

**Session Title**

Learning to Fly Cast using Video Analysis

**Presenters**

Jeff Ireland (Oak Hill Middle School & Registered Maine Fishing Guide)

**Elevator Pitch**

Fly Fishing has long captured the imagination of many who have seen that line going back and forth through the air. When done properly, it looks almost artistic. In fact, it is a matter of scientific principles and achievable by all with good instruction and practice. One way to improve your rate of improvement is to use video analysis with an app like OnForm.

**Materials**

Device (MLTI device or Smartphone) with OnForm downloaded, Fly rods will be provided [students will work in pairs or small groups, so both items can be shared]

**Overview**

We will start in the classroom with a brief overview of the app, how it works and possible applications beyond fly casting. During the session, we will learn the basics of fly casting and have an opportunity to practice these skills, either indoors or outdoors depending on the weather conditions. While students have an opportunity to practice their new fly casting skills, pairs of students will record each other's casting with short video clips. We will use these video clips in the moment to make improvements to each student's fly cast. Near the end of the session, we will return to the classroom and learn how to conduct a more thorough analysis using the tools that OnForm provides. We will discuss other uses for the OnForm app, including analysis of motions from pursuits like basketball, baseball, and golf. Students will be able to provide possible ideas for its use as well.