



## From the Founder's desk

This week we have settled down into our regular structured schedules after a hectic start to the year with late enrolment and assessment weeks for all our players. Even though all programmes have started we're still receiving floods of enquiries and applications. Our full-time Junior Academy is open for enrolment all year round, as are our Academy programmes. With matric results coming out so late this year we'll be keeping our college programmes open for longer than usual, but the sooner you sign up the less you'll need to catch up.

*MJ BALDERSTONE*

## BSI tournament results

With our PGA Diploma and Academy players back in action last week, we held our first Premier Medal of the year. Congratulations to Academy player **Ryan Estment** and PGA Diploma student **Heinrich Prinsloo**, who won with scores of 72 on the West Course at Royal Johannesburg & Kensington GC.



*Ryan and Heinrich*

Congratulations to **Michael Wallace** on winning last week's Junior Medal with a fantastic round of 66 at Huddle Park. It's a welcome return to the academy for Michael, who spent most of last year receiving remote training and academics back home in Zimbabwe. He made the most of that time though, continuing his golf development well and also passing all of his exams.



*Michael Wallace*

## External tournament results

**Daniel Nduva** placed T12 in the Gauteng North Open at Pretoria CC last week. That makes it 5 national ranking events in a row where he's finished in the top 12 or better. He's now up to 32nd in the Golf RSA rankings with some big events to come in the next few weeks.

[Click here](#) to read an article on Daniel by a Kenyan publication.

Well done to Junior Academy students **Bernard Meyer and Michael Wallace** for finishing T47 and T57 respectively in the Free State Open at Maccaulei CC.

Well done to **Reece Mckain and Bernard Meyer** on successfully qualifying for the SA Strokeplay Championship last week at ERPM.



Well done to full-time students **Joshua Pretorius, Reece Mckain, Sean Paxton & Heinrich Prinsloo** on pre-qualifying for the SA Amateur Championship this week, as well as mental training client **Josh De Aguiar**.

## Intro to golf: social, healthy & fun



Get into golf this year with our popular Intro to Golf Beginner Programme.  
There are so many benefits to learning golf, including;

- It's social & fun
- Enjoy an outdoor activity
- Promotes health & wellness
- Networking opportunities for work or business

Sign up with a group of friends or colleagues. Minimum of 3 people required. Lessons take place in a safe and relaxed environment at Huddle Park in Linksfeld. No equipment needed. Just come and have fun in the outdoors. We'll get you on the golf course during the 6-week course.

Only R999 per person.

Sign up below or email by [clicking here.](#)

Sign up >

## Performance tip

### Better practice equals better scores

BSI Coach and former Sunshine Tour player Coenie Stoop gives some advice for you to practice like a Professional and beat your personal best.

**Step 1: Aim to get up and down around the green 80% of the time.**

Practice from different kinds of lies and situations to replicate real on-course conditions. Also practice with different clubs, including putter from off the green.

**Step 2: Collect your vital statistics when you play.**

Monitor stats such as drives in play, greens in regulation, scrambling and total putts per round. Compare your stats to tour averages and identify key areas to improve.

**Step 3: Work on your shot shaping.**

Spend some time practicing draws and fades, high and low shots so you can execute them better when required on the course.

**Step 4: Get to know how far you carry each club in your bag.**

This gives you more clarity and confidence for carrying certain obstacles eg. penalty areas. Make sure you know your carry, and not just your total distance after bounce and roll. Most amateurs over-estimate how far they carry the ball.

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