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BSI's Sports Scientist, Renee Reinecke, presents

## This Week's Performance Tip

Foam rolling techniques for better recovery

Take a look at the video below for Renee's tip.



Who's off to a winning start?

## Internal Tournament Results

## BSI Junior Academy Medal



Congratulations to Vuyisani

Makama for winning the first BSI

Junior Academy Medal of 2022,

played on Friday, 14 January on

Royal Johannesburg & Kensington

East Course. Vuyisani shot a level

par 72, under very soggy and heavy

conditions. He has now set the bar

for this year's Order of Merit.

Vuyisani had a great week last week, as he also qualified for the SA Amateur Championship, with a round of 77 at Irene CC.

Vuyisani's impressive form since joining BSI hasn't gone unnoticed, as it was announced that he has been selected to represent the SA Golf Development Board in a match against the Scotland team, who will be in South Africa to compete in the SA Amateur, SA Strokeplay and African Amateur.

Well done for achieving so much already in 2022, and we hope your success story continues to grow throughout the year and beyond.

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Part 4: In conversation with Renee Reinecke

## Staff Spotlight and Value Pillars

This week our staff spotlight is on our resident Sports Scientist, **Renee Reinecke**. Renee tells us about her time here at BSI, and shares her thoughts about BSI's value pillar of *Continual Growth*, and how it is an integral part of her teachings and her personal philosophy.



"I started at BSI in 2018, and was employed as a Sport Scientist and Strength and Conditioning Coach. I began working with golf, and since then have branched out into other sport codes within the BSI offering.

Having more than 10 years of experience in the industry, I was trained to work with any type of athlete. I had not worked with golf before, and this was a great test for me coming into a new environment. My goal coming into BSI was to upskill and empower myself by taking on a new challenge. I now work with all golfers across the junior and college programmes. I am also the PGA Diploma Sport Science lecturer.

I am passionate about seeing improvement in my athletes. Sport Science is continuously evolving with new research, training methods, and how the human body reacts to these methods. It is important that I stay on top of this and align my programmes and teachings.

I believe in having a growth mindset and I am continuously learning from myself and others. I see the importance of sharing information to teach others and to always ask questions. I carry myself with professionalism in my work space and personal life, and I always encourage growth and improvement with kindness at the forefront

of everything I do.

Always be open to learning something new. Your sport is always evolving and you need to keep up with the trends. Continue to ask questions. Adopt the mindset of continual growth in your everyday life, and be consistent with improving yourself day to day. If you think you have trained or stretched enough, you probably haven't. Consistency and work ethic transform average into excellence.

My advice to the students of BSI is to focus all your energy on your own journey. No one is going to have the same experience as you, and that is your power. Make it a positive one. You hold the key to becoming the best version of yourself in your sport, academics and life outside of BSI. Work hard and do the right things daily and success will be a bonus. Be driven by passion, and hard work, and remember to always enjoy what you do and have fun."

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A word from our old boy, Armand Muller

## Graduate Testimonial

"BSI taught me strength, flexibility, confidence, and to stay focused. I've learned a lot of discipline and to try again with lots of practice. The environment was positive and BSI taught me never to quit.

My confidence has definitely grown stronger. My relationship with fellow students and coaches has definitely affected me positively. It was nice to be part of the Academy. The teachers/ coaches, and my mental coach was always helpful and supportive.

I will always remember the time at BSI as being good and educational. I would recommend this Academy to anyone who wants to do the course."

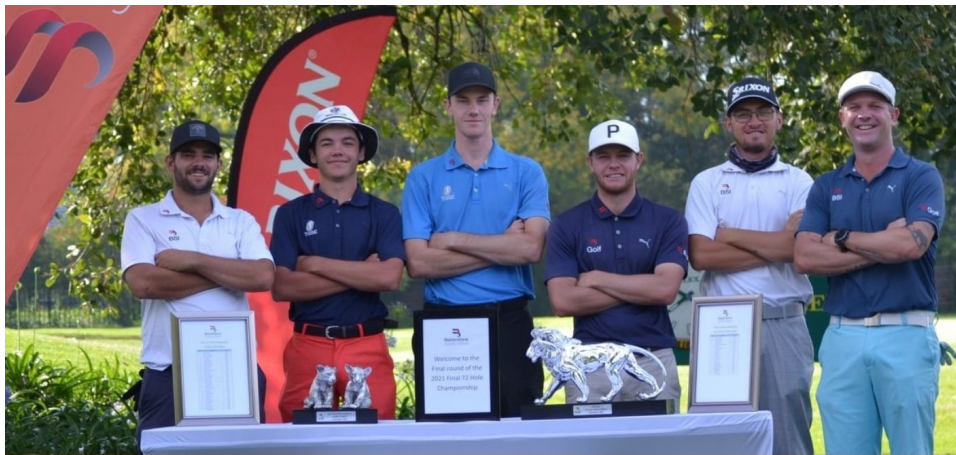
- Armand Muller, PGA Diploma Graduate 2021





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Take the first step

If you have a passion for golf and want a career as either a player or in the international business of golf, then don't delay. Admissions are still open for our 3-year PGA Diploma programme, 1-year Greenkeeping course and 1-year Sports Management Course. For more information, please email [info@bsisports.com](mailto:info@bsisports.com) or visit our website below.

[Discover more](#)

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Play the game, BSI style

## Online Shop

Go to our Online Shop to view and purchase your BSI gear.

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For our future stars on the football field

## Not Just Golf

# BSI Football Academy – Junior Development Programme

*Launch: 08 February 2022*

The BSI Football Junior Development Programme for U8-U13 provides the opportunity for young aspiring footballers to experience a professional training environment, modelled on the leading football academies in Europe. The age-specific programme combines football training and athletic development to develop well-rounded young people for long-term success in life and on the football pitch. Training involves three week-day afternoon sessions, and teams will play weekend fixtures during the annual football season.

The programme takes place at the exclusive BSI Football Campus in Modderfontein, Johannesburg, providing a unique football environment all in one place.





# Kick-start your football journey

BSI is looking forward to welcoming you to our new home and joining us on our football journey, as we continue creating new football experiences in a positive and professional environment. Contact [football@bsisports.com](mailto:football@bsisports.com) to get started.

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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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