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Friday, April 26, 2024

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## BSI Tournament Results

### Winners in our midst!

Congratulations to Academy player **Reece Mckain** on winning this week's Premier Medal with a score of 69 on the East Course at Royal Johannesburg and Kensington GC.

Reece has also been named BSI Golf Premier Player of the Month for May. He won 1 of our medals during the month with a stroke average of 72 and finished 14th in the KZN Open Strokeplay at Selbourne CC. Well done, Reece!



*Reece Mckain*

Congratulations to **Michael Wallace and Bernard Meyer** on winning last week's Junior Academy Medal with scores of 73 on the West Course at Royal Johannesburg and Kensington GC.

Bernard Meyer has also been named BSI Golf Junior Player of the Month for May. Bernard won 2 BSI medals during the month with a stroke average of 73.5. He also finished T18 in the KZN Open Strokeplay at Selbourne CC, and has now moved up to 85th in the Golf RSA Open Amateur rankings. Well done, Bernard!



*Michael Wallace and Bernard Meyer*

## BSI Staff Profile

### **Renee Reinecke**

*BSI Sport Scientist and S and C Trainer*



#### ***Where did you study Sports Science and for how long?***

I studied at the University of Johannesburg and it was a four-year degree.

#### ***What were you doing before joining BSI?***

I worked in High Performance Sport at the University of Johannesburg. I worked with football, hockey, basketball, netball and athletics.

***What do you love most about working at BSI?***

I love that I work with young people and that I have a role in their development.

***What does your role as a Sports Scientist at BSI involve?***

My role involves working with junior and senior athletes across golf and football. I run morning energiser sessions, 2 gym sessions per week with each age group and sport code as well as private sessions with athletes that need to improve specific areas of their fitness. I lecture Sports Science for the PGA Diploma and put together testing batteries for the athletes twice a year.

***How would you best describe your fitness training style?***

My training style is a holistic approach - there is no one size fits all. I believe in tailoring my programs to each individual's needs. I believe in monitoring progressions and I find great accomplishment in assisting an athlete reach their full potential.

***Is a regular workout good enough too suffice for a golf or football fitness workout?***

Football and golf workouts are sport specific and should be relevant to the intensity and strength demands of the game.

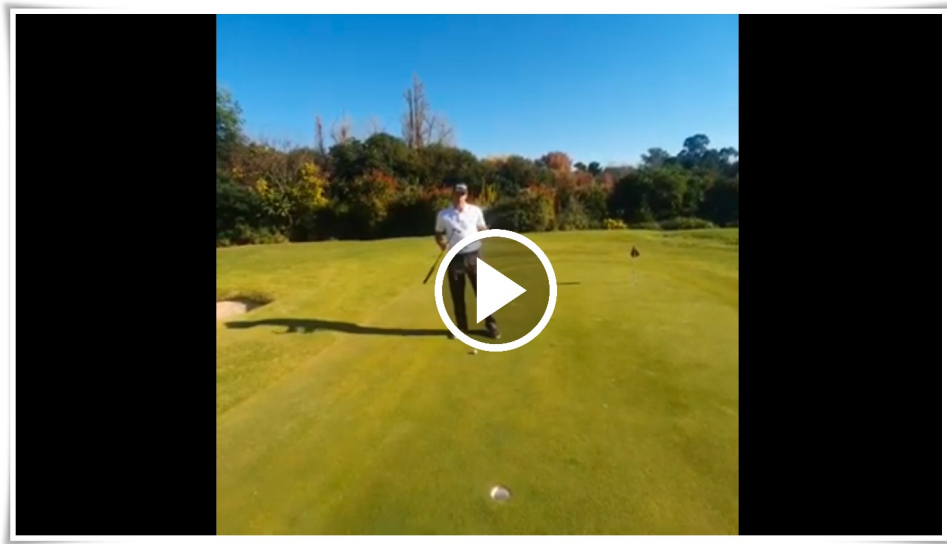
***Is it possible to train an athlete to be immune from injury?***

No athlete is immune to injury. What we can control is how we train and prepare the body in the gym and on the field or out on the course. It is important that your gym training program works hand in hand with an injury prevention program to ensure that commonly injured areas relevant to the sport are identified and strengthened through exercise.

## Performance Tip

### Hole more putts!

BSI PGA Coach **Christopher Wright** shows you a concept that will improve your green reading ability.



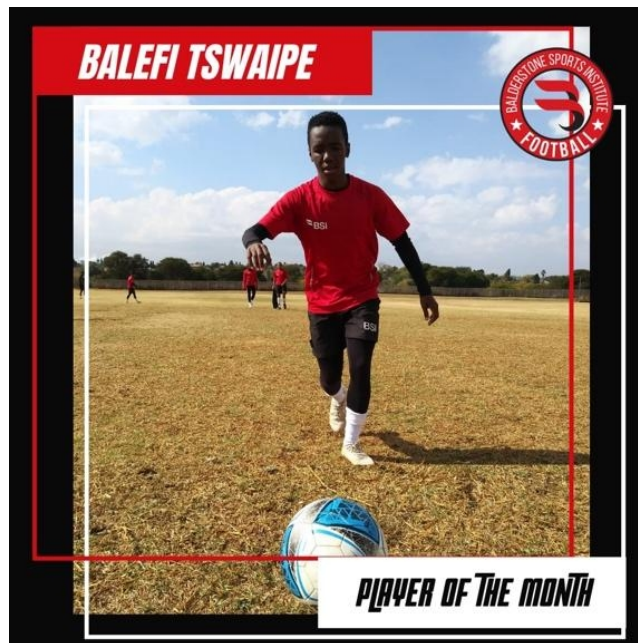
## Not Just Golf

### What an achievement!

Congratulations to **Balefi Tswaipe** on being named Elite Development Program (U23s) Football Player of the Month for May.

The fixture-loaded month of May provided players with the opportunity to test themselves each week. Balefi had to fight his way into the first team at the start of the month and showed the technical team that he had the resilience to persevere when the going was tough. He then showed growth each week and his transition from training to matches was fantastic throughout May.

He applies himself each day and is a key member of the BSI squad on and off the field. As a positive and respectful young man, he has been a pleasure to coach since his arrival at BSI.



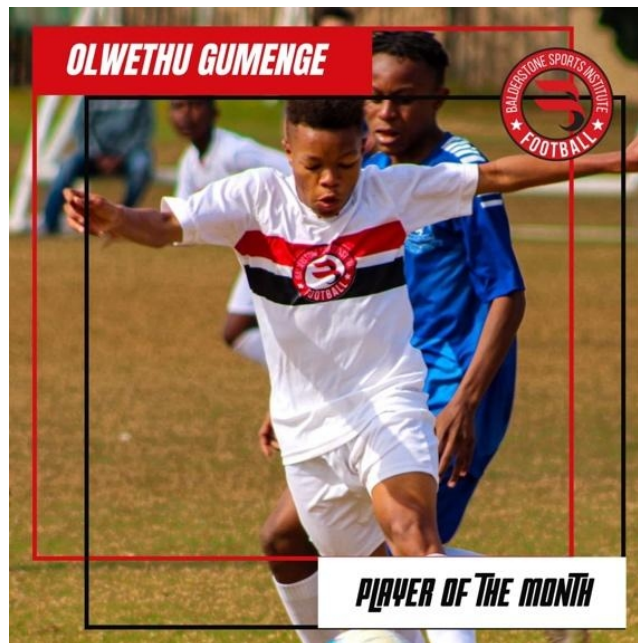
## Another champion!

Congratulations to **Olwethu Gumenge** on being named Youth Development Program (U14-U19) Football Player of the Month for May.

Olwethu is a deserving recipient of the Player of the Month award for May. A player that has demonstrated the technical development that is expected and the positive attitude to match. His consistency has accelerated his development and he is a regular goal scorer irrespective of the team he is called up to represent. He continues to knock on the door for a first team call-up and at the moment he can be heard loud and clear. His attitude within the Study Centre has also been exemplary and this made him the standout candidate for the POTM award. Well done, Olwethu.

Keep up the hard work!





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