

Dedicated to the Memory of
Commissioner Enoch S. "Inky" Moore Jr.



PLAY

Spring
2016

Pennsylvania • League • of • Angling • Youth

Trout Training

Trout fishing is a great way to spend time outdoors with your family and friends. Spring is one of the best seasons for trout fishing. During the spring trout fishing season, air temperature and water temperature start to rise, and anglers are eager to get outside for some healthy exercise after the winter. There are plenty of trout lurking in Pennsylvania's waterways during the spring.

Trout are one of Pennsylvania's most popular sportfishes. Sometimes trout cooperate and are easy to catch, while other times trout fishing can be more challenging. A little knowledge goes a long way. Let's take a deeper look at trout fishing.



Finding Trout Waters

Pennsylvania provides many options for trout anglers including stocked lakes and small, native streams. Sometimes the biggest

problem is trying to figure out where you want to go fishing. The information below will help you decide where to fish for trout.

Pennsylvania's Best Fishing Waters

Visit www.PaBestFishing.com to find the best places to fish in Pennsylvania. This web page makes it easy to find waterways with public access and higher catch rates. The categories include wild and stocked trout. Just pick your favorite trout fishing spot and enjoy.



Stocked Trout Waters

Are you looking to find a local stocked stream or lake? Check out the *Pennsylvania Fishing Summary* at www.fishinpa.com or visit the stocking schedule at www.fishandboat.com/stock.htm. The *Pennsylvania Fishing Summary* provides a list of stocked trout waters. The online stocking schedule provides information on where the sections of stocked trout waters are located, when they will be stocked and what type of trout are stocked.

Class A Wild Trout Waters

Do you want to chase wild trout? Look through our Class A Wild Trout list at www.fishandboat.com/waters_trout.htm. These streams support a population of naturally reproducing trout, which can help maintain long-term sport fishing. The list is updated as new streams are added, which will help provide you with a lifetime of memories.



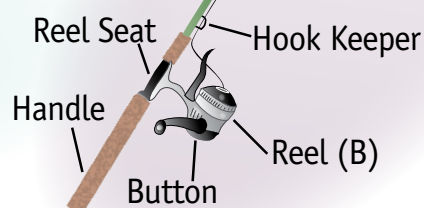
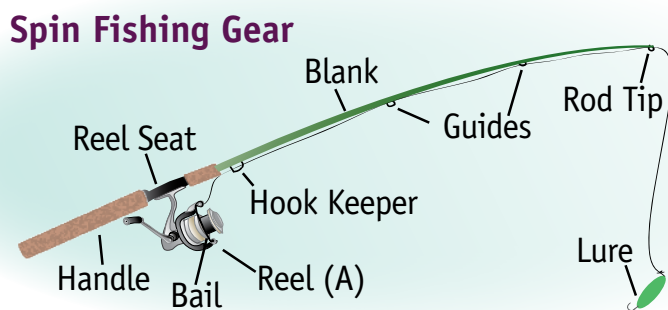
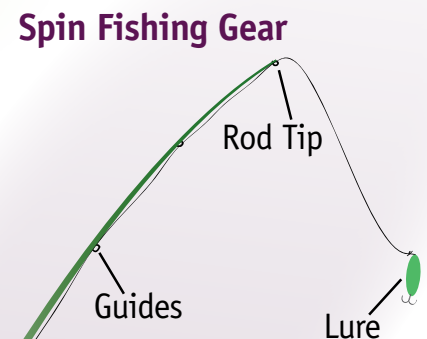
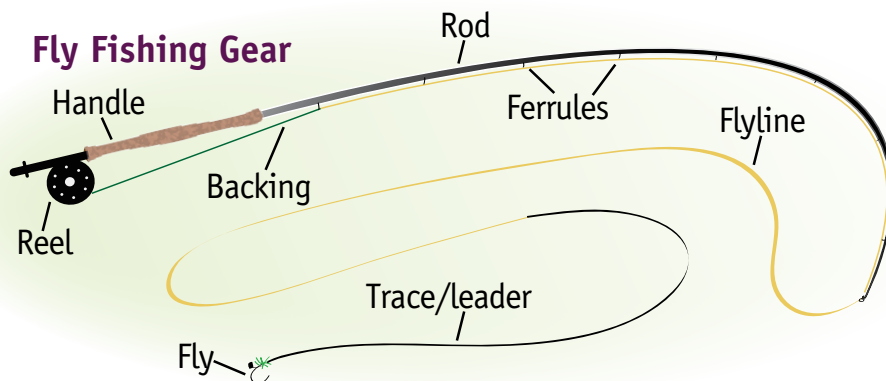
Interactive County Maps

While online, be sure to visit our interactive maps page at www.fishandboat.com/county.htm. This web page provides an easy way to view the stream sections on a map, which will help you plan your next fishing trip.

Know Your Tr-“outfit”

Fly and spin fishing outfits have the same parts but are designed to cast in two different ways. Take a close look at each outfit below. What are some similarities and what are some differences?

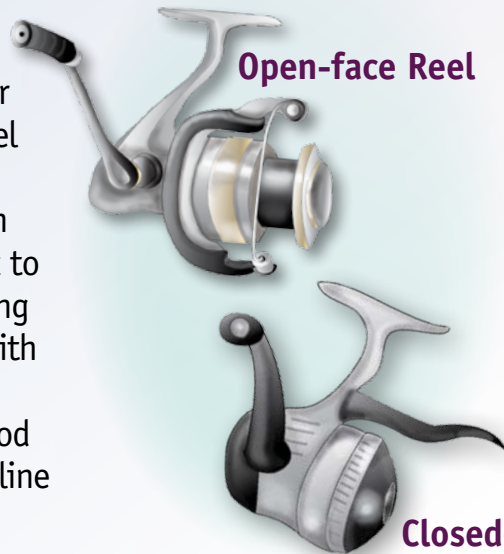
Differences	Fly Fishing Gear	Spin Fishing Gear
Rod	Longer, lighter, flexible	Shorter, heavier, less flexible
Line	Fly line-braided nylon coated with PVC and transparent leader system, capable of casting lightweight flies	Monofilament-single strand of plastic line that is carried by heavier lures
Reel	Simple design that stores line, provides drag and counterbalances the long fly rod	(A) Open spool with a bail (B) Closed spool with a trigger
Casting	The fly and leader are along for the ride as the fly line carries them to the intended target	The line is along for the ride as the weight of the lure carries the line through the guides to the intended target
Flies vs. lures	Flies (dry flies, nymphs, emergers or streamers) made with feathers, fur, thread and other lightweight materials	Natural bait or lures made with plastic, metal, wood or other materials



Casting Practice

Spinning Gear

Open-face reel: Hold your rod at waist level with the reel below the rod. Hook the line with your forefinger and open the bail. Pull the rod tip back to your shoulder and quickly bring it forward. Release the line with your finger as the rod comes forward. While pointing the rod tip at your target, watch the line peel off the reel.



Closed-face reel: Hold your rod at waist level with the reel above the rod. Hold the button and quickly bring the rod tip back. Pull the rod tip back to your shoulder and bring it forward. Release the button as the rod comes forward. While pointing the rod tip at your target, watch the line peel off the reel.

Fly Fishing Gear

The overhead cast is two casts in one, a back and forward cast. Timing and rod speed determines how far you can cast.

Back Cast

- **Tension**-Strip your line off of the reel and out of the tip of the rod. Hold your rod parallel to the ground at chest height with no slack in the fly line.
- **Acceleration**-Lift the rod back and overhead, moving your hand and rod upward.
- **Stop**-Come to an abrupt stop, which allows the rod to unload and create the loop that will carry your fly and send the line in the direction of your rod tip.



Forward Cast

The forward cast begins where the back cast ends. The abrupt stop overhead will send the fly line behind you and provide the tension to start the forward cast. To complete the cast, accelerate your hand and rod forward to the starting position, coming to an abrupt stop. The rod will unload and carry the line towards your target.



Trout Training – Rig It Right

Now that you know more about trout fishing, it's time to put it all together.

Cut out each of the pieces of equipment and tackle below, then create your own complete rig to match the conditions for each given spot on the waterway conditions to the right. There is no right or wrong answer, but some rigs may work better than others depending upon the waterway conditions.

Waterway Conditions

- **Stream riffle**-high water in early spring
- **Quiet creek pool**-low water in early summer
- **Fast deep run** on a stream
- **Undercut bank** on a stream
- **Deep pool on a stream**-high water in spring
- **Deep lake**-fishing from shoreline on the trout season opener
- **Deep lake**-trolling from a small power boat

Equipment and Tackle



spin fishing rod

fly fishing rod

PLAY

Written by: Walt Dietz, Northeast Regional Outreach and Education Coordinator,
and Allan Schreffler, Northeast Regional Education Specialist
Editor: Spring Gearhart

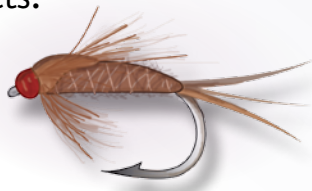
Design and Illustrations: Andrea Feeney

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Trout Tactics - On the Fly

Flies are designed to imitate aquatic insects, baitfish, worms and more. Most flies fit into three basic categories: nymphs, dry flies and streamers.

- **Nymphs** are fished below the surface and represent the immature life stages of insects.



- **Dry flies** float on the water's surface and imitate adult aquatic insects.



- **Streamers** are fished under the surface and represent small fish and other swimming food.



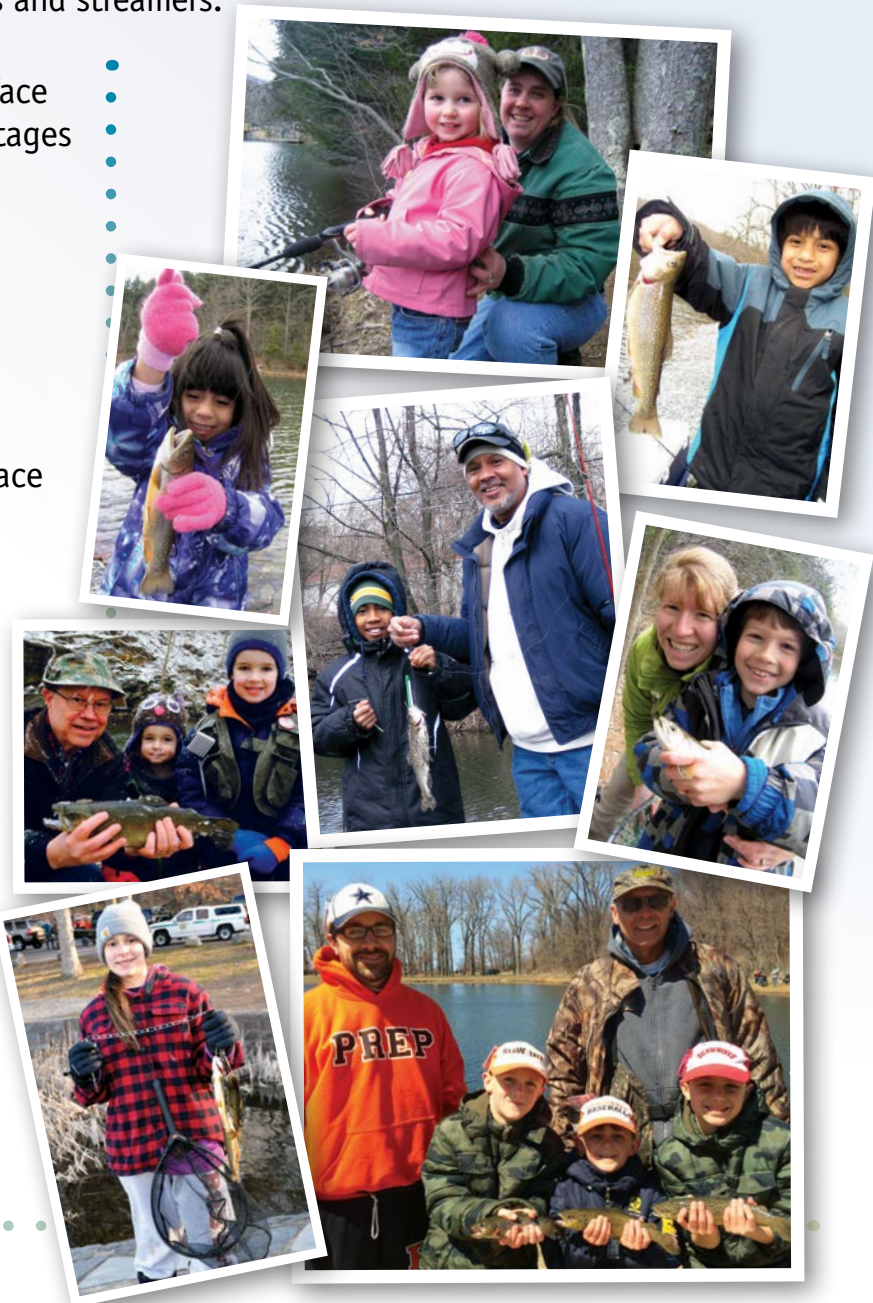
Match the Hatch

Have you ever seen fish feeding off the water's surface? Take time and observe what trout are eating. Just match the color and size of the insect to a dry fly in your box.

No rising fish? Pull a rock from the water and look at the critters crawling on

it. These insects are food for trout all year long. Pick a nymph from your box of similar size and color.

Streamers are great, because they can work in any water condition. Just tie one on and work it towards you. Or, you can let the current take it and determine its direction.



Trout Tactics - Without a Spin

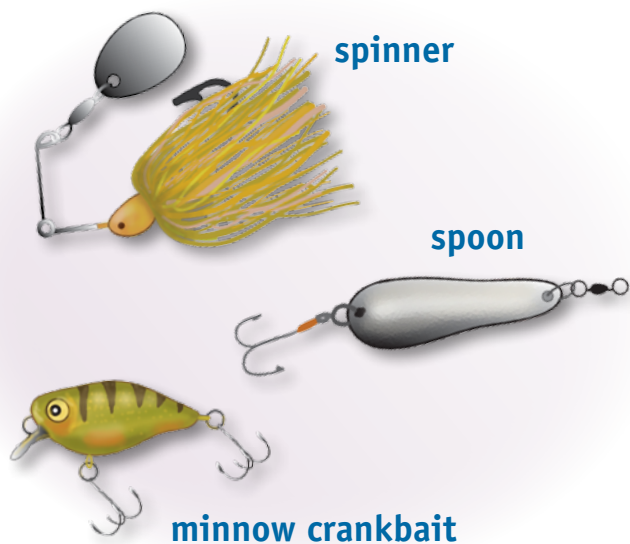
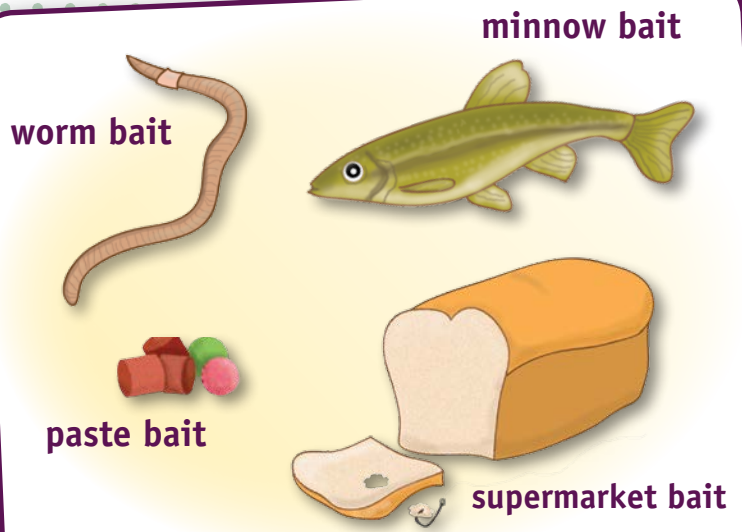
Picking out a bait or lure to use with spin fishing gear does not have to be complicated. Some anglers keep it simple and fish live bait through a stream riffle. You

can also dangle supermarket baits below a bobber from a lake shoreline. Other anglers prefer more active fishing with lures. Here is a simple guide to your spin fishing success.

Natural bait-Collect your own or purchase bait at a local outdoor shop. Drift any of these baits with the current through a riffle or run to entice trout into a feeding frenzy. If the trout are in deep or fast water, add weight. Rig the weight under a smaller bobber if you are fishing in still or slow water.

Visit our Supermarket Baits web page to learn more about baits that you can easily get from your home kitchen:

www.fishandboat.com/education/catalog/supermarketbaits.pdf.



Lures-Available in many shapes, sizes and colors. Keep a variety in your tackle box or vest for different water conditions. Cast at a slight angle upstream and retrieve downstream across the current.

