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Premier Academy Weekly Medal

BSI Tournament results

Congratulations to Jonathan Williams and Sean Paxton on their joint first place finish on Friday 22 October 2021 in the BSI Premier Academy weekly medal, shooting 69 on Royal Johannesburg & Kensington West Course.



Sean Paxton and Jonathan Williams

Well Done to Julia Jacobs (74) and Daniel MacDonald (74) for personal bests on the day.

| Junior Academy Weekly Medal

Congratulations to Vuyisani Makama on winning the Friday 22 October 2021 Junior Academy Medal with a score of 70 on Royal Johannesburg & Kensington West Course.



Vuyisani Makama

| BSI Order of Merit

Things are really starting to heat up and we aren't talking about the weather!!

The BSI PGA Diploma and Elite Academy Players Order of Merit for 2021 is a tightly contested competition. 1466 points separate 1st and 3rd place players, with Heinrich Prinsloo, Reece Mckain and Jordan van Niekerk changing podium position nearly every week in the past few months.

Can Tawriq Abrahams and Vuyisani Makama look to upset the Junior Academy Order of Merit leader, Michael Wallace? Both these boys are hitting a patch of great form and with tons of points still up for grabs they are chasing hard to catch the frontrunner.

Each of our Order of Merit winners will take home sponsorships from Srixon, Puma and ProItUp* – read on further to find out about our new Affiliate Sponsors ProItUp.

These guys are all in it to win it!

BSI Order of Merit as of Monday 25 October 2021

BSI Golf Premier OoM



1	Heinrich Prinsloo	105099
2	Reece Mckain	104661
3	Jordan van Niekerk	103633
4	Sean Paxton	55228
5	Ryan Estment	54902

BSI Golf Junior Academy OoM



1	Michael Wallace	91050
2	Tawriq Abrahams	66248
3	Vuyisani Makama	62812
4	Bernard Meyer	51658
5	Dean Herbert	42058

External Tournaments

Congratulations to Junior Golf Academy student, **Bernard Meyer**, who bags another national win by capturing the South African High School Inter Provincial Tournament individual event with a solid 2 under par over 36-holes at Heron Banks GC. Bernard's performance led North West Province to the team title as well.

Bernard had to take a short break from his regular golf schedule these past two weeks as he wrote his Cambridge AS levels exams but came back with another unbelievable performance. Truly a man who is able to manage his academic and sporting passion very successfully.



Bernard Meyer

Gauteng High Schools A-League:

Monday 25 October 2021 saw BSI students **Bernard Meyer, Vuyisani Makama, Tawriq Abrahams** and **Grant Labuschagne** take on Trinity House A, King David VP and Curro Aurora B at Randpark Golf Club.

Congratulations to the boys who took a narrow win by beating second place Trinity House 50 points to 49.

Individual scores:

Grant Labuschagne – Even

Bernard Meyer – 1 over

Vuyisani Makama – 3 over

Tawriq Abrahams – 3 over



From left: Tawriq Abrahams, Grant Labuschagne, Vuyisani Makama and Bernard Meyer

Congratulations to BSI mental coaching client **Keegan Thomas** on a 3rd place finish in the Blair Atholl Championship on the Sunshine Tour this last week. Keegan has worked with BSI Mental Coach Mark Fairbank for a number years and is having a break-out season currently sitting in 36th on the Sunshine Tour Order of Merit. The Cape Town based professional also works with BSI PGA Diploma graduate Murray Smit as his swing coach.



Keegan Thomas

Jordan shares his journey

Student Spotlight

We would like to introduce to you one of our top Elite Academy golfers.

Jordan van Niekerk has also been part of the BSI family for five years, starting in Grade 11, then moving to the PGA Diploma and now finishing off as an Elite Academy player, who is now ready to spread his wings and take the next challenge in his journey. Let us catch up with Jordan and learn more about his time at BSI.

“BSI has tremendously changed my golf game in ways that can only be explained through score and visual representation. If I was to try explain how much BSI has helped my game, I’d start with the environment of constantly being around good golfers. When practising at two facilities everyday with every part of your game being able to improve, you tend to work hard on anything you are struggling with.

I was very fortunate to be able to come to BSI in Grade 11 and from the first day we already started building new friendship groups and

bonds with peers. Every day you greet and laugh with each other, on the range before the real work begins, and it makes you excited to come to school and lessons, because you know even if you're struggling with your swing, you have amazing peers and coaches.

My interactions with the coaches have been world-class! They will literally do anything for a player who is performing well or still on the path to greatness. They will put in as much effort as they have to and then everyone will see amazing growth, like I did in my game! The fact that every term I can see that I am a better player than I was last term, is what drives me to work hard in the following months. The part of my game that has changed the most has to be my swing. Thanks to my very patient coach Coenie Stoop, who has seen the ups and downs with me.

I also have to admit that the mental side of my game is the only reason you can see my name up on the leaderboard some weeks. This is thanks to the incredible man, Mark Fairbank himself, who sat me down and made me understand that a good swing with the wrong mindset was getting me nowhere!

Lastly, being in the gym – coach Renée Reinecke has helped me more than anybody reading this will ever know. After getting sick, I went from sitting and watching my fellow teammates do gym and me not being able to walk 18 holes without a caddie, and me taking 4 to 5 supplements a round, to winning a 4-day event without my 'A' game on display.

Each one of these coaches try their absolute best to give every player what they need to perform well. If your kid has dreams about being a golfer, then everything they will ever need will be offered to them at BSI. I am now preparing to go to Q-school next year and turn Pro. From there, we take it day by day!"

- Jordan van Niekerk

Here is Jordan's stroke average improvement from when he first joined BSI in 2016 to where he is today:

Cycle 1, 2016: 84.80

Cycle 4, 2021: 70.00



Jordan we know that you are going to make the BSI family proud in your next step towards your dreams!

Alumni Spotlight

Congratulations to BSI Junior Academy graduate **Kelsey Nicholas** who aced the 5th hole on Firethorn, Randpark Golf Club in the Standard Bank Pro-Am Invitational on Monday 25 October 2021.

Kelsey took home the prize money of R50 000 for this great achievement.



Kelsey Nicholas

Maximise your practice time

Performance Tip

The Performance Tip of the Week is brought to you by Michael Balderstone,
PGA Professional

Whether you have lots or limited time to practice, it is important to get the most out of your efforts and to make sure that you get maximum transfer of performance from your practice to the course. Here are 3 examples of purposeful practice games that will provide this for you;

Round-the-clock putting drill

Set up 4 tee pegs around the hole, each 3 foot away (1 putter length).

Position them as if they were at 12, 3, 6 and 9 o'clock on a clock face.

Using 1 ball at each peg, try to hole as many in a row as you can going around the hole changing position each time. When you miss, you start over. Keep trying to beat your personal best.



Par 18 short game

Play 9 holes of medal play around the short game area with each hole being a par 2. Choose 3 easy, 3 medium and 3 difficult shots, playing 1 ball only. Finish off each hole. Use various clubs. Choose at least two bunker shots.

Ideally to be played with a worthy opponent but can be played alone. To be done only once a day. A score of 21 is equivalent to 66% scrambling or approximately tour average.

Full swing 9-ball

This is one of Tiger Woods' favourite range practice games, to focus on feel and skill. With every club from 9 iron down to driver, attempt to hit all 9 desired ball flights;

Low Fade, Medium Fade, High Fade

Low Straight, Medium Straight, High Straight

Low Draw, Medium Draw, High Draw

Make notes on which shots were easiest for you to achieve and which ones were difficult.

 BSI & ProItUp Affiliate
Sponsorship

We're delighted to announce ProItUp as our latest Affiliate Sponsor. ProItUp is a local company with the mission to provide the highest quality, most reliable and affordable golf optics technology on the market in the African golf community. Each of the Order of Merit winners from BSI Golf and TGSE Cape Town will receive a ProItUp Z-10 Range Finder, and every student receives discount on the devices. Pictured below is BSI Founder & Managing Director Michael Balderstone receiving the prizes from ProItUp Founder & CEO Arvy Shongwe.



Michael Balderstone and Arvy Shongwe

■ Not just golf

Balderstone Sports Institute Football Academy and Sporting Clube Farense of Portugal invite you to our **International Soccer Camp** in December, hosted at our exclusive football campus in Modderfontein, Johannesburg. The camp offers aspiring players a unique training and scouting opportunity with Portuguese coaches.

The fee for the camp is R3,000 per person. To sign up send an email to football@bsisports.com. Limited places are available.



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The banner features a red background on the left with white text. On the right, there is a photograph of a young soccer player in a white jersey with a red and black stripe, dribbling a ball on a grass field. A player in a blue jersey is also visible. Logos for Sporting Clube Farense and Balderstone Sports Institute Football are present. The bottom of the banner has a black bar with white text.

Welcome to Miguel Aba-Kiba

Miguel joins our EDP programme as an attacking player with the desire to improve his football ability. With his short time with us, he has already shown strong character traits which make him a pleasure to coach.



Miguel Aba-Kiba

In case you missed it

Let's recap

Catch up on our previous newsletters and refamiliarise yourself with our performance tips. [Find out more.](#)

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