



From the Founder's Desk

The joy of being back on the golf course and range with our students is immeasurable. On the training side, we're focusing on private sessions only, with the coaches and our Sports Scientist. Even though gyms still can't open, the regulations allow 'support staff', including fitness trainers to work with the players.

We're also hosting two medal tournaments per week for a while to catch up on the events that we missed during the hard lockdown. See the results of the first event below.

MJ BALDERSTONE

Back in Training

Getting back into the swing of things

Here are some images from our first day back in training at the BSI campus.



BSI Medal

Who conquered the course?

Yesterday we hosted our first pair of medals since March, with Royal Johannesburg & Kensington GC in fantastic autumnal condition. In our Premier section, **Reynardt Olivier** was the winner with a score of 72 on the East Course. In the Junior section, **Tawriq Abrahams** won with a score of 74 on the West Course.

Overall, it was fantastic to get back on to the course and get rid of some lockdown rust. With no provincial or national tournament schedule planned for a while, our players are in a nice position to benefit from a period of extensive tournament play.



Reynardt Olivier



Tawriq Abrahams

Alumni Profile

Chalton's career in golf is making us proud!

Chalton Steyn graduated through our PGA Diploma programme in the class of 2017. He was selected for our Internship programme the following year, where he made a significant contribution to the students.

At the end of his internship, he was appointed as Head Coach at the EOGA Golf Academy at Killarney Country Club, where he has been for the last 17 months. He has made a solid name for himself already with his coaching and custom fitting services.



Chalton Steyn

Here's what Chalton had to say about his experience at BSI;

"I got a really good education about the golf industry as well as the business around golf which prepared me a lot for my current job in coaching. The lectures and coaching are good quality. The facilities at Royal J & K are superb. The technology available with Flightscope and K Vest etc. Excellent staff. I also learned a lot as an Intern Coach at BSI and it helped me grow as a golf instructor as well as human being away from golf."

"If you are serious about a career in golf and want the best PGA programme in the country then BSI is fantastic."

If you dream of pursuing a career in golf with international opportunities, then the PGA Diploma or Greenkeeping programmes at BSI are the perfect college options for you. Spaces are limited. Contact us to start your journey.

Your journey starts here >

Performance Tip

7 Principles of highly effective practice

Now we're able to get back to the golf facilities, make sure you optimize your practice by incorporating the following key elements.

- 1. Work hard**
- 2. Focus and intensity**
- 3. Aligned with goals and needs**
- 4. Optimizes challenge point**
- 5. Involves feedback**
- 6. Held in a conducive environment**
- 7. Includes reflection**

Contact us if you need help in developing an effective practice and development plan to take your game to the next level.

[Contact us >](#)

Join our community

Follow us on social media



Thank you to our sponsors!



GOLF | 



FlightScope®

Get in touch

Call 082 448 0753 | [Contact us](#) | [Visit our website](#) | [Visit us](#) | [Apply now](#)

Follow us



This mail was sent to {{contact.contact_email}} by Michael Balderstone and is provided as a service for the members and guests of Balderstone Sports Institute and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 082 448 0753.

*Sent on behalf of Balderstone Sports Institute by
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)
[Subscribe here](#) | [Unsubscribe here](#)