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Thursday, March 28, 2024

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From the Founder's Desk

It is wonderful to see The Open Championship back, and to see it being played once again at Royal St George's. I spent a very happy year in my early career living in the small medieval town of Sandwich, which is where the course is located, while I was coaching in the area. The course is magnificent and if the wind blows, it should present a stern test. I expect the leaderboard to be filled with strong ball strikers.

Alumni Profile

Ryan Estment:

PGA Diploma Class of 2020



What have you been doing since graduation?

After finishing my PGA Diploma last year, I turned Pro on the 1st December 2020 and currently compete on the Bushveld Tour and Big Easy IGT Tour. I am also doing a 4th year Academy Programme at BSI to fine-tune my game with my coaching team leading into Sunshine Tour Qualifying School next year.

What are your highlights about being at BSI?

My main highlights from attending BSI would have to be my coaching team and meeting a great bunch of people throughout the different years in the diploma. A lot of them have become friends for life without a doubt.

The whole experience is very "family like", everybody cares about everybody, and that builds so much confidence amongst everyone for their growth in the academy, whatever the position, whether it be a student or staff member.

How did BSI prepare you for your career?

BSI has helped me understand how much I love the game of golf and made me realise and believe that I have what it takes. The consistent work that I have done over the years with my Swing Coach Chris Wright, Mental and Performance Coach Mark Fairbank and Strength and

Conditioning Trainer Renée Reinecke have definitely given me an edge in my game.

What is your advice for prospective students?

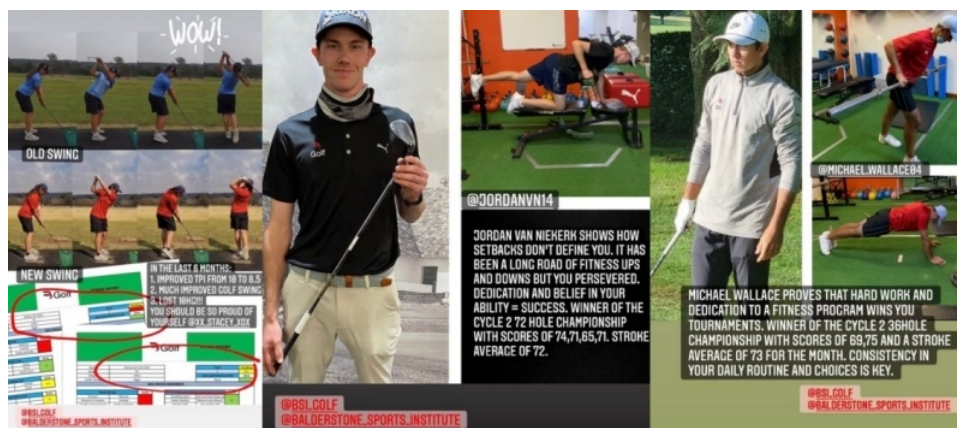
If you have a love for the game of golf and want to go further in the industry, whether it be playing, coaching or just working in the industry, I would recommend contacting BSI and setting up an interview session. They are good people and they really make you believe in yourself and just want to see you succeed.

Fitness Focus

Golf-specific fitness is a key element in modern-day performance golf

The better your body moves, the more effective and efficient you can swing. The fitter you are, the more physical and mental energy you can maintain in the heat of competition.

Here are a few examples amongst our academy members, where dedication to improvement in the gym is showing results on the course. Great work from the students under the expert guidance of our Sports Scientist, **Renée Reinecke**.



Performance Tip

The key to better golf

BSI Sports Scientist Renée Reinecke highlights the importance of strengthening your core to improve your golf, and provides some great exercises to get you started.

[Get started >](#)



Did you find these exercises helpful?

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