



From the Founder's Desk

Our purpose is to develop and grow our students in three key areas; Sport Performance, Academics and Personal Development. Take a look at the Performance Tip below to see all three in progress at the same time, as we showcase two of our PGA Diploma students explaining how to play from awkward lies.

The exercise was done during lockdown, and forms part of their 2nd year of study. There is no better way to learn and develop than through practical experience, and here the learning and assessment happens hand-in-hand, making the learning even deeper. The knowledge they gain also helps them in their own games, and hopefully our readers can benefit from that too.

MJ BALDERSTONE

Performance Tip

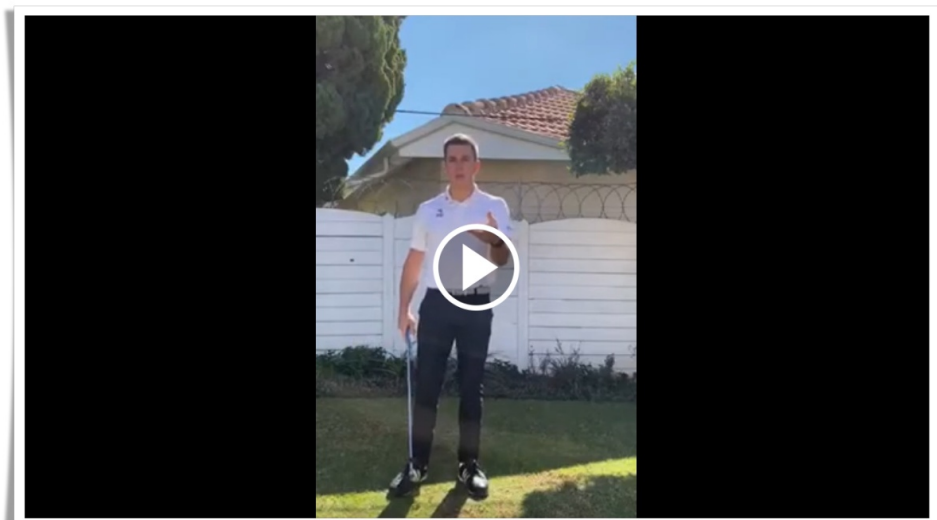
Awkward Lies

This week we showcase two of our PGA Diploma students explaining how to hit from awkward lies.

Julia Jacobs explains how to play with the ball below your feet;



Armand Muller explains how to play with the ball above your feet;



Words of Encouragement

Cindy's simple steps to stay motivated

We love these words of encouragement and advice for our students during this time from **Cindy McCreesh**, one of our Study Centre Academic Supervisors;

"Not surprisingly and quite understandably, I've noticed a dip in motivation across the board, which may have had an effect on your overall progress over the last few weeks. This is completely normal and we

are all experiencing the same challenges as the COVID-19 situation continues.

Students, please don't feel embarrassed to talk about or share what you're feeling – only by communicating will we be able to help and support each other through these challenges. Who knows, maybe your creative coping mechanisms could be helpful to someone else?

That being said, it's important to not allow this lack of motivation to consume you, and please don't allow yourself to remain in a low zone. Try and be as active and productive as possible, and find hobbies and activities that will inspire you to keep pushing forward.

Below, please find some suggestions that I've found helpful:

- Take a short break from your academic programme.*
- Allow yourself to rest both physically and mentally.*
- Get outside and enjoy the sun and fresh air.*
- Try a new/different activity or hobby (e.g. puzzle, arts, gardening, etc.).*
- Stay active, even if just a little bit every day.*
- Eat well and stick to healthier options (treats are fine once in a while).*
- Try to limit your screen time and rather read, write and/or reflect.*
- Clean out your old clothes and donate them.*
- Rearrange your bedroom for a new look and feel.*

I have no doubt that you all find your spark again soon and get back on track.

You are all still doing an exceptional job and I am proud of the efforts you are making each and every day. Keep at it, and do it all with a smile!

As always, I am just a message, voice note or phone call away if you need help, support, or guidance.”



Cindy McCreesh

BSI Medals

In it to win it!

Congratulations to the following winners;

In our Premier section, PGA Diploma student **Daniel Nduva** continued his fine form, winning his 3rd and 4th medals in a row. On 22nd July, he had a great score of 66 on the West Course at Royal Johannesburg & Kensington and on 24th July, he won again with a 71 on the East Course.



In our Junior Academy section, **Dean Herbert** won his first BSI medal with a score of 75 on the West Course at Royal Johannesburg & Kensington GC on 24th July. We then had another first-time winner at Huddle Park on 28th July, with **Sayegh van der Merwe** shooting 2 under par 70. Dean Herbert also continued his good form with a new personal best of 73. Great to see the awesome development in performance from both of these youngsters.



A big shout out to **Srixon Golf SA** for their continued sponsorship of our medal prizes. The next time you're buying golf balls, gloves or clubs, please have a look at the Srixon range. They have models to suit all types of player.

Order of Merit

Here's the latest Order of Merit standings, with **Daniel Nduva** and **Regan Gay** still out in front.

BSI Golf Premier OoM			
1	Daniel Nduva	84400	
2	Muhammad Warraich	49971	
3	Heinrich Prinsloo	49537	
4	Franco Rabe	46901	
5	Reece Mckain	43587	

BSI Golf Junior Academy OoM			
1	Regan Gay	47225	
2	Linda Stamm	42600	
3	Bernard Meyer	31925	
4	Tawriq Abrahams	23200	
5	Matheo Douessy	20250	

Alumni Profile

Kyle share's his perspective

Kyle Opperman graduated in our PGA Diploma class of 2018. Immediately after graduation, he took up an international position at Al Zorah Golf Club in Dubai. Having now returned to South Africa, he's currently working as the Assistant Professional at Benoni Lake GC.

Here's what Kyle had to say about life at BSI;

"The coaches are highly skilled and experts in knowledge when it comes to advising students. The Team Challenge is probably the one of the most exciting experiences. It really brings all the students together and it's a very good bonding time for students. Also every medal tournament and four day tournament is a good experience it really shows and teaches you how to cope under pressure and set goals for yourself."

BSI definitely prepared me for my career with all the subjects you do at BSI they teach you how to handle the retail side of a shop as well as the coaching side of the golf industry. I learned how to work better with people especially in the shop side of the industry.

I would say that to go to BSI is a good decision because they really give you opportunities and experience in any side of the golfing world. There are lots of players from BSI that have made it on tour level and also lots of BSI students that are doing very well in the golf industry."



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 Sunshine Tour Player

Your chance to play with the best

Through the Play with a Pro Experience you can 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 now have 20 Pros available across Gauteng, Western Cape, Southern Cape and Eswatini. A portion of the fees goes to the **Golf RSA COVID-19 Caddie Relief Fund**.

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.

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