



Alumni News

Hard work pays off, just ask Murray

Congratulations to BSI PGA Diploma graduate, **Murray Smit** on winning the Western Cape PGA Coach of the Year Award for the 2nd year in a row. Murray runs his academy, Murray Smit Golf, from the De Zalze Golf Estate in Stellenbosch.



Mid-Year Player Review

A 360-degree analysis on each of our students

While our students take a winter break for a few weeks, our coaching team took part in a 2-day, 16-hour workshop conducting mid-year performance and process reviews of all 57 full-time students across our Junior Academy, PGA Diploma and Academy programmes.

With lockdown restrictions in place, the team utilised Zoom, along with our coaching software platform CoachNow and our statistics system to evaluate each player. Getting input on the technical, fitness and mental aspects, alongside the performance data provides a 360-degree analysis of each player, assisting the team in setting training plans for the next 6 months.



Interview

A conversation on sports as a profession

I enjoyed this interview a few of weeks ago, where I discussed my career journey, the evolution of BSI, high performance habits, Leicester City and more.

Take a look in the video below.



Performance Tip

Chipping from tight lies

By BSI Coach, Coenie Stoop

One way to lower your scores is to make better shot choices around the greens, and to understanding how to execute different shots. The golden rule is to choose the shot that will be easiest to execute. Sounds simple, but most players waste so many shots by doing the opposite.



Here are a few tips to help you chip from tight lies from around the green:

- If you can, take a putter.
- If you need to chip, take a club with less loft and bounce e.g. – a PW or 9-iron.
- If the ball is lying down, you may need to produce a steeper angle into the ball. The easiest way to do this is by bringing the ball further back in your stance.
- Push your hands slightly forward at address to get the shaft leaning forward.
- Make a smooth rotation with a slightly slower tempo.

Did you find this tip useful?

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