



From the Founder's Desk

We had a busy day on Saturday, as we hosted a late notice Open Day for our full-time golf and football junior programmes, including Cambridge education. If you missed the presentations, you can catch them on the Balderstone Sports Institute Facebook page. [Here's the link](#) to the golf one.

We've got another Open Day on 7th November for our post-matric PGA Diploma and Greenkeeping programmes. See details further down the newsletter. Hope to see you there.

MJ BALDERSTONE

BSI Tournament Results

Keeping up with the winners

Congratulations to **Daniel Nduva**, who came out on top in our Premier medal last week with a score of 68 on the West Course at Royal Johannesburg & Kensington GC.

In our Junior Academy section, **Bernard Meyer** won the BSI Junior Medal with a score of 73 on the West Course at Royal Johannesburg & Kensington

GC.



Daniel Nduva



Bernard Meyer

Congrats to Julie, Victor and Samantha for achieving their personal bests

A special mention to 2nd year PGA Diploma student **Julia Jacobs**, who posted a personal best of 76 in last Friday's medal. Julia's stroke average when she first started the diploma in 2019 was 90.22, so we're very proud of the progress she has made, especially in the last few months. Also posting personal bests on Friday were **Victor Prybylsky** from France with 75, and **Samantha Conradie** with 78.



Julia Jacobs

Alumni Testimonial

Alfred's journey keeps getting better and better

Check out this video testimonial from PGA Diploma graduate Alfred Sutton (now the Tour Rep for Srixon Golf SA), talking about his experience at BSI and what the PGA Diploma has done for his career so far.



Let's get your golf career started

Contact info@bsisports.com to apply for this prestigious post-matric programme. Limited spaces available for January 2021 enrolment.

BSI College Open Day

PGA Diploma & Greenkeeping

*Take your first step towards your dream job in the
golf industry*

We have an Open Day coming up on Saturday 7th November for our PGA Diploma and Greenkeeping programmes at the BSI Campus at Huddle Park. Both courses offer a gateway to an international career in the golf business, as well as providing elite performance training to get you to your full potential and a chance of a playing career.



To join us on the day, meet the team, find out more about the programmes and hear directly from the students, please contact info@bsisports.com to RSVP. Limited spaces available.

Learn to play golf like Larissa did

Get more enjoyment out of your game

Our group beginner course has proved very popular this Spring.

Here's some feedback from one of the participants;

"Thank you for providing us the opportunity in taking part in this beginner's programme. Rikus is an excellent coach, I never thought I would enjoy golf as much as I did, his attention to detail and great

coaching skills has made golf enjoyable and easier. Rikus, thank you for taking the time to coach us, the past few lessons have been really enjoyable and I have learnt a lot from you, keep up the great work.” ~

Larissa

Contact us at info@bsisports.com to sign up for the 6-week course at only R999 per person. Bring some friends or colleague for a great learning experience. Minimum of three people to a group.



Performance Tip

Swing like Rafa to cure your slice

I answered a question on social media last week on how to fix a slice with;

“Feel like you’re hitting a top-spin tennis shot.”

It’s a ‘feeling drill’ that I’ve used with players for over 20 years, and I find it very effective for the driver in particular. Take a look at the images below of Rafa Nadal playing one of his two-handed backhand top-spin shots, and notice how similar the positions look to an effective golf swing.



Image sourced from [tennisworldusa.org](https://www.tennisworldusa.org) and
economictimes.indiatimes.com

Many golfers develop their swings based on the concepts in their minds. As the ball in golf is low to the ground and we want the ball to get airborne, a lot of golfers try to scoop the ball up by falling back and dropping their right side down too much. This in turn leads to the face being left open to add further loft.

If you get the feeling of top-spinning the ball straight down the middle, you keep your right side high and moving forward, you hit the driver more on the way up (which is beneficial for distance), and you release your forearms better.

It may take a few balls to get the exact release timed well, but within a few shots I can normally get a much improved ball flight out of the player.

If you have any golf performance related questions, then [drop us an email](#) and I'll gladly answer them for you.

[Ask Michael >](#)

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