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## From the Founder's Desk

As I predicted last week Scotty Scheffler won his maiden major at the Masters on Sunday. One of the key lessons to take from his win is the importance of the short game. He one-putted 8 times in the final round, plus he had a chip-in. He missed three of the first four greens and was 1-under par for those holes. Starting the back nine he missed greens 10, 11 and 12, but scrambled for par two out of the three holes to keep ahead his rivals. Even with a four putt on the last he only had 28 putts.

Talking afterwards he revealed his vulnerability and gave a glimpse of how traumatic high performance sport can be:

*"I cried like a baby this morning. I was so stressed out. I didn't know what to do. I was sitting there telling Meredith (his wife), I don't think I'm ready for this, I just felt overwhelmed."*

She told him that she loved him no matter what happens. This is a great lesson for parents. Show your unconditional love no matter the results. It takes so much pressure off the performance, frees them up to express their talent and trust their work, and separates their self-worth from their performance.

Not just a six pack

## Performance Tip of the Week

Brought to you by Renee Reinecke, BSI Resident Sports Scientist

More often than not, it's become more aesthetically pleasing to build a pack of abs that look great rather than serve their function. The core is in most cases understood to be the front abdominal muscles and if these muscles are visible, you are said to be strong. I've seen it in so many instances where a large muscle, as much as it looks impressive, does not necessarily mean it serves its full function or is strong. The core is a complex series of muscles which extend far beyond your abs.

[Read full article](#)



# | Let's start with an assessment

If you would like to strengthen your core and improve your golf fitness, book a golf fitness assessment with Renée.

[Book now](#)

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Our heroes of the week

## BSI Tournament Results

### BSI Junior Academy 18-hole Medal

Congratulations to **Tawriq Abrahams** for his win in the BSI Golf Junior Academy 18-hole Medal played last week Friday, 8 April 2022 on Huddle Park Golf Course. Tawriq shot a 2-under par score of 70 with a great eagle on the par 5 14th, followed with a birdie on 15. The score of 70 was also Tawriq's personal best for this year. Well done Tawriq, we have missed you these past few weeks on top of the leaderboard.

Personal bests:

Jonathan Henry 75

Justin Li 77

Antoni Theron 78



*Tawriq Abrahams*

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Our golfers are making us proud

## External Tournament Results & News

Vuyisani Makama has been selected for the GolfRSA National Squad

Congratulations to BSI Junior Academy student Vuyisani Makama on his selection for the GolfRSA National Squad.

Some excerpts from the GolfRSA Press release on Monday, 11 April 2022:

*Seven new players have been welcomed into the Men's National Squad class of 2022, as GolfRSA continues to identify and develop the country's most promising amateur golfers.*

*The ultimate aim of the GolfRSA National Squad is to produce stronger national teams and provide individuals with the best preparation to be the best golfers they can be.*

*"Due to the incredible groundwork laid by the clubs, unions, coaches and academies, there are many highly talented young golfers coming through the system and the depth of talent in this country is remarkable," explained GolfRSA CEO Grant Hepburn.*

*...Gauteng-based junior selected is Vuyisani Makama, who has been successful on the union's local junior circuit. The 16-year-old South African Golf Development Board member finished second last year in his first national appearance in the 2021 Nomads Cowrie Farm Under-15 Challenge and this year took his game to the Open Amateur circuit, where he reached the match play stage in the SA Amateur.*






Well done Vuyisani. The BSI community is very proud of you and we wish you all the best in the future!

## Training Champions – Changing Lives



Central Gauteng Golf Union – Order of Merit as of  
Wednesday, 6 April 2022

BSI Junior Academy Players

ORDER OF MERIT U17		
		
Central Gauteng Golf Union Order of Merit U17 as of Wednesday 06 April 2022		
Pos	Name	
1	<b>Vuyisani Makama</b>	
2	Filip Sakota	
3	Cayden Lasarow	
4	Jean du Toit	
5	Mikail Jayden Behr	
6	Rezario Adams	
7	Liam Britz	
8	Peter Watts	
9	<b>Tawriq Abrahams</b>	
10	Luke Carter	
11	<b>Eric Ncube</b>	
12	<b>Grant Labuschagne</b>	





*Vuyisani Makama – ranked No. 1 CCGU U17*

## ORDER OF MERIT GIRLS



### Central Gauteng Golf Union Order of Merit Girls as of Wednesday 06 April 2022

Pos	Name	
14	Stacey-Lee van Gent	
15	Jaime Meth	
16	Amy Fusedale	
17	Tylah James	

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## Alumni News

A Decade of Service



We would like to congratulate our very own **Jason Joel** in his 10th Anniversary as a BSI member of staff. Jason has actually been part of the academy for over 13 years, as he first started off as a student in the PGA Diploma Course and we employed him as Assistant Academy Manager upon graduation.

Jason is now one of the most integral members of the BSI staff in his role as Academy Manager. Jason's administrative skills, attention to detail, caring-nature and willingness to be of service to everyone is just a small part of his talents. He is the embodiment of all of BSI's values and we wish him many more years here.

Thank you Jason, for all that you do at the Academy for all of us.



## IGT Race to Q-School 2022

Congratulations to 2018 BSI PGA Diploma Graduate and current Mental Coaching client, **Maverick Faber** for finishing 5th in the IGT Race to Q-School Order of Merit. In doing so Maverick qualifies for the final stage of the 2022 Sunshine Tour Q-School.



*Maverick Faber*

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## BSI Golf Open Day

Golf Open Day on Saturday, 14th May

We'll be showcasing the following programmes:

- 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, Linksfild, 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)**

Need to gear up?

## Online shop

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

[Visit online shop](#)

## Not just golf

BSI Football – Junior Development Programme

What is the difference between young European and South African footballers?

European players develop their technical skills far earlier due to the quality of the early coaching they receive.

Give your child that same advantage with our highly experienced coaching staff.

Our Junior Development Programme for ages 8-13 provides quality coaching to develop strong technical ability, and physical literacy training for developing high athletic ability.

Part-time volunteer coaches will not provide the key foundations required for future success. Sessions take place at our training facility at Modderfontein Sports Complex.

Contact us on 011 485 1067 to book.

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## Let's recap

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

[Visit our archive](#)

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## Happy Easter





# Balderstone Sports Institute

*would like to wish all of our  
community, family and friends,  
safe and happy  
holidays ahead.*

*May this time be spent  
with loved ones and  
special memories made.*

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