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## From the Founder's Desk

It's Masters Week!

My tips: Scottie Scheffler and Victor Hovland, with Bernard Langer to make the cut aged 64.

Enjoy the golf and this week's newsletter.

*MJ BALDERSTONE*

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## Welcome to our coaching team

We are delighted to announce **Michelle Steyn** as the latest addition to our coaching team as a golf coach.

Michelle has a Bachelor degree in Human Movement Science from North-West University and completed the PGA Diploma at BSI, achieving distinctions in every subject across all 3 years.

27-year old Michelle has been coaching at Randpark GC since graduating, and we are delighted that she will be joining our coaching staff from 11th April.



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The importance of a pre-round warm-up

## Performance Tip of the Week

Brought to you by Renee Reinecke, BSI Resident Sports Scientist

With summer coming to an end and the onset of autumn, it is even more imperative that one warms up correctly.

[Read Renee's tip](#)



## Make sure you're warming up correctly

If you have a question about your warm-up routine, or would like to make sure you are warming up correctly, please get in touch with us.

[Contact us](#)

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Our golfers games were on fire again!

## BSI Tournament Results

BSI Premier Cycle 1 72-hole Championship

Congratulations to **David Harrold** for his win in the BSI Golf Premier Academy Cycle 1 72-Hole Championship played last week on Royal Johannesburg and Kensington East and West Courses, with a 10-under score of 278. David carded scores of 72, 70, 67 and 69 over the four days of humid and wet conditions under-foot.

This win sees David winning three BSI tournaments in a row, two 18-hole events and the 4-day 72-hole tournament. He has not gone over par in the last six BSI tournament rounds, taking him to 16-under in the last three weeks. David has shown some truly great form in the first three months of the year and his process is showing in his results. Well done, David.



BSI Premier Academy  
Cycle 1 2022  
72-hole Winner  
**David Harrold**  
(-10)



Personal bests during the 72-Hole Championship:

Round 1:

Daniel Macdonald 82

Round 2:

Alex Lane 70

Jonathan Williams 71

Johan Botha 72

Tanish Gudhka 74

Tiaan van Wyk 77

Gerhard Botha 78

Pieter du Preez 78

Daniel Macdonald 79

Viljoen Reinecke 79

Karl-Heinz Meinke 79

Alex Mornau 88

Round 3:

Jordan Mathias 78

Alex Mornau 86

Round 4:

Alex Lane 68

Gerhard Botha 75



*David Harrold*

Albatross sighted!

Congratulations to PGA Year 1 student, **Noe Ansermet** on his albatross during round 4 of Cycle 1 72-hole Championship on hole 9 Royal Johannesburg and Kensington West Course.





*Noe Ansermet*

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## Players of the Month

### Junior Academy - Player of the Month

Congratulations to **Eric Ncube** who was voted as BSI Junior Academy Player of the Month for March.

Eric won 1 18-hole medal during the month as well as winning our Cycle 1 36-Hole Championship. Eric's stroke average of the month was 74.25. In external events he finished T2 in both of the recent CCGU Race to River Club Series events at Parkview GC and Modderfontein GC. Well done, Eric!





*Eric Ncube*

## BSI College - Player of the Month

Congratulations to **Bernard Meyer** who was voted as BSI College Player of the Month for March.

Bernard finished T27 at the Cape Province Open at Kingswood GE, T15 at the Northern Amateur Strokeplay and T17 in the Northern Amateur Matchplay section at CCJ.

Bernard finished T11 in the North West Open at Potchefstroom GC, T11 at the Nomads SA Boys U19 Strokeplay Qualifier at Royal Cape GC and T9 in the Matchplay section.

Bernard is currently 19th in the Open Amateur National GolfRSA rankings.  
Well done, Bernard!



*Bernard Meyer*

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We are very proud of our golfers

## External Tournament Results

### Nomads SA Boys U19 Championship

Congratulations to **Bernard Meyer** for his T11 (-5) finish in the Nomads SA Boys U19 Championship played at Royal Cape Golf Club from 28 to 30 March 2022. Bernard's top 32 finish then saw him qualify for the Matchplay Round where he won his 1st round game 2 and 1. Bernard has elevated his GolfRSA ranking for Men's Amateur to 19th place.

### Central Gauteng Race to River Club

### *Randpark GC – Bushwillow*

Well done to **Pranay Kapur** for finishing T8 in the CCGU Race to River Club played at Randpark GC – Bushwillow. Pranay has finished twice in the top 10 in the last three CCGU Race to River Club events. Great going and keep up the practice and positive mindset.



*Pranay Kapur*

BSI players in the current CCGU Race to River Club standings as of 2 April 2022 after 4 rounds:

1st - Vuyisani Makama

3rd - Eric Ncube

7th - Pranay Kapur

12th - Tawriq Abrahams



*Vuyisani Makama*

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## Let's get to know our partners in the game

This week we interview our USA college consulting partners, **Aspire Atlantic**.

Aspire Atlantic is a USA University Sports Consultancy that helps athletes find university scholarships.

Watch the interview with Founder of Aspire, Tyler Hollingsworth and Head of Golf, Head of Scout and Partner Relations at Aspire, Matt Carvell:



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## BSI Golf Open Day

Announcing our latest Golf Open Day on Saturday, 14th May

We'll be showcasing the following programs:

- Junior Academy with schooling
- PGA Diploma
- Greenkeeping
- Sports Management
- Elite Academy

You'll be able to view the academy in action on a campus tour, and chat to staff and students for all your questions answered. Booking is essential at [info@bsisports.com](mailto:info@bsisports.com)

**Balderstone**  
Sports Institute

**BSI GOLF  
OPEN DAY**  
Saturday 14 May 2022  
Huddle Park, Linksfield, JHB





**Full-Time Junior Golf Academy  
with schooling (Gr 8-12)**  
8am Registration  
**College Programs: PGA Diploma,  
Greenkeeping, Sports Management**  
10am Registration  
Please RSVP to [info@bsisports.com](mailto:info@bsisports.com)  
by 12 May to secure your place  
**[www.bsisports.com](http://www.bsisports.com)**

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Need to gear up?

## Online shop

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

[Visit online shop](#)

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## Not just golf

Our International Study Centre is open to any sports-focused students from grades 8 to 12. We offer a choice of Cambridge (British) or GED (American) curriculum. Our academic structure provides more time and flexibility for talented young athletes to train and compete in their chosen sport. We currently have students involved in the following sports; Tennis, athletics, cycling, cricket, football and golf, however any sport is welcome. Highly ranked student athletes may apply for a bursary, with each application viewed on a case by case basis depending on the sport.

We are hosting an Open Day presentation for the International Study Centre on Saturday, 12th May at 8am. Send an email to [info@bsisports.com](mailto:info@bsisports.com) to register.

 <b>Balderstone</b> Sports Institute  <b>STUDY CENTRE OPEN DAY</b>  Saturday 14 May 2022 Huddle Park, Linksfield, JHB	<b>MODERN EDUCATION FOR SPORTS-FOCUSED ATHLETES</b> <ul style="list-style-type: none"><li>• Grades 8 - 12</li><li>• Flexible Schedule</li><li>• Expert Guidance &amp; Support</li><li>• International Curriculum</li><li>• All Sports Welcome</li></ul> <b>www.bsisports.com</b>  RSVP to <b>info@bsisports.com</b> <b>by 12 May 2022</b> to secure your place  <b>8am Registration</b>
	 

## Let's recap

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

[Visit our archive](#)



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