



## From the Founder's desk

We have been adapting and strategising due to the Coronavirus outbreak over the last week to prioritise the health and safety of the BSI family.

As this is our final academy week before a 3-week break, we have minimal short-term disruption. In the longer term, with all of our academic programmes having a foundation in distance learning, we can adapt fairly easily to support students remotely if required. Our coaching staff already use app-based technology as coaching tools, so we are well covered in that sense too. Across the board our modern approach to learning and training will allow us to support our students effectively during these unprecedented times.

We wish all our friends and followers good health. This too shall pass.

**Michael Balderstone**

## Tournament Results

**And the winners are ...**

Congratulations to **Daniel Nduva** on winning last week's Premier Division Medal with 73 on Royal Johannesburg & Kensington West Course. Well done also to **Armand Muller** (77) and **Mangezi Maswanganyi** (79) who

achieved personal bests on the day.



*Daniel Nduva*


Congratulations to **Matheo Dousse**y on winning last week's Junior Academy Medal with 69 on Royal Johannesburg & Kensington West Course.



*Mattheo Doussey*

**Daniel Nduva** and **Linda Stamm** lead their respective BSI Order of Merits after week 8.

Johannesburg			
1	<b>Daniel Nduva</b>	29750	
2	Heinrich Prinsloo	24537	
3	James Mott	11937	
4	Reece Mckain	11762	
5	Muhammad Warraich	10666	

Junior Academy (Jhb)			
1	<b>Linda Stamm</b>	29600	
2	Regan Gay	21550	
3	Matheo Douessy	20250	
4	Tawriq Abrahams	18425	
5	Titouan Tregouet	13600	

Congratulations to **Heinrich Prinsloo** who won the Club Championship at Volksrust GC this weekend, and **Regan Gay** who won the Junior Club Championship at Modderfontein GC.



*Heinrich Prinsloo*



*Regan Gay*

**Daniel Nduva** placed 2nd in the Club Championship at Royal Johannesburg & Kensington GC, losing out in a playoff after posting -3 for the two rounds. BSI Junior Academy graduate **Eleanora Galletti** won the

## Student Spotlight

### The Stamm siblings show us how it's done

**Linda** and **Konstantin Stamm** from Germany have been enjoying a very successful winter training programme in our Junior Academy since October last year.

Linda (15) has improved tremendously, from averaging 77.90 in her first term with us, to currently averaging 72.14 this term. In addition, she won the individual event in the Pirie Cup at Pecanwood with scores of 71,63. Linda epitomises the renowned German work ethic and deserves all the success she has achieved so far.

The 14-year old Konstantin has also improved nicely, from scoring in the mid-80's to now shooting regularly in the mid 70's.

They both also signed up for our Cambridge academic programme during their stay. Watch and hear from the siblings on their experience at BSI in the videos below.



*Linda Stamm*



*Konstantin Stann*

For those in Europe who are interested in winter training down here in golfing paradise, feel free to contact us for a custom-made programme.

[Get in touch >](#)

## Alumni Profile

### **Alfred Sutton - Tour Fitter, Srixon Golf SA**

Alfred graduated in our PGA Diploma Class of 2012. He had become an accomplished player in his time as a student, representing the Central Gauteng U23 side in his final year.

Upon graduation he was selected for our year-long internship programme, working for us as an Intern Coach. After that year he was promoted to a full-time position as a BSI Coach, where he brought his positive energy and enthusiasm to assist our students.

After a couple of years, he felt the need to experience a different field and moved into golf retailing with The Pro Shop. He moved swiftly through the ranks and specialised in Custom Fitting, becoming a Master Club Fitter at their Fourways branch. Last year the position of Tour Fitter with our friends at Srixon Golf SA came available and we couldn't be happier that Alfred was

appointed to fill the position.

**Alfred had this to say about his new role:**

*"I love interacting with the tour players, helping them to perform the best they can and learning how they practice."*



*Michael Balderstone & Alfred Sutton*

If you dream of pursuing a career in golf with international opportunities, then the PGA Diploma is the perfect college programme for you. Contact us to start your journey.

[Contact us >](#)

**TGSE Cape Town**

## Practice makes performance

At our sister academy in Cape Town, well done to **Aran Sinclair** for winning the Premier Medal with 67 at Belville, and Craig Jacobs for winning the Junior Academy Medal with 74. Aran leads his Order of Merit on 27,000 points, while Louis Loubser leads in the Junior Academy one with 39,850.



*Aran Sinclair & Craig Jacobs*

## Performance & Health Tip

Here are two breathing techniques that can assist you in maintaining good health and assist sports performance. Follow the description and/or watch the video.

### Box Breathing

Used by Navy Seals, this is an effective way to swiftly bring you into a centred, focused state for high performance or to relieve stress. It also helps increase lung capacity.

- ***Breathe in slowly for a count of 4***
- ***Hold your breath for a count of 4***
- ***Breathe out slowly for a count of 4***
- ***Hold your breath for a count of 4***
- ***Repeat as much as you want***

## Wim Hof Method

This is fantastic for lung health and boosting your immune system, both vital at the moment. Best to do this whilst sitting down.

- ***Breathe in through your nose and aggressively out through your mouth as shown in the video below.***
  - ***Repeat 20 times***
- ***On the 20th breath, exhale all of the air out***
  - ***Breathe in and hold for 15 seconds***
  - ***Repeat again twice (3 rounds in total)***

*Click on the video below for more.*



If you need help with your breathing and sports performance, contact me and I can help you out.

[Contact me >](#)

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