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From the Founder's Desk

I've had the pleasure of spending some time down in the Garden Route area this last week, and managed to catch up with two of our PGA Diploma graduates who work in the area.

Jeremy d'Argent (Class of 2014) is the Director of Golf at The Links, Fancourt and it was wonderful to grab a round of golf with him on this magnificent golf course. Jeremy is doing a great job there, with a strong attention to detail, focus on customer experience, and care for his staff.

I also popped in to see *Regardt Richter (Class of 2019)* who is one of the PGA Professionals at Scratch Golf in Knysna. Regardt's role is a great mixture of coaching, retailing and custom fitting. He has also been competing well in the local PGA Pro/Am's, finishing 5th in the latest Order of Merit.

Keep up the great work gents. Proud of you both.



At The Links with Jeremy d'Argent



Regardt Richter

MJ BALDERSTONE



The key to better golf - Core training part 2

Performance Tip of the Week

Brought to you by Renee Reinecke, BSI Resident Sports Scientist

The core is a complex series of muscles which extend far beyond your abs. The core includes the abdominal, back and glute muscles. Your core is a dynamic stabilizer in all three planes of movement, it allows for transfers of force from one muscle to another as well as a 'shock absorber' for injury.

Stability refers to the body's ability to control movement. When we look at the golf swing for instance and the importance of effective functional movement, it is imperative so learn how to maintain a good spine angle, thorax to pelvis separation, generate power from the hips and stabilise the spine and pelvis respectively. Core stability reduces the risk of injury commonly found in golf and improves sporting performance. Lower back pain and injury are often a result of movement restrictions in the upper spine and hips. Once movement is limited in these regions, the lower spine is forced to produce rotation in the golf swing. The result is at best reduced distance, accuracy and consistency in shots and at worst, injury. A more effective approach is to train stability in the lumbar spine and mobility in the hips and upper spine.

[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](#)

Our heroes of the week

BSI Tournament Results

BSI Premier 18-hole Medal

Well done to **Sean Paxton** for his score of 1-over 73 and taking the BSI 18-hole Premier medal win on Friday 22 April 2022 played on Royal Johannesburg and Kensington East GC. This is Sean's second win for the year and keeps him at 3rd place in the Order of Merit. Keep up the great work Sean and coach Chris Wright.

Personal Bests:

Alexander Mornau 81

Cara Bosman 82



Sean Paxton

BSI Junior Academy 18-hole Medal

Congratulations to Pieter-Andre van der Merwe & Dowoo Kim on winning last week's Junior Academy Medal with tied scores of 76 on Royal Johannesburg & Kensington East Course. Dowoo has barely been at the academy for one month and is already showing strong signs of becoming a great golfer under the tutelage of his coach Tyrone Gibb. Pieter-Andre's consistent form and hard-work has kept him in second place on the Junior Academy Order of Merit. May the two of you keep up what you are doing in training and the successful results will continue for you.



Pieter-Andre van der Merwe & Dowoo Kim

Our golfers are making us proud

External Tournament Results & News

Aspire Atlantic / Central Gauteng Golf Union River Club
Championship

Congratulations to our BSI Players who participated in the Aspire Atlantic/CGGU River Club Championship on Monday 25 April 2022. An excellent T2 place for **Mojelefa Nale** with a 1-over score of 72 and T5 for **Eric Ncube** and **Vuyisani Makama** at +3. We had three boys finish in the top 5. Well done also to **Grant Labuschagne** (T16) & **Pranay Kapur** (T25).



Lefa Nale

Alumni News

Jules Helary – CGGU selection

Congratulations to **Jules Helary** who was proudly announced by the Central Gauteng Golf Union to represent them at the upcoming Challenge Cup at Ceres Golf Club from 10 to 12 May 2022. We wish Jules all the best in this event and much success in his future.

We also caught up with Jules and had a nice interview with him at the beginning of the month. Click on the link below to hear what Jules had to say about his time at BSI and his plans for the rest of 2022

Click the link below to view the interview.



[Watch interview](#)



Jules Helary

Coenie Stoop - Down under

Congratulations to BSI PGA Diploma alumni **Coenie Stoop** on his new position as Custom Fitter at Golfbox in Perth, Australia. Another successful job placement and proof again that our PGA Diploma is recognized and highly valued all around the world.



Coenie Stoop

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



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 by 12 May to secure your place

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](#)

Golf for a good cause

When: 12 May 2022
Course: Royal Johannesburg
& Kensington Golf Club:
Championship East Course



Costs:
Fourball R3000
Hole Sponsorship R1500
Hole Sponsorship and
Fourball R4000



**Includes Halfway, Dinner
& Prizes**

Cause: Raise funds for the
South African Golf
Development Board



Contact Details:
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Let's recap

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

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