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Congratulations are in order

Maverick Faber earns his Sunshine Tour card

Congratulations to BSI PGA Diploma graduate and current mental coaching client, **Maverick Faber** for earning his Sunshine Tour card for the 2022/2023 season with a T18 finish at the Sunshine Tour Q-School last week at Heron Banks GC.

Maverick came into the office this week to say "Hi" and express gratitude to BSI for the support in his journey so far. BSI will be providing full player support for Maverick's rookie season, which is due to start at the Zimbabwe Open on 19 May. We're super proud of you Maverick and wish you all the best for the season ahead!



Maverick visiting Michael Balderstone this week

Time to celebrate our achievements

BSI Tournament results

BSI Premier 18-Hole Medal

Well done to **Bernard Meyer** for his score of 72, and for taking the BSI 18-Hole Premier Medal win on Friday, 29 April at Royal Johannesburg and Kensington East GC. Bernard had not played in a BSI tournament for a few weeks, as he has been gaining experience in various national tournaments. He has improved his national ranking to 18th in South Africa. Well done Bernard! Keep up the hard work and dedication over the next 2 months here.

Personal bests:

Owami Chimanyi 77

Jayson Borchers 80



Bernard Meyer

BSI Junior Academy 18-Hole Medal

Congratulations to **Grant Labuschagne** for winning the BSI Golf Junior Academy Medal on Friday 29 April with a score of 74 at Royal Johannesburg and Kensington East GC. Grant has been playing some solid golf these past few weeks, and it was only time before we saw him back on the podium. Well done Grant! Keep up the commitment and continue the good work with coach Chris Wright.



Grant Labuschagne

| Alumni news

Alumni abroad

Well done to **Harry Llewellyn** on winning the Wiltshire County Foursomes Championship with his playing partner on Sunday, 1 May. Harry spent the whole of 2021 in our Elite Academy programme, and the results are really showing!



Harry Llewellyn



Celebrating our April heroes

April Player of the Month

BSI College Player of the Month

Congratulations **Bernard Meyer**, who was voted BSI College Player of the Month for April. Bernard won 1 medal during the month with a stroke average of 72. He finished T13 at the Western Province Amateur as well as T17 in the Matchplay section at Rondebosch GC. As mentioned earlier, Bernard is currently 18th in the Open Amateur National Golf RSA rankings. 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 April. Vuyisani won 1 medal during the month with a stroke average of 73. He ranked first overall in the Central Gauteng Golf Union Race to River Club in April.

Results from the Race to River Club series:

- T10 at Killarney GC
- T16 at Royal Johannesburg and Kensington
- T1 at CMR
- T9 at CCJ Rocklands

He then finished T5 in the Aspire Atlantic River Club Championship. Well done, Vuyisani!



Vuyisani Makama

| Order of Merit explained

The BSI Order of Merit is one of the most prestigious titles for any student who joins our Academy to receive.

The Order of Merit winner is the individual who has attained the most points during our school year through our weekly 18, 36 and 72-hole medal events. Points are allocated on final positions at each BSI tournament. Extra points can be attained for under par scores and personal bests. The table below shows the points allocation and breakdown we use for our various medal competitions.

[View table](#)

The overall winners in both the Premier Academy and Junior Academy receive great prizes from our sponsors, Srixon, Puma, and ProItUp.

We have recently updated our Order of Merit Champions boards, and we welcome you all to come and have a look at them.



Balderstone Sports Institute	
Premier Golf Order of Merit Champions	
2004	Rae Mackie
2005	Toto Thimba
2006	Rae Mackie
2007	Terence Boardman
2008	Terence Boardman
2009	Coenie Stoop
2010	Coenie Stoop
2011	Coenie Stoop
2012	Hano van der Walt
2013	Hano van der Walt
2014	Tyrone Gibb
2015	James Pennington
2016	James Pennington
2017	James Pennington
2018	Franco Putter
2019	Reece Mckain
2020	Daniel Nduva
2021	Reece Mckain



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

Check out our campus

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

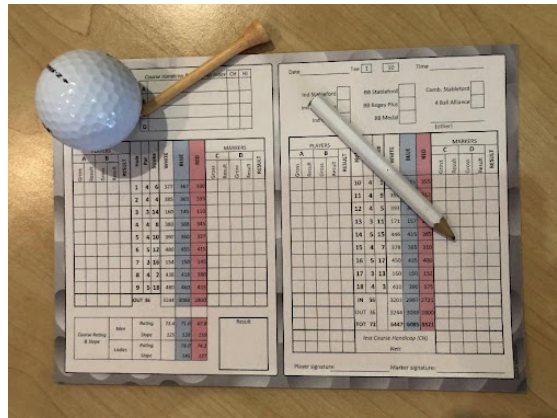


Is it possible to not think of scores?

Performance Tip of the week

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

One of the many tips you will hear in the clubhouse about golf is that you must not think about your score. This is common advice that comes across as sound and logical. However, how is it possible to not think of your score? If a player is playing par 5 and has taken 4 shots to get in the hole, how is it possible to not know that they took 4 shots, or that they've just made birdie, or that they're now 1 under par?



The concept of not thinking about your score becomes even more bizarre as you play competitive golf. You will fill out your scorecard after each hole, your partner will confirm your score as you walk off the green, and there could be live scoring taking place – in which case you input your scores into a device or call them out to an official every few holes. If you are playing professional golf, there will be someone walking behind you with a big board showing your score, and beside every tee box and behind every green there will be a leaderboard. And yet, players are advised not to think about their scores.



So what is the solution? Instead of wasting your mental energy trying to hide from what is in front of you, be more conscious of the fact you cannot control or determine what your end score will be until you have sunk your last putt.

You cannot control your score for a particular round, nor for each hole. Golf is a game filled with a number of uncontrollable factors that influence the outcomes of a shot and ultimately our end scores. To perform well, we must accept this and build a relationship with score where we let go of controlling them and embrace that anything can happen at any time. It is a powerful position to be in mentally, to stand on the first tee and embrace that you don't know what your score will be. Focusing on your own processes, decision-making, routines, and emotional control throughout the day will each assist in getting you closer to the end score you want. The course doesn't care how badly you want a certain score. You can only manage yourself and each decision you make to give the best possible chance of having a desired outcome.

Change your mindset, change your game

If you'd like to work on your relationship with scores, book a mental coaching session with Mark by hitting the button below.

[Reach out](#)

Need to update your gear?

Online shop

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

[Visit online shop](#)

Not Just Golf

BSI Football Open Day

Open Day on Saturday, 14th May

Join us for a tour of the BSI Football Campus, hear about our world-class programmes, meet our professional coaches and chat directly to our players.

We'll be showcasing the following full-time programmes:

- Youth Development Programme (including high schooling)
- Elite Development Programme

No need to book. For questions or more information please contact Eurico at football@bsisports.com.



OPEN DAY
14 MAY '22

BALDERSTONE SPORTS INSTITUTE
FOOTBALL

BSI Football Campus
1 Casino Road
Modderfontein

Information
Presentations at
09h00, 10h00 & 11h00

Campus Tours from 08h00 - 12h00

The poster features a large group photo of BSI football players in red kits on a green field. The background is a vibrant red with a white silhouette of South Africa. The text is in white and black, providing clear information about the event.

Let's recap

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

[Visit our archive](#)

Thank you to our sponsors



Some ticks matter more than others:

- ✓ Very, very FORGIVING
- ✓ Very FAST FACE
- ✓ Easier to SQUARE the face
- ✓ Fatter shots still have SPEED & POWER
- ✓ Shorter irons focused on CONTROL & ACCURACY
- ✓ MORE DISTANCE with every club
- ✓ Recognised on the GOLF DIGEST 2022 HOT LIST
- ✓ IMPROVES most of our golfers' APPROACH PLAY
- ✓ Makes the game so much more REWARDING

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