



Shooting 69

How to knock 28 shots off your tournament score in 16 weeks

Tiaan van Wyk has been playing golf for less than 18 months. He's been training with us for less than four months.

On Friday he shot 69 in our medal event.

He was one year into playing the game when he applied to join our PGA Diploma programme last November. We recruit based on potential and attitude, so having a 12-handicap and no tournament or coaching experience didn't faze us.

On Friday he shot 69 in our medal event.

On the 21st of January 2021, Tiaan posted his first medal score by shooting 97 on the West Course Royal Johannesburg & Kensington. He followed that up with another 3 scores in the '90s and a previous personal best of 89 to indicate where his standard was at the start of his BSI journey.

On Friday he shot 69 in our medal event.

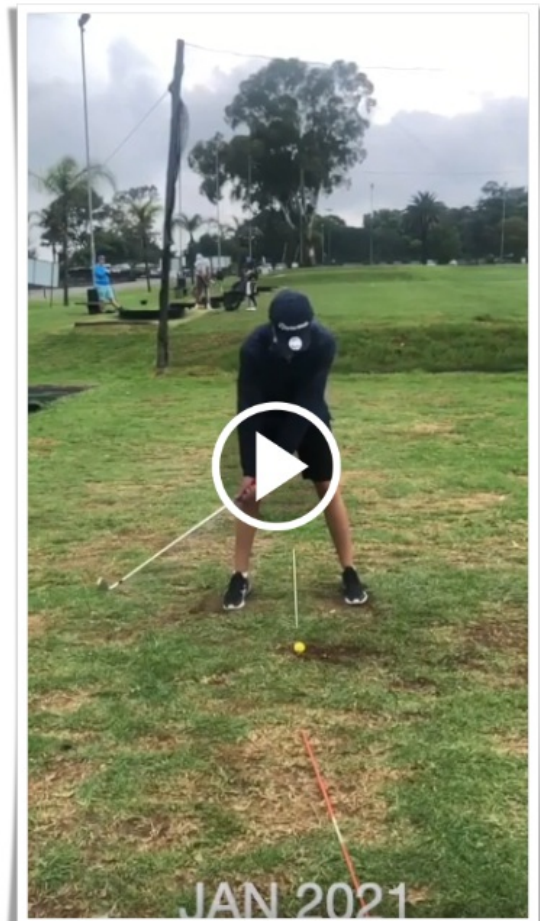
He beat his PB by 20 shots. He beat his first medal score by 28 shots. He finished joint first in the medal event. All after just 16 weeks.



Tiaan van Wyk

Was this a fluke?

When you only see the scores, you may think so, but take a look at the video below showcasing the improvement that Tiaan has made in his swing technique working with BSI Coach Martin Briede. You will see that there is a reason for the incredible improvement.



Add in the work Tiaan has done with Mental Coach Mark Fairbank, Strength & Conditioning Trainer Renee Reinecke, and Skills Coach Jose Da Mota, you get the full picture of the development process underway.

BSI Tournament Results

Who's got the winning mentality?

Congratulations to Academy player **Reece Mckain** and PGA Diploma student **Tiaan van Wyk** on winning last week's Premier Medal with a score of 69 on the West Course at Royal Johannesburg & Kensington GC. Also well done to Kyle Ferreira (71), Mangezi Maswanganyi (72), Keegan Dix (76), Keegan Rollinson (77), and Fred Njoroge (89) for achieving personal bests.



Congratulations to **Bernard Meyer** on winning last week's Junior Academy Medal with a score of 74 on the East Course at Royal Johannesburg & Kensington GC.



Bernard Meyer

Tournament Results

Presenting our champion ...

Congratulations to Junior Academy student, **Michael Wallace** on successfully defending the Club Championship at Royal Harare GC in Zimbabwe.



Michael Wallace

Performance Tip

When to take risks

By Mark Fairbank, BSI Mental Coach, and Golf Performance Director

Competitive golf is going through significant changes with regards to the

strategies and aggression with which it's being played. Players are taking many more risks than before and breaking remarkable barriers in scoring ability.

The recent Sunshine Tour Event, hosted at Dainfern CC saw three players in a playoff on 25 under par, last week saw a 22-year-old South African Professional win his 3rd European Tour event on 27 under par. To produce this low scoring, players must be prepared to take risks. But what determines whether a shot is risky or not and whether you should play the risky shot or not?

Taking a risk is a very personal decision and more linked to a player's ability to execute the shot than the actual risk of the shot itself. To hit a big hook around trees and over water onto a green 170m away may not actually be that risky for a player who naturally plays a right to left shape. It would, however, be very risky for a player who predominantly plays with a left to right ball flight and whose swing mechanics naturally favour that ball flight to execute the hook.

Similarly, carrying a 3 wood 250m over water onto an island green is not risky for a player who can carry their 3 wood that distance with ease, while for another player who needs to swing out of their shoes and get a perfect strike just to get it 250m it is a huge risk.

In golf, it is important to know your strengths, know what you are capable of and know what shot you can execute 9 out of 10 times. It is much easier to perform risky shots under pressure if you are doing what is more natural and simple for you to execute. A shot only becomes risky and difficult if you are trying something that you have not practised and does not come more naturally. The best players in the world make their living by focusing on their strengths and playing the shot they know they can execute on almost every attempt and under pressure, not by trying something unnatural and hoping they get lucky.

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](#)