



From the Founder's Desk

We had a great response to our Founders Day celebrations last week, with many of our former students getting in touch. I had great fun looking back over old photos and records, and had a stark realisation that our initial students, who came to us just out of school, are now in their mid-thirties!

Here's the earliest photo I could find from 2005, taken at Royal Johannesburg & Kensington GC. In the centre of the image you'll see Sunshine Tour winner, **Toto Thimba** next to **James Baker**, who has had a fantastic career caddying on the European Tour for players, such as Lee Westwood, Martin Kaymer and Jamie Donaldson.



MJ BALDERSTONE

BSI Tournament results

Keeping up with the winners

Heinrich Prinsloo made it 3 Premier Medal wins out of 3 this year with a score of 72 on the West Course at Royal Johannesburg & Kensington GC on Friday.

We also had personal bests from **Mark Fairley, Seamus Leech, Jonathan Williams, Samantha Conradie, Armand Muller** and **Cobus Brits**.



Heinrich Prinsloo

Well done to **Vuyisani Makama** on winning last week's Junior Medal with a score of 76 in wet conditions on the West Course at Royal Johannesburg & Kensington GC. Ethan Joseph also beat his personal best.



Vuyisani Makama

External Tournament Results

Our students are making us proud

BSI Academy Player, **Reece Mckain** placed T12 in last week's 2-day Bushveld Tour event at ERPM.

Well done to PGA Diploma student, **Mutahi Kibugu** (T37) and Junior Academy student, **Bernard Meyer** (T58) on their finishes in the SA Strokeplay Championship last week at Randpark.



Mutahi Kibugu



Bernard Meyer

Junior Academy student, **Eric Ncube** won the boys 13-14 division of the SA Kids Golf event at Huddle Park on Sunday with a fantastic score of 74 in tough conditions that gave him a 7 shot victory.



Eric Ncube

Blog

Strength and conditioning for
youth athletes

BSI Sports Scientist, **Renee Reinecke** explains the reasons and benefits for strength and conditioning training at youth sports level.

[Click here](#) to read more about this.



Thank you to our sponsors



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](#)
[Unsubscribe here](#)