

Throwing Instructions for **Cast Nets**

Pictures shown are for right-handed throwing. To throw left-handed, simply follow instructions using your left hand.



Cinch rope around your right wrist and coil rope into throwing hand as shown.





· Hold net by your side resting the weights on the ground and grasp

the net with your throwing hand at pocket height.



Grasp the lead line with your free hand at a position straight down from the end of your right thumb and place between thumb and forefinger.



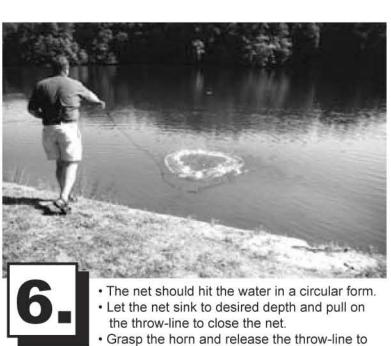
Grasp the lead line with your free hand at a position about one arms length from your other hand. This will hold the net one quarter open as shown.



Rotate your body back to the right one quarter turn and immediately rotate back to your left releasing the net at a slight upward angle into the air in the direction of your target.







empty the net into bucket or bait well.

· Inspect your net before every use, mending any cuts or tears.

on your net.

Caring for Your Cast Net

· Prior to using your net, soak it overnight in a solution of about two gallons of water and one capful of fabric softener. This will soften and relax the netting making it lay flatter and throw easier. Do not use any other chemicals

 After each use rinse your net with fresh water and hang with the lead line resting on the ground to dry. Store away from direct sunlight.

· Using your net in areas with reefs, rocks, or other submerged objects will lessen the life of your cast net. Avoid these areas if possible.