

Add bsi@greensidegolfer.retailtribenews.com to your contacts

[View online](#) | [Download a printer friendly copy](#)



From the Founder's Desk

I had the pleasure of watching long-term BSI students Reece Mckain and Bernard Meyer battle it out for the Proudfoot Trophy this week in the SA Amateur Championship 36-hole qualifier. It was process-focused high performance in action to produce -11 and -10 respectively for 36 holes. Reece joined our academy 4 years ago, averaging around 78 in his 1st term. Bernard joined us 3 years ago averaging over 83 initially. I couldn't be more proud of them and my coaching team for guiding and mentoring them these last few years.

MJ BALDERSTONE

Mckain wins Proudfoot Trophy

Congratulations to **Reece Mckain** who on Monday won the prestigious Proudfoot Trophy, which is awarded to the leading player in the SA Amateur Championship 36-hole strokeplay qualifier. Reece shot scores of 64 (RJK West) and 69 (RJK East) for an 11 under par total. Reece managed to hold off a strong chasing field, which included his fellow BSI stable mate, **Bernard Meyer**. Bernard shot 69, 65 for his 10 under par score and tied 2nd place.



Reece Mckain (image credit Golf RSA)

Well done also to Junior Academy students **Vuyisani Makama** (T47 on +3) and **Tawriq Abrahams** (T56 on +4) who both joined Reece and Bernard in qualifying for the matchplay section of the SA Amateur by virtue of a top 64 finish. At the time of writing Reece and Bernard have moved onto the 2nd round of the matchplay, with Vuyisani and Tawriq being eliminated in tough matches.

Well done also to **Tylah James** and **Stacey-Lee van Gent** who finished 5th and 6th respectively in the SA Women's Amateur Strokeplay Championship B division. This was by far the biggest event of their young competitive careers and both did us proud. **Samantha Conradie** also finished T57 in the A division.

A balanced diet for golfers

This Week's Performance Tip

Brought to you by Renee Reinecke, Sports Scientist:

This week's tip is all about what we all should and shouldn't be eating on and off course.

[Read more](#)

Some fantastic golf was played this week

BSI Tournament Results

BSI Junior Academy Medal

Congratulations to Eric Ncube on his inaugural BSI Junior Academy Medal victory with a 71 on Royal Johannesburg and Kensington West Course last Thursday. This brings to the fore another junior that coach Christopher Wright can be so proud of.



Eric Ncube

Other Personal Bests on the day:

Pranay Kapur 75, Jonathan Henry 80, Connor Olfesen 81, Antoni Theron 81,
Stacey-Lee van Gent 87, Mogale Baas 88

BSI Golf Premier Medal

Well done to **Bernard Meyer**, our Elite Academy player and Columbus State University's new Freshman signing, on winning last week's BSI Golf Premier Medal with a score of 69 on Royal Johannesburg & Kensington - East Course.



Bernard Meyer

Personal bests from the Medal:

Sayegh VD Merwe 73, Mangezi Maswanganyi 78, Johan Botha 80, Viljoen Reinecke 82, JD Ungerer 83, Ethan Olivier 84, Pieter du Preez 85, Karl-Heinz Meinke 87

Staff Spotlight and Value Pillars

Our spotlight focus this week is on **Coenie Stoop**, BSI Coach, former Sunshine Tour player and three times BSI Premier Order of Merit winner (2009, 10 and 11). Follow Coenie's story from being a student in the academy to becoming one of our top coaches. Coenie touches on the BSI value of Continual Growth in his piece below.



"I first became part of BSI when I enrolled as a PGA Diploma student in 2009. During my first year at BSI and through the guidance of my coach, David Roodt and the rest of the BSI team, I qualified to play on the Sunshine Tour at The Tour School in 2010. I played actively for five consecutive years while also completing my 3-year diploma studies. During this period, I won three BSI Order of Merits.

I graduated in 2011 and in 2012 I did my internship at BSI under Michael Balderstone. After completing all my practical requirements, I became a fully qualified PGA member on 22 May 2013. I started my coaching career in 2016 at BSI and am currently pursuing my career as an AA PGA Performance Coach.

I believe the one BSI value that I can identify with at the moment, is that of Continual Growth. I have an incredible passion for golf and continuously strive to improve my knowledge of the game at both technical and managerial level. It is imperative to have a growth mindset, actively seeking new opportunities, learning from mistakes and failures.

I encourage all students to embrace the challenge, getting out of their comfort zones and always incorporate self-reflection to identify opportunities for improvement.

My word of advice - Let the improvement of yourself keep you so busy that you have no time to criticize others."

Checking in with our rising stars

Student Spotlight

Quick scan - What do we know about the Man of the Moment - Reece Mckain?

Brief History

2018 – 18 years old - enrolled in BSI PGA Diploma

2019 – BSI Order of Merit winner

2020 – Graduated PGA Diploma

2021 – Joined BSI Elite Academy, BSI Order of Merit winner

2022 – Successfully qualified through Stage 1 of the Sunshine Tour Qualifying School, SA Amateur Qualifying Champion and winner of the Proudfoot Trophy

The BSI Team behind Reece

Golf Coach – Coenie Stoop

Mental Coach – Mark Fairbank

Sports Scientist – Renee Reinecke

Watch this space in the future as we get a more in-depth interview with Reece.

PGA Diploma Parent Testimonial

Let's hear from Peter and Beverly Dix, the parents of PGA Diploma class of 2021 graduate Keegan Dix, as they reflect on their family journey with BSI.
Click on the link below:



Kickstart your golf career

Admissions are still open for our PGA Diploma Course, Greenkeeping course and our 1-year Sports Management Course. For more information on any of the three courses, please contact us.

[Contact us](#)

Need to update your gear?

Online Shop

Visit our online shop to view and purchase your BSI gear and services.

[Shop now](#)

Not Just Golf

Have you started football training with your team but realise that some good pre-season warm-up games would allow your team to be better prepared for the upcoming league? Why don't you get this year off to a bang and join us for this pre-season festival of competitive fun. Sign your team up to play in this event which takes place at the BSI Football Campus in Modderfontein, Johannesburg. Contact football@bsisports.com to secure your team's place.

Enter your team



Preseason Football Festival

U9 - 5 V 5

U11 - 7 v 7

U13 - 8 V 8

U15 - 8 V 8

Date: 19 February 2022

Format: High intensity short game

Cost: R900 per team

Registration is now open and all teams and clubs are welcome. Contact Eurico at football@bsisports.com for more info.

| Let's recap

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

Visit our archive

Thank you to our sponsors



Share



This mail was sent to {{contact.contact_email}} by Michael Balderstone and is provided as a service for the members and guests of Balderstone Sports Institute and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 082 448 0753.

*Sent on behalf of Balderstone Sports Institute by
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

[Subscribe](#) | [Unsubscribe](#)