

Add bsi@greensidegolfer.retailtribenews.com to your contacts

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



From the Founder's Desk

We've had another busy and successful week across all areas of our academy. One of our study centre students was selected for the SA Women's National U17 Women's Football Squad, while a former student Dylan Salton was selected for the SA Men's Davis Cup Tennis Team. Our football department hosted a hugely successful international soccer camp with coaches from Portuguese club SC Farense. Excitingly, 9 players were invited to attend trials in Portugal. Meanwhile our golfers have had another successful week with many personal breakthroughs. Enjoy the read.

MJ BALDERSTONE

Our golfers are making us proud

BSI Tournament Results

BSI Junior Academy Medal

Congratulations to **Vuyisani Makama** on his 1st place finish in the BSI Junior Academy Medal with a score of 71 on Royal Johannesburg & Kensington East Course on Friday, 25 February 2022. Well played Vuyisani, you have shown great form and true ability to consistently put in great rounds of golf.



Vuyisani Makama

BSI Premier Medal

Well done to Alex Lane, Divan Visagie and Sean Paxton for their joint win in the BSI Golf Premier Medal with scores of 72, played on Friday, 25 February 2022 on Royal Johannesburg & Kensington East Course.

This is the second time this year we have had three players tied, with Alex involved in both of them. It was also Divan's first win in a medal tournament and we wish him many more. The score of 72 was also both players' personal bests for the year. Sean's tied win also keeps him in second place in the Order of Merit and closing the gap on 1st place.

Personal bests from the BSI Golf Premier Medal:

Karl-Heinz Meinke 84

Jayson Borchers 85

Tanish Gudhka 86

Cara Bosman 89



Alex Lane, Divan Visagie and Sean Paxton

Players of the Month for
February

BSI College Player of the Month

Congratulations to **Bernard Meyer** who was voted as BSI College Player of the Month for February. Bernard won 1 medal during the month with a stroke average of 69. He finished T2 at the SA Amateur Championship as well as T17 in the Matchplay section at Royal Johannesburg & Kensington GC. Bernard finished T25 in the African Amateur Championship at Leopard Creek.

Well done, Bernard!



Bernard Meyer

BSI Junior Academy Player of the Month

Congratulations to **Vuyisani Makama** who was voted as BSI Junior Academy Player of the Month for February.

Vuyisani won 2 medals during the month with a stroke average of 71.33. He finished T45 at the SA Amateur Championship at Royal Johannesburg & Kensington GC and shot a 7-under, 65 in the opening round of the SA Strokeplay Championship at Randpark GC.

Vuyisani has now been voted for two months in a row as Player of the Month. Well done Vuyisani, keep up the good work with your practice as it has definitely shown in your competitive game.



Vuyisani Makama

More milestones unlocked

External Tournament Results

Club Champs – Blue Valley Golf Course

Congratulations to Mangezi Maswanganyi for his 1st place finish at the Blue Valley Club Champs over the weekend in the Men's A Division.



Mangezi Maswanganyi

Blue Valley Club Champ 2022

Club Champs – Royal Johannesburg & Kensington Golf Course

Results from this past weekend's Club Championship played at Royal Johannesburg & Kensington GC saw BSI students take top honours in all three of the junior divisions:



Jamie Senekal
Royal Johannesburg & Kensington Junior
Champion



Jonathan Henry
Royal Johannesburg & Kensington Junior B
Division Champion



Connor Olfen
Royal Johannesburg & Kensington Junior C
Division Champion



Eleanora Galletti
Royal Johannesburg & Kensington Ladies
Champion for the 8th time

Other notable mentions from Royal Johannesburg & Kensington Club

Champs 2022:

1. Jules Helary – 3rd 18-holes gross – Men's A Division (72)
2. Jonathan Henry – Winner 18-holes nett – Men's B Division (68)
3. Connor Olfen – Runner-up 18-holes gross – Men's C Division (79)

North West Women's Open Championship 2022

Well done to **Cara Bosman**, 1st year PGA Diploma student for winning the North West Women's Open 'B' Division Championship played at Pecanwood Golf Estate. Cara shot a personal best 77 over the weekend to take her first tournament win. Congratulations and wishing you many more to come.



Cara Bosman

Pirie Cup

Well done to Team BSI of Lefa Maseng, Pieter-Andre van der Merwe, Pranay Kapur and Tylah James on their 3rd place finish in the Pirie Cup at Pecanwood Golf Estate. Well played to the four of you and may you continue to do BSI proud in all your upcoming tournaments and challenges. Tylah James also won best nett of 66 for Day 1.



Team BSI 2022

Using “trouble and hazards” as information, not fear!

Performance Tip of the Week

Brought to you by Mark Fairbank, BSI Mental Coach and
Head of Golf Performance

Golf courses are designed to induce fear into players. Out of bounds, bunkers and water hazards are all strategically placed to make players think about them and force certain strategies. Human beings are also designed to feel fear, the fear response comes from the amygdala and is an instinctive reaction to circumstances that our brains perceive to cause harm. In life, this is a vital function to staying alive, it prevents us from just walking in front of cars, jumping off a cliff or placing our hand on a hot plate. Without any built-in fear management mechanism, human-beings would kill themselves.

What this means for us on the golf course, is that we are wired to identify the danger, so when we are scared of hitting it into a hazard or out of bounds, this is a normal response to a perceived threat. It is important to understand this so we can respond correctly and understand that every player, even the greatest, perceive the same threats while playing.

It is important to understand that these thoughts do not have to be taken as negative ones and they do not need to lead to poor execution or result, instead we need to use them for information, to guide our course management and decision-making. It can cost the world's best, hundreds of thousands of dollars, their tour card for the year or victory in the biggest events, if their ball ends up in these hazards, so they too, are extremely aware of them and cautious of them. What they do incredibly well is use these hazards as guides as to what their targets are and what clubs they choose, rather than allowing them to affect their execution of a shot.

The best example of this was during the 2019 Masters Championship, on the par 3 12th hole. The pin was tucked on the front right corner of the green near a down slope that fed into the water hazard, the wind swirling and unpredictable. Despite it being only a pitching wedge, Tiger Woods deliberately hit his ball 40ft left of the pin towards the biggest and safest area of the green where he could almost guarantee he would make a par. This decision was purely made because of the water hazard and bunkers. He was fearful of hitting into towards these dangerous areas, so this guided him to choosing to club up and aim at a safer, smarter target.

This decision led him to making a tournament winning par while several of his playing partners hit their balls in the water which cost them the Championship. He has processed all of the negative obstacles, used this information to pick a strategy and then shifted into a focus of what he now wants to achieve on the shot.

Improve your course management

When you identify hazards and danger while you are playing, acknowledge them, use the information in a constructive way to make better decisions. Pick the right club, pick smarter targets and shift your focus on what you now want to achieve in the shot.

[Got a question?](#)

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

Study Centre Shout-Out

Tatiana Correia to represent South Africa!

Congratulations to BSI International Study Centre student, Tatiana Correia on her call up for national duty. Tatiana reported last week for a 9-day camp with the South African Women's Under 17 National Team (Bantwana).

At her young age of only 13 years old, Tatiana has shown that her talent and dedication for the game will take her a long way and that her choice to study in the morning at BSI and focus on soccer training in the afternoon with JVV Girls Football has been a wise move. We wish her all the best on camp and may she enjoy this opportunity and the many more to surely follow.



Tatiana Correia

International Soccer Camp



BSI Football's first International Soccer Camp was a resounding success with 65 players attending our three-day experience. Our warm African sun welcomed Coaches **Carlos Silva** and **Nuno Barroca** from SC Farense, Portugal to our continent. Day 1 saw a thunder-storm slightly delay our programme, but the sun shone on them and our players throughout the rest of the weekend of intense European football training.

The coaches were also here to scout the talented players on display, and we are delighted to announced that they identified 9 players who will be invited for trials in Portugal. Watch this space.



We would like to thank the BSI community, our parents, our staff, players, sponsors and the passionate SC Farense coaches for making this a truly memorable experience for everyone who attended and was involved.



Where the Leões de Faro (Lions of Faro) came to lead the Lion Cubs of Africa!



Visit our Facebook page below to see all the exciting action of the ISC camp:

[Go to Facebook](#)

Let's recap

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

[Visit our archive](#)

Thank you to our sponsors



Your swing speed isn't a limit



Is it possible to increase ball speed and distance without increasing swing speed? With the new Srixon Q-STAR TOUR, the answer is 'yes!'.

[Discover Q-STAR TOUR](#)

Get in touch

Call 082 448 0753 | [Contact us](#) | [Visit our website](#) | [Visit us](#) | [Apply now](#)

Follow us



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](#)