge! (p.3)

OAKLAND'S SPECIAL AWARD

Four person teams will compete for at least \$1,000 in cash. Find out how you and your three buddies can get in on it! Can the prospect of winning some cold hard cash add excitement to our games? (p.4)

100 YEARS OF NATIONALS

The GGACC, OCC and ACA are ready to make history! Read about the organizations that sanctioned the Nationals over the last 100 years and how things have changed! (p. 5)

ACA MEMBER CLUB NEWS

We have some results, celebrations and more from Cinn Casting Club, Long Beach Casting Club, Oakland Casting Club, Toronto Sportsmen's Association. and Blue Grass Sportsmen's League. (p.6)

'08 ACA PROPOSAL #1 "STATUS CHANGE"

You read about it here and discussed it at last year's Business meeting. This is one last review before the Voting Delegates vote on changing the ACA from a social club to a charitable organization. (p.9)

STEVE RAJEFF ON PLUG DISTANCE

Steve recently redesigned the ACA two-handed plug distance blanks. Read his wisdom on the mechanics and timing to get the most distance with plugs. (p.10) (*You can also read this at americancastingassoc.org*)

Approved Schedule for American Casting Association 100th National Tournament

Oakland Casting Club & Golden Gate Angling and Casting Club

Location:

Distance Events: Golden Gate Park Polo Field
Accuracy Events: GGACC Angler's Lodge

Date:

August 4 – 9, 2008

Schedule:

Monday August 4 Polo Field & GGACC casting ponds
On-site Registration & Tournament Packet Pick-up at Angler's Lodge
All Day: Practice Day for Distance Events
All Day: Practice Day for Accuracy Events (at casting ponds)
5:00PM: Opening Ceremonies at Angler's Lodge (Drinks and Appetizers)

Tuesday August 5 Polo Field
9:00AM: 18 gm Plug Distance 2-Hand Revolving Spools
Followed by: Single Hand Fly Distance
Followed by: Lunch – Available at Field
Followed by: 2-Hand Fly Distance

Wednesday August 6 Polo Field
9:00AM: 18 gm Plug Distance 2-Hand Spinning
Followed by: 7.5 gm Plug Distance Single Hand Spinning
Followed by: Lunch – Available at Field
Followed by: Angler's Fly Distance
4:30PM: Awards for Distance Events at Angler's Lodge

Thursday August 7 GGACC casting ponds
9:00AM: Dry Fly Accuracy
Followed by: 1/4 oz. Plug Accuracy
Followed by: Lunch – at Angler's Lodge
5:00PM: Annual Business Meeting at Angler's Lodge

Friday August 8 GGACC casting ponds
9:00AM: 3/8 Plug Accuracy
Followed by: 5/8 Plug Accuracy
Followed by: Lunch – at Angler's Lodge
Followed by: 5/8 Plug Accuracy Team Event
4:30PM: Awards for Accuracy Events

Saturday August 9 GGACC casting ponds
9:00AM: Trout Fly Accuracy
Followed by: Bass Bug Accuracy
Followed by: Lunch – at Angler's Lodge
Followed by: Special Event (#5 Acc & Dist Combination)
Followed by: Demonstration by Champions
6:00PM: Awards Banquet

Oakland Casting Club

Special Award

The Oakland Casting Club will sponsor a special award at this year's National tournament in San Francisco. The prizes for this additional competition will total no less than \$1000. The yet-to-be-named special award is a team award. Scores achieved by team members during their regular competition rounds are used to rank the teams. Casters' scores are compared to scores of casters in the same division. Hence, casters in all eligible divisions can make valuable contributions towards a team's total score. The rules for this special award are almost identical to those used in 2006:

- 1) Exactly four (4) team members must be named before the start of the first event that is part of this team award. No caster may be on more than one team. All casters of a team shall belong to the same club. Teams must be registered with a person dedicated to the team award management.
- 2) Team members can be any combination of women, senior women, men, senior men, and intermediates. There are no minimum requirements for any of the divisions.
- 3) The scores from the following



2006 Special Award Winners- at LBCC

six events will be considered for this special team award: Trout Fly, Bass Bug, 1/4 oz. Accuracy, 5/8 oz. Accuracy, Angler's Fly Distance, and 1/4 oz. Distance.

- 4) Each caster's score is divided by a reference score (see below) and expressed as a percentage. The percentages of all casters in a team and for all six events are added. The team with the largest sum wins the special team award. The reference scores are the winner's scores in each of the divisions and events at the previous national tournament. Women's scores are compared to scores of women, senior men's scores are compared to scores of Senior Men, etc. If certain events in certain divisions have not been cast at the previous

national tournaments, the most recent prior tournament will be used or the results of the most similar division will be used – at the discretion of the team award manager and as announced before the tournament

- 5) The winning team receives \$750, the second place receives \$200, and third place receives \$50. These numbers may increase as additional sponsors become available.

The Oakland Casting Club invites other sponsors to add to the prize money- possibly in exchange for the naming rights of this award. Contact HenryMittel@americacastingassoc.org.

100 YEARS OF NATIONAL CASTING CHAMPIONSHIPS

By John Field, Vice President, ACA

Reaching the 100th Annual National Championship signifies the long endurance of casting sport in North America. But without some frame of historical reference, it just wouldn't seem as important.

Although the modern ACA is only 47 years old, it is the continuation of three antecedent organizations starting in 1907. The games have evolved over the years as a reflection of our society, but our forefathers made sure casting remained an amateur sport. What were the names of these associations, what was their focus and why did they change with time?

Tournament casting appears to have grown out of fishing clubs and conservation organizations as a way of furthering their causes. The Izaak Walton League of America was the main inspiration.

N.A.S.A.C.- National Association of Scientific Angling Clubs was organized in Kalamazoo, Michigan in 1906 and held the 1st. International Tournament in Racine, WI in 1907. There were no National Tournaments held in 1911 or 1917 because of the need to conserve and fight in WW I.



1938 NASAC Nationals- Columbus, OH

The Bylaws of the first casting association stated, "The objects of the Association are to promote interest in and appreciation of scientific angling through tournament or contest casting; to encourage universal rules governing tournament casting; to encourage the formation of clubs devoted to scientific angling and the art of fly and bait casting; to promote and maintain a high standard of true amateur sportsmanship in all sports; to establish a proper line of demarcation between amateur and professional casters; to assist in the propagation and protection of game fishes and influence legislation toward this

end, and to promote such social conditions as are incident to the sport of angling and tournament casting."

In 1929, N.A.S.A.C introduced Fishermen's Events as non-recognized events, to entice fishermen or "prospective fishermen." Ten years later, the Izaak Walton League introduced the games called Fish-O, which used regular fishing tackle and also promoted sportsmanship.

Around 1939, the IRS was trying to sort out America's taxable and tax-exempt corporations. It made it easy for clubs like N.A.S.A.C. to become non-

profit organizations. During the process, the Association dropped "Scientific" from its name.

N.A.A.C.- National Association of

- To support and cooperate with clubs and associations interested in angling and casting.

- To coordinate the activities of



In 1940, this organization changed the game Fish-O to Skish; a blend of skill and fish. Skish even included surf events. The Skish games took casting to its peak of popularity. The Skish Nationals were held in addition to the regular Annual National Championships.

The most famous woman caster of this era was Joan Salvato and the most famous men were Ben Hardesty, Marion Garber, Jon Tarantino, Jonny Diekman, Myron Gregory and Dick Ward.

The **N.A.A.C.C.** filed an amendment as an Ohio Corporation on March 14th 1961 and changed its name to **American Casting Association.** Its current Bylaws state its purpose:

Angling Clubs was incorporated in Columbus Ohio on June 13th. 1939 as a non-profit. It hosted the 31st Annual in St.Louis, MO. It later changed its name to N.A.A.C.C.- National Association of Angling and Casting Clubs on October 3rd. of the same year.

This Association hosted the 32nd National, (but its first), in San Francisco, CA in. The N.A.A.C.C.'s stated purpose was:

- To promote interest in the skill and appreciation of the sport of casting.
- To advance angling and casting as a recreational activity.
- To encourage the formation of clubs devoted to angling and casting.

angling and casting clubs.

- To assist in the development of fishing rods and tackle for angling and casting.
- To further the propagation and protection of game fish. To sustain the high standard of amateur sportsmanship in angling and casting.
- To define and enforce a proper demarcation between the amateur and the professional in angling and casting.
- To maintain throughout the membership uniform rules governing casting.
- To enjoy the socialities incident to the recreation, sport, and pleasure of angling and casting.

- To sanction the Annual ACA National Bait and Fly Casting Tournament and Annual Meeting hereinafter referred to as the Annual Tournament and Meeting.
- To coordinate the activities of angling and casting clubs.
- To conduct classes, prepare educational aids, prescribe courses and methods of instruction in the sport of angling and casting for agencies such as Institutions of Learning, Veterans Hospitals, and Scouting Organizations.
- To educate all interested individuals or groups in angling and casting as a recreational activity.

- To encourage the formation of groups devoted to angling and casting.
 - To sustain a higher standard of sportsmanship for angling and casting.
 - To support and coordinate with schools and associations
 - To maintain uniform rules governing tournament
- Francisco, has been the most famous and successful caster of all time.
- As you read the name and purpose changes and actions



Flag Ceremony at 2006 Nationals- Long Beach Beach Casting Club

interested in angling and casting.

- To assist in the angling phase of outdoor programs sponsored by educational organizations.
- To encourage and develop casting on an international level or scale for the purpose of bringing casting into the Olympic Games
- To assist in the development of tackle for angling and casting.
- To further the propagation of game fish.

casting.

- To enjoy the sociality incident to the recreation, sport and pleasure of angling and casting.

Along the way, surf events were put on the back burner in favor of Inland Events. In 1988, Jimmy Green outlined and received approval for today's Trout Fly Accuracy, Bass Bug Accuracy and Angler's Fly Distance. Steve Rajeff, Tim Rajeff, Chris Korich, Henry Mittel and Rene Gillibert are our current day Men's casting giants. Brenda Banks and Pam Peters are the most successful Women casters of today. Steve Rajeff, born in 1956 in San

of the associations over the course of 100 years, you can see a shift away from fishing and conservation to more input into tackle design and ultimately, an emphasis on just casting sport. However, today's west coast ACA clubs are very involved with fishing and angling instruction.

The ACA has an opportunity at this year's Business Meeting to again make a shift in it's purpose by approving a Bylaws proposal to change it's tax-exempt status. This would result in more emphasis in educational programs and development and support of our US Casting Team.

ACA Member Club News

It's Been a Busy Summer !

LBCC Gala and Fundraising Auction

Long Beach CA- There will be a Gala and Fundraising Auction at the LBCC Clubhouse on August 23rd. at noon to celebrate it's Grand Reopening. They have invited the Parks & Recreation staff, Long Beach Mayor Bob Foster, Councilman Gary DeLong, firemen, contractors, insurance adjusters, Long Beach Bowling Club and others who have helped the fire recovery. The Club wishes to show it's gratitude and appreciation to them all.

Cincinnati Open Results -

Cinn OH- July 12-13th- Highlights: All Distance went to David Roberts, All Accuracy went to Zack Willson, All Fly Accuracy went to Zack Willson, All Plug Accuracy was a tie between Zack, David and Andy Statt.

There were 18 casters from Oh, Scarboro, New York, Kentucky, Illinois, and Indiana.

The distance field was a muggy 91 degrees, and over night a storm came through and the weather for the accuracy events was a very pleasant 75 degrees with low humidity.

Canadian Casting Championships

Toronto, Can.- June 14-15th.- Harvey won the All Around with a placing of 14, Charles phillips had 22 and Dick Fujita in third with 34. *Conditions- blue sky, moderate breeze.*

We had a good turn out for our Canadian Championships this year. We appreciate our American friends who came north to cast. Special thanks to all who judged, scored and tabulated things for us. - *Peter Edwards*

OCC Turns 50!

Oakland, Ca- On Sunday June 15th, OCC re-dedicated opening of the ponds at Mccrea Park with a tournament and a ceremony. On June 22nd, OCC welcomed friends and sev-

eral Past Presidents to a party celebrating past accomplishments, history and members. Longest active member Chris Korich gave a talk about the past members and their accomplishments. Oakland held National Tournaments in 1990 and 1996 and will co-host them again this year with GGACC!

Kentucky Open

BGSL- Lexington, KY- May 17 & 18th. Harvey Beck of Toronto, took all the All Arounds, except "Fly Accuracy Champion" which was won by Richard Siciliano of Buffalo, NY. Harvey had some impressive distance scores in Men's.

During the distance events, there was some helpful wind, but the trade-off was a terrible cross wind. On Sunday, swirling winds caused terrible scores.

John Seroczynski of Valparaiso, IN, won the "Bill Burke Cup" as the "Senior" casting the top 5/8oz. score during the regular event.

2008 ACA PROPOSAL #1

By John Field, ACA Vice President

There was a time in the “Golden Years” of casting when there weren’t as many choices of hobbies, recreation and entertainment as there are today. Back then, they had few cars, and no TVs or computers. Casting was a good deal, a fun, inexpensive outdoor recreation. There also weren’t highly competitive advertising messages or efficient ways to reach the public.

Today we have many new choices and highly effective ways to bombard the consumer with information. In the transformation of our society over the years, casting has become more and more obscure.

If casting is to survive in America, someone has to promote it’s message. This takes money and leadership. Right now, ACA does a nice job of managing casting rules and arranging the Nationals, but it lacks a national advertising and public relations campaign or an educational program.

ACA also doesn’t have a way to effectively develop and support it’s US Casting Team. The best foreign teams like Germany and Japan have a respectable amount of government and club funding. Patriotic Americans should help level the “casting” field.

There is a way ACA can get funds and expand it’s role and establish these programs which will result in recruiting more casters. You may have read in the Creel or heard at last year’s ACA Business Meeting about changing ACA’s non-profit status from a 501(C)7 Social Club, to a 501(C)3 Charitable Organization.

The major difference is; a (C)3

support and participation. We should be doing as much as possible to get kids and youth into casting through education and events. ACA should sponsor casting demonstrations and tournaments in places unfamiliar with our sport. An example of this was the ACA/IGFA Casting Tournament held in Ft. Lauderdale last winter.



The future of casting lies in the hands of the young.

can solicit tax-deductible donations and income from the public, and a (C)7 cannot. To make this change, the IRS would require we adhere to one of their allowed charitable purposes. In our case the one that fits best is, “fostering amateur national and international sport”.

The change would almost surely result in more public financial

The response this idea has received has been very positive. The ACA Executive Committee approved the change and advice of one the best law firm specialists in tax-exempt corporate law. By a show of Delegate hands at last year’s Business Meeting, it should pass unanimously, now that it’s officially on the ballot as Proposal #1.

Steve Rajeff- on Plug Distance

Myron Gregory, past ACA and ICF President used to say, “A good big man will beat a good little man, so strength plays a part, but a good little man will beat a weak big man every time”

Myron Gregory used to put it, “There are two ways to cast, with brute force and ignorance or skill and finesse”. Another saying from Myron that is still valid today, “distance is equal to velocity minus resistance”. Following are some fundamentals in distance plug casting stemming from lessons shared by Myron Gregory.

The goal of any distance caster is to achieve maximum velocity of the plug at the moment of release. Top plug speed and the longest casts are achieved through storing energy into a spring (rod), via the combination of the centrifugal force of rotation of the plug around the body axis, the untwisting of the torso, the leverage of both hands pulling/pushing (in two hand events), and from the transfer of body weight from back foot to front, the wrist straightening and finishing off with a deliberate stop. This stop unloads the stored energy of the rod, and allows the line a clean release. Lets’ dissect a cast into a few elements and analyze them, starting with the grip.

The “V” grip is the description for the thumb and first finger straddling the handle in a “v”

shape. This helps promote wrist flexibility, and is helpful during the backswing, and the final turn-over of the cast. After setting up the “v” grip, the thumb can angle back to the top of the grip, which provides a good feel and resting spot. The lower grip in two hand casting may also use the “v” grip. Allow the lower grip to pivot during the turn over and final delivery.

A good starting grip span can be found by placing the end of the rod butt into your arm pit, and reach with the top hand to where you would hold the leader in spinning, or spool for revolving spool distance event. If the rod is a little on the soft side, easy to load, and turns over very fast in the delivery stroke, a slightly shorter grip span may optimize the turnover for more control of direction. A very stiff action rod may be easier to cast with a slightly wider grip to gain more leverage.

The starting foot position for single and two-hand plug casting can be very similar. As a right handed caster, the left foot can start between 45 to 60 degrees from the casting direction. The right foot, (back foot), should be approximately 30 degrees

open to the left foot. This open stance helps during the back swing. The spread of the feet should be about shoulder width. The spread may vary depending on how much of a step into the power stroke the caster is comfortable with. During the back swing, the left foot, (front foot), will pivot on ball of the foot. During the start of the forward swing the, the foot will pivot back to the starting direction and or be lifted up and moved forward, (as in stepping into a throw of a baseball), pointed at the same 45 to 60 degree from the casting direction. To help prevent “crossover”, it helps not to point the toes directly down the casting direction. Crossover means; the rod tip goes past the firing direction and bounces back. This can cause sudden slack and a wobble in the plug, or worse, a backlash.

At the start of the plug cast, the upper body should be balanced over the stance, with a little “pre twist”. As the back swing starts, the upper body twist should increase, while the arms and hands reach back. The arms should be at shoulder height. The top arm in two-handed events, should achieve a 45 degree bend by the final instant

of the back swing.

At that moment, the bottom, (left hand), should extend to fully straight off the shoulder. The palm of the upper hand should be facing up to help the rod reach a near horizontal plane at the completion of the back swing, and ready for the forward stroke.

The back swing sets up the forward swing, and will determine how many degrees of centrifugal force can be achieved. There are casters that take the back swing to extreme with a full five step running start, then into a twirling delivery cast. Recent world records have been set with a simple back swing that allows the plug to swing back to the casters back foot, and provide a 360 degree swing to the release. When the plug is taken back, do so with enough speed to create “hang time” at the apex of the back swing.

The plug should pause and hover over the ground between ankle and knee level, as if frozen in a movie frame. The level depends on the intended trajectory of the forward cast. The cast trajectory should be relative to wind and humidity conditions. For dry air, and favorable tail winds use a higher trajectory cast and lower the plug in the back swing. In a cross wind. low wind or high humidity condition, use a higher plug “hang” point and keep the plug flatter during the forward delivery swing. This will produce a lower trajectory cast.

Too high of a trajectory will cause too much air and gravity resistance. A world champion

distance caster from the 1960’s, Arne Shultz from Norway used to say the perfect trajectory was 22 ½ degrees. I’m not sure if the wind was always the same where he cast, but it is almost intuitive to aim high with a strong tail wind, and much lower in a dead calm or high humidity conditions.

The path the rod tip tracks during the forward swing, determines the direction and trajectory the plug will take. In ACA and ICSF events, we use rather light weight plugs. The trajectory is much lower, and distance is more dependant on speed than with heavier surf casting events. In surf casting weights of 3 to 5 ounces, the aim is generally much higher than anything we do in our “Inland Events”. Top distance casters in 18 or 7.5g events, often have the lowest trajectory but the highest speed on the plug, relative to wind and humidity.

A common mistake during the forward stroke is to rapidly change from a side arm stroke, into an overhead stroke. This motion greatly decreases the centrifugal distance the plug will travel, essentially chopping the stroke short. This would generate much less load on the rod, less stored energy, a higher trajectory, and ultimately, less plug speed. The best forward cast has a gradual elevation of the tip until the focal stop point of the cast, and release. The rod should feel laid off to the side during the entire cast, rather than “over the top”.

There are many common aspects to distance plug casting and swinging a baseball bat.

Starting with the feet position, a batter will spread the feet approximately shoulder width apart. The toes are pointed 90 degrees away from the pitcher and incoming pitch, with weight on the back foot. Many good casters stand sideways to the casting direction and shift weight to the back foot during the back swing.

As the pitcher winds up, the batter twists the upper body back, then, starts into the forward motion of swinging the bat. Good distance casters will swing the rod, leader and plug back, to create a “wind up” twist in the body and legs. The batter may lift the left foot off the ground to “step” into the pitch. Once the caster’s back swing has caused the plug to reach well back, and the plug suspends for a brief moment, the caster should begin the forward delivery.

Next, the batter’s hips should rotate, leading the torso, with the arms following, bringing the bat around in a sweeping arc parallel to the ground. The caster too should bring the rod around with a sweeping arc, nearly parallel to the ground, with a slight upward delivery at the moment of stopping the rod and the sharp release of the leader.

All these forces should be applied with smooth, powerful acceleration ending in a sudden stop. Another common mistake in distance plug casting is to accelerate, then decelerate, and accelerate again during the casting stroke. The momentary deceleration can create slack between the plug and rod tip and will often result in a wobble

of the plug. A wobble of the plug during the flight of the cast creates tremendous air resistance, which dramatically reduces plug speed and distance.

The stiffer the rod a caster can bend, the more energy it will store and the more it will accelerate the plug. The faster you rotate your body during the forward delivery, the more it will contribute to loading the rod and accelerating the plug. Champion distance casters typically use very stiff rods. They learn how to accelerate and focus the energy into a precise stop point, and specific trajectory.

The forward casting stroke for top casters is similar. How they get into position sometimes looks complicated, but the fundamentals are the same. Ideally the rod-tip to butt-plane, should be nearly horizontal to the ground, (sidearm), as though it were a baseball bat when beginning the forward delivery motion.

Another crucial casting technique is for the angle of the plug to rod tip to be at 90 degrees, with the plug hanging motionless for an instant, when starting the forward delivery. Another common mistake is when the plug is greater or lesser than 90 degrees to the rod tip, then the initial rod and body rotation is wasted until the 90 degree position is achieved. It is when the 90 degree position occurs that significant rod load can begin. Chris Korich, Gold Medal winner in 18 gram Two-Hand Revolving Spool event, strongly advises the 90 degree concept, with any deviation resulting in wasted stroke, load on the rod,

and distance.

The upper hand should be near the shoulder, and the lower arm extended with a straight elbow position. At the start of the forward cast, the hands should ideally be at shoulder height, with both wrists bent wide open. Similar to a baseball batter swing, the caster may step into the cast while unwinding the hips.

Rods and reels are highly personal to style, strength, and ability. Noteworthy in the 2004 World Casting Championships in Bern, Switzerland was the smashing of the world record in 18 gram revolving spool distance event, by Peter Holden, from Scotland. Using a 13 foot extra stiff rod and an ABU 2500 reel with special spool, he broke the record by 10 meters, in an event frequently won by millimeters. Peter optimized bending a very long and stiff rod, using a very simple back swing, a smooth rotation of upper body, and maximized two hand leverage into the final delivery of the cast. Peter had a lot of experience casting heavy surf casting weights, and applied the simple but powerful body rotation and stop to effectively rewrite the record book. He is a good big man and capable of using the longer and stiff rod. A less strong caster would be much better off with something that bends more readily and one the caster can control.

A training session focusing on body position and trajectory will pay greater dividends than simply hitting it harder. A quick check list of the afore mentioned casting elements like foot position; body rotation; arms at shoulder

height; open wrists; 90 degree angle of leader to rod starting the forward stroke; crisp stop to unload the rod, should pay off in gained distance much more than resorting to "brute force and ignorance".



Steve Rajeff is Senior Rod Designer at GLoomis and National Record holder in all facets of casting. Not only does Steve design ACA rod blanks, he serves on the ACA Exec. Committee.



The Creel

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Editor- John Field
(212)-533-0910
email:

JohnField@
americancastingassoc.org