



## From the Founder's Desk

Bryson DeChambeau is the talk of the golf industry at the moment, with his extensive body bulking and the impressive form that he's shown with six top tens as well as a victory in his last seven events.

For me there's a lot to admire about his approach. He has a high level of growth mindset. He has incredible commitment to the process of improvement. He reflects and identifies gaps in performance where he can improve, and employs top-level expertise to help him fill the gaps.

His strength work is done with a full range of motion, ensuring that his body hasn't gotten tight. His diet appears to follow sound nutritional guidelines. All these things are in line with our own philosophies at BSI. The great thing is that it has put growth and improvement in the spotlight, and he is proving that change can be made for improved performance. I'm all for that.

*MJ BALDERSTONE*

## BSI Medals

Who made it to the winner's circle?

We're firing through two medals a week at the moment to catch up on what we missed during lockdown closure. Congratulations to all the winners;

In our Premier section, PGA Diploma student **Reece Mckain** won with a fantastic score of 67 on the Royal Johannesburg & Kensington West Course on Wednesday 1st July.

On Friday 3rd July, PGA Diploma student **Muhammad Warraich** won with a score of 74 also on the West Course. Muhammad's score was equally impressive given the cold, windy and hard conditions, as he beat the field by six shots on the day. Muhammad, from Pakistan, managed to equal the score of Sunshine Tour winner, Rourke van der Spuy, who was playing amongst the students that day.



*Reece Mckain*



*Muhammad Warraich*

In our Junior Academy section, **Regan Gay** won on Wednesday 1st July with a score of 74 on RJK's East Course.

On Friday 3rd July **Tanya van Staden** claimed her first medal victory with a score of 79, in those cold and windy conditions on the East Course.

**Regan Gay** was back in the winner's circle again on Tuesday 7th July with a level par 72 at Huddle Park.



*Regan Gay*



*Tanya van Staden*



*Regan Gay*

## Alumni Profile

### From student to Pro, Jeandre's journey is an inspiration to us all

**Jeandre Badenhorst** graduated in our PGA Diploma class of 2017.

Jeandre's journey is one of commitment over many years to improve from novice to turning Pro. In his first cycle in 2015, he averaged 94.14. Hard work and dedication throughout his time with us saw Jeandre bring his scores down tremendously, with an eventual competitive personal best of 73.

During his studies, he also picked up thousands of hours of work experience, including as Pro Shop Assistant over weekends at Kempton Park GC for two years, and two months of coaching experience in USA during his 3rd year.

After graduation he join our internship programme to complete his PGA work hours. He then committed to a year of elite training in our Academy Programme, whilst competing on the IGT Pro Challenge Tour.

He opened his own online golf retail store in 2019, which he managed until he took up his current role as Duty Manager at The World of Golf in March 2020.



*Jeandre receiving his PGA certificate from the PGA Chairman and CEO*

**Here's what Jeandre had to say about his experience at BSI:**

*"BSI have helped me learn more about the industry and how each part of the industry functions and what is required of you to be successful. I have learned many life lessons at BSI that I still carry with me and use daily. It all comes down to how hard you work and practice. To work as a team to achieve good results. To not limit your thinking and always look for new ways to improve and learn.*

*The staff are excellent and friendly. The quality of education is great and so is the coaching and training in the gym. The staff are ready to help at any time. The programmes at BSI opens doors for you in the industry across the globe. I got the opportunity to work in America and Thailand as well. I would recommend any person to join the academy."*

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 >**

# Play with a Pro Experience

## Enjoy a social 18 holes with your favourite Pro

This initiative has really grown legs since I launched it last week. I'm excited to announce that we now have official support from the Sunshine Tour, and that a portion of the fees will go to the **Golf RSA COVID-19 Caddie Relief Fund**.

The Play with a Pro Experience allows you to play a round of golf with a **Sunshine Tour player**. Golfers can choose from our growing portfolio of Sunshine Tour and Ladies Sunshine Tour players and book a social 18 holes with them. We have 10 Pros available already, with more being added every day.

It's a great experience for you and your buddies, or ideal for a small and intimate corporate event with key clients or staff. You'll also be helping our players during this enforced break from tournaments. It's a fantastic time to catch them without having to wait for a break in their schedule. [Click here](#) to choose and book your first Pro.





# Play with a Pro

Book your experience with  
a Sunshine Tour Player

[www.bsisports.com](http://www.bsisports.com)

## Performance Tip

### Your winter golf warm-up routine

Ensure your body is ready to go on the 1st tee with this pre-round warm-up routine from our Sport Scientist Renee Reinecke.

[Read here >](#)



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