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Welcoming the new year

## From the Founder's Desk

I'd like to wish all of our followers a happy, healthy and successful New Year ahead. We opened our office again on Tuesday and have hit the ground running with preparations for the first of our full-time programmes, our Junior Academy, to start next week.

Our coaches have already started with some of our players, and some are already competing in national junior events this week. We've been inundated with late enquiries and applications for our programmes and have been conducting interviews and assessments for enrolment. It's not too late to apply for our Junior Golf Academy (including schooling), or one of our college programmes; PGA Diploma, Greenkeeping or Sports Management. Reply to this newsletter for more details.

*MJ BALDERSTONE*

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By Michael Balderstone BSI Founder, Managing Director  
& PGA Master Professional

## Performance Tip

Why exercise is important in school (& in your weekly routine)



In previous generations our school day involved a lot more physical activity than now. Please click on the link below to read further.

[Find out more](#)

Celebrating our winners

## BSI Tournament Results

Zimbabwe Junior Strokeplay Championship

Congratulations to recent Junior Academy graduate **Michael Wallace** on winning the **Zimbabwe Junior Strokeplay Championship** at the end of December, with rounds of 72, 68, 70, 70 (-8) at Borrowdale Brook GC. Well done also to Junior Academy student **Pranay Kapur** for finishing T4.

Michael started in our Junior Academy back in January 2019 and initially averaged just under 80. He graduated in December having won our Junior Order of Merit averaging 73.66 for the year. He is currently competing in the Junior Orange Bowl International Golf Championship at Biltmore GC in Miami, Florida, USA.



*Michael Wallace*

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A note from our students

## Graduate Testimonial



“The facilities that BSI offer, gave me the necessary space to improve my game and the environment in which we train is optimal to help reach our goals. The coaching team we have is great, they are always willing to help when you ask for something. Probably the best time I had at BSI was the 4-day/ 72-hole medal events and the Team Challenge every year. It develops a golfer to be prepared physically and mentally.”

- Heinrich Prinsloo, PGA Diploma Graduate 2021

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A family of golfers

## Staff Spotlight and Value Pillars

We follow our series highlighting our key staff members and how our BSI values are incorporated into their everyday work and guide the culture at BSI. Balderstone Sports Institute's five value pillars are:

- Commitment
- Excellence
- Continual growth
- Positive energy
- Family

This week we interview BSI Academy Manager Jason Joel, who is also a former student. Jason highlights how our value of **Commitment** has been one of his driving motivations at work and in his life:



"I studied the PGA Diploma at TGSE (now BSI) and graduated in

2011. I then applied for the Assistant Academy Manager post at BSI in 2012, through which I am now, currently the Academy Manager. I will have been with the institution for 13 years in February 2022, including my Diploma years.

As Academy Manager, I assist the student throughout their journey, from when they first join BSI to when they graduate, and to further follow and best support their development and growth in their careers in the industry of golf after graduation. I too have grown my career at BSI and feel that I am part of the BSI family."

#### What the value of 'Commitment' means to me

"Being committed involves sacrifice and dedication. It's being willing to get involved. Being committed to my workplace makes me happy and productive. I feel that I take ownership of my work and am an ambassador to my company, both in and out of the office. This is how I try to live my life, try to be steadfast and loyal, as much as I can.

My advice to students at BSI - Commit to your studies and training programmes. There will be challenges along the way but stay on that road. Committing to what is important will make you more successful in achieving your goals and you will have more time to enjoy your journey. Continue to focus on the goal you have set yourself. You are only young once and have a small window to make it big. If you commit to school and training, you need to fully dedicate your time and effort and leave all distractions aside and direct your energies on achieving that objective. You need to be your biggest competitor and constantly strive to better yourself and be devoted to the task at hand.

Focus on yourself to become someone that stands out and not always just part of the crowd.

Leave footprints of commitment and kindness on each step of your journey.

Work hard, train hard, give it your all. It does pay off!"

- Jason Joel

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Taking care of your whole game

## Introducing our new Sleep Coach

The science of sleep has become a very important factor in high performance sport, and we are delighted to announce a new collaboration with Sleep Coach Barry Bridges, to offer this area of performance training and guidance to our athletes.

Barry is a qualified Sport Scientist and is internationally certified in Sleep Science, Sleep Recovery, Sports Performance, Golf Fitness, Cognitive Fitness and Functional Movement Screening. He has 15 years' experience in high performance sports training. As a Sleep Coach he works with athletes around the world across many sporting disciplines.



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## Not just golf

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In case you missed it

## Health & Fitness

Prioritise your health, wellness and fitness this year by starting one of our training programmes with BSI's resident Sports Scientist and Strength & Conditioning Trainer Renee Reinecke. Limited spaces available for these group sessions.

Contact Renee today to book your space by clicking the button below.

[Start your journey](#)



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## Online shop

Go to our online shop to view and purchase your BSI gear.

[Get shopping](#)

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## In case you missed it Let's recap

Catch up on our previous newsletters and re-familiarise with our performance tips.

[Start browsing](#)

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# Happy New Year

Wishing all our students,  
families and friends  
a prosperous and happy  
**2022**



**Balderstone**  
Sports Institute

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