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5 reasons why strength and conditioning is important at youth level

Performance tip of the week

Brought to you by Renee Reinecke, BSI Sports Scientist

[Read tip](#)



Another week of great golf

BSI Tournament Results

BSI Junior Academy Medal

Congratulations to **Lefa Maseng** and **Eric Ncube** on their tied 1st place finish in the BSI Junior Academy Medal with scores of 76 on Royal Johannesburg and Kensington East Course on Friday, 4 March 2022. This is Lefa's first victory in a BSI Junior Medal competition. Eric has finished 1st in three of the last five junior medals, which is testament to the great work his coach **Chris Wright** is doing with him. We wish you boys many more victories to come and keep smiling and maintain the positive attitude towards your training.

Personal best:

Justin Li 80



Eric Ncube and Lefa Maseng

BSI Premier Medal

Well done to **Mangezi Maswanganyi** for his win in the BSI Golf Premier Medal with a score of 71, played on Friday, 4 March 2022 on Royal Johannesburg & Kensington East Course. He has continued his rich vein of form from last weekend's Club Champs win at Blue Valley. Mangezi's coach, **Coenie Stoop** is definitely doing a good job during lesson time, ensuring he has been working hard at his game on and off the course, as he has now won two of the last three Premier Medals, keeping him at the top of the Order of Merit. Excellent achievement by both player and coach and a great start to the year.

Personal bests from the BSI Golf Premier Medal:

Johan Botha 73

Noe Ansermet 76

Samantha Conradie 76

Victor Prybylsky 81

Langelihle Bulose 86



Mangezi Maswanganyi

Our golfers are keeping the BSI flag flying high

External Tournament Results

Cape Province Open Championship results

Well done to **Bernard Meyer** (T27) and **David Harold** (T61), for their great performances at last week's Cape Province Open Championship played at George GC and Kingswood Golf Estate.

Dainfern College Golf Championship results:

Congratulations to the team of Pieter-Andre van der Merwe and Tawriq Abrahams for their 3rd place finish at the Dainfern College Golf Championship at Dainfern Golf Estate. There was also an individual tournament with Tawriq finishing alone in 4th place and Pieter-Andre finishing sole 8th.



Tawriq Abrahams and Pieter-Andre van der Merwe

Alumni News

Muhammad Warraich on the podium

Congratulations to 2020 BSI PGA Diploma graduate **Muhammad Warraich** on winning the All Pakistan Garrison Open Golf Championship at Lahore Garrison Golf & Country Club with scores of 72, 65 & 68. Muhammad joined our academy in 2018 from Pakistan and returned to ply his trade on the Pakistani Golf Tour with great success.

We wish him all the best for the future.



Muhammad Warraich

Meet Mohit Mediratta, BSI PGA Diploma graduate 2015

Last week, Kenya International BSI Graduate **Mohit Mediratta**, played in the DP World Tour Magical Kenya Open played at the Muthaiga GC, Nairobi, Kenya. We had the chance to interview Mohit at the beginning of the year when he was back in South Africa. Watch Mohit's interview below and hear what he has to say about his time here and what he has been doing up to now.



Tee off for a good cause

BSI 3rd Year PGA Diploma Students Fundraising Golf Day

As part of their academic programme our final year PGA Diploma students are organising and hosting a Charity Golf Day at Royal Johannesburg & Kensington GC on **Thursday, 12 May 2022**. Please diarise this event and join us by putting together a fourball or two for this day of fun and friendship as well as for a worthy cause. The money raised will be going to the South African Golf Development Board.



Date: 12 May 2022

Location: Royal Johannesburg & Kensington Golf Club
(Championship East Course)

Cost per fourball: R3000

Hole sponsorship: R1500

Hole sponsorship + fourball: R4000

Includes: Halfway, dinner and prizes



| Book your spot

For more information or for those who would like to assist with sponsorship of prizes or donations, please contact Daniel on danielmacd@icloud.com. If you would like to play in this event, please book your fourball below.

Book now

Need to gear up?

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

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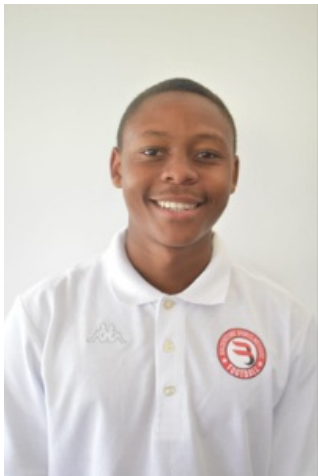
Not just golf

| Watch out, World!

Our footballers are making moves and dribbling towards their dreams. This month sees three of BSI's Elite Development Programme players looking to showcase their talents at the next level and take another step towards their goals:

- **Resego Mogatusi** gets the opportunity to travel down to the Western Cape where he will try out at Stellenbosch United Reserves this week.
- **Tsepang Makhetha** will travel to Spain for a series of trials, which were arranged by BSI. As he was identified by the Sporting Clube Farense scouts at our recent international camp, he has also been invited to train at the club in Portugal to showcase his talents over the same time. We believe he will represent himself and his family with pride.
- **Lebang Makape** is set to jet off to the United Kingdom in March. He will be given the platform to impress the coaching staff at Fleetwood Town.

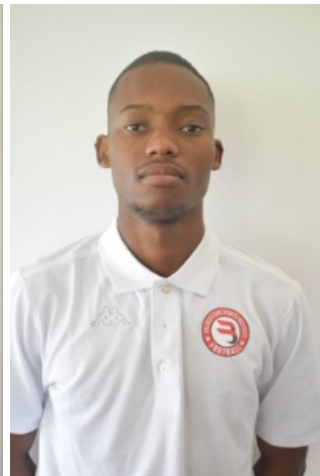
We would like to wish the players all the best and we are sure you will be flying the BSI flag high.



Resego Mogatusi



Tsepang Maketha



Lebang Makape

| Let's recap

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

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