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Back to basics with the grip

Performance Tip of the Week

Brought to you by Michael Balderstone, BSI Founder and
PGA Master Professional



Many golfers grip the club too tightly, especially in pressure situations like on the 1st tee, a tight driving hole, a crucial putt or trying to finish off a good score.

If you grip too tightly, your arms and shoulders will be tense and your wrists won't be able to hinge properly. This leads to a serious loss of rhythm, power and an inability to control the clubface effectively.

Read the rest of Michael's important tip, by clicking the button below.

[The toothpaste grip](#)



| Get a grip on your game

If you would like to get your grip checked, or get any part of your game assessed to make sure you still have the basics right, get in touch.

[Speak to us](#)

Another week of great golf

| BSI Tournament Results

BSI Premier 18-hole Medal

Well done to **Gerhard Botha** and **Seamus Leech** for their joint maiden win in the BSI 18-Hole Premier Medal on Friday, 20 May 2022 played on Royal Johannesburg & Kensington West Course. Both young gentlemen, who are coached by BSI Coach **Chris Wright**, shot 1-over 73 to record their first win and we look forward to seeing them more regularly on the leaderboard now that they have tasted victory.

Personal Bests:

Gerhard Botha 73



Seamus Leech and Gerhard Botha

BSI Junior Academy 18-hole Medal

Congratulations to **Vuyisani Makama** on his win on Friday, 20 May 2022 in the BSI Golf Junior Academy Medal with a score of 74 on Royal Johannesburg & Kensington West Course. This is a back-2-back win and sixth win for the year for the GolfRSA squad member, who is coached by BSI Coach **Tyrone Gibb**. Vuyisani has maintained consistent form these past few months. Let's go – three in a row?



Vuyisani Makama

Celebrating our students' achievements

External Tournaments Results & News

Dainfern Club Champ

Well done to **Tylah James** who won the Ladies Club Championship at Dainfern Golf Course. Tylah is only 17 years old and has been with our Academy for just over six months, with her golf game improving in leaps and bounds. Tylah enrolled with us in November 2021 with her handicap at 16. As of Monday, 23 May 2022, her handicap index is 6.1, which is +/-10 stroke improvement.

It was only last week that BSI posted how Tylah's technique and performance have improved so much and we got a wonderful reply from her dad, **Trevor James** in response to our post:

"Tylah's golf game has improved beyond measure, in such a short period.

She also loves the fact that she has an entire team behind her improvement and game advancement.

Her physical coach Renee, mental coach Mark and technical skills coach Tyrone have been highly instrumental throughout this process.

Thanks BSI."

#growinggirlsgolf #womansgolfsa

Tylah will unfortunately be leaving us at the end of Cycle 2 as her family is relocating to Asia. We would like to wish the James family all the best in their move but not before Tylah does some more amazing things on our South African golf courses.



Tylah James

IGT

Well done to **Reece Mckain** (T13) and **Jordan van Niekerk** (T32) for their solid performances at the IGT Road to #2 played at ERPM Golf Club. We are all behind you, so continue with the hard work and commitment and the results will come.

Prince's Grant Invitational

An excellent four rounds for **Bernard Meyer** as he took T14 at the Prince's Grant Invitational played from 16 to 18 May 2022 played at Prince's Grant Golf Estate.

KZN Stroke play

Well done to **Jamie Senekal** (T22), **Michael Coertzen** (T38) and **Sean Paxton** (T38) in the rain-affected KwaZulu-Natal Strokeplay at Port Shepstone Golf Club. Unfortunately, the final rounds had to be cancelled for the field of 84, due to dangerous weather conditions.

Our alumni students are going from strength to strength

Alumni News

Brendan Porter shoots low in USA, ties and then betters NAIA records

BSI Junior Academy graduate **Brendan Porter** was in record-breaking form in the NAIA Men's Golf National Championship competing for Point University. Porter tied the men's golf programme record for lowest 18-hole score, as he carded a 64 on day one. He then broke the 36-hole record by 5 shots with a 65 in round 2. A 3rd round score of 72 saw him then set a new 54-hole record for the event.

Brendon has also been excelling academically at college, achieving straight 'As' for his business subjects. As a result of his high performance in all areas, he has been nominated for the prestigious Mr Skyhawk Award, for the student-athlete at Point University "who truly embodies what it means to be a Skyhawk".




BRENDAN PORTER
NAIA MEN'S GOLF NATIONAL CHAMPIONSHIP

HOLE	1	2	3	4	5	6	7	8	9	FRONT	PAR
PAR	4	5	3	4	4	4	3	4	4	35	
SCORE	4	5	2	3	4	3	2	4	3	31	

HOLE	10	11	12	13	14	15	16	17	18	BACK	PAR
PAR	5	4	3	4	4	4	3	5	4	36	
SCORE	4	4	3	3	4	4	3	4	4	33	

PAR
71

TOTAL
64

-7

ROUND ONE

Brendan Porter

Justin Rubé – New appointment as Golf Instructor in USA

Congratulations to BSI PGA Diploma graduate **Justin Rubé** on his recent appointment as a Golf Instructor at Thousand Oaks GC in Grand Rapids, Michigan, USA. Yet another of our alumni forging a fantastic international career.



Justin Rubé

Muhammad Warraich – continues to make his mark on the Asian leaderboards

Well done to **Muhammad Warraich** on his T6 at the COAS Open Golf Championship played at Rawalpindi Golf Club, Pakistan. Muhammad shot all three rounds under par and posting scores of 71, 71, 70. He has finished in the Top 10 of the last three events he has entered. Keep up the great work in Asia and onward to greater things.



Muhammad Warraich

Let's hear from our sponsors



This week we showcase Srixon, one of our top tier partners and a fantastic brand with amazing people that we are very proud to be associated with. Read below a brief history of the business and the relationship that Srixon has with us, from their Managing Director, Louise Cooper:

"Srixon in South Africa was started in 1997 by Mike Powell with a small distribution agency called Golf Trends.

In 2010 the brand holders, Sumitomo Rubber Industries purchased Cleveland Golf internationally and in turn bought into the South African distribution business to make it a majority held subsidiary of the Japanese listed company (SRI).

We have partnered with Michael Balderstone since inception, as we love working with passionate and committed people. For us, the partnerships

are about the people first, and then we know that the journey the partnership takes us on, can only evolve into great things. We have both evolved as brands side by side, and it has been an honour and a privilege to watch both brands and businesses grow.

We have benefited by being part of the BSI partnership in the people we identify as future professional golfers, which allows us to assess for sponsorship opportunity in playing the game. As a sponsorship partner we currently offer players weekly prizes of Srixon Balls, Gloves and Caps to keep the students in supply, and working towards small consistent goals.

For the annual events we sponsor the Elite/PGA Diploma and Junior Academy Order of Merit winners a grand prize of a fully custom-fitted set of clubs and wedges.

The second tiered objective is the recruiting of graduates to join the Srixon Cleveland family in the business. We have had great success with BSI graduates that have joined our workforce and have shown incredible growth in our organisation.

We currently have four BSI graduates employed at Srixon Sports – Our Tour Representative - Alfred Sutton, Internal Sales Manager - Carmen Taljaard, Warehouse Supervisor - Stephan Du Toit & Head of Inventory Planning and Procurement - Andrew Lamont. The results of these hardworking, ethical and awesome team members are true testimony of the recipe and programme Michael Balderstone and his team have created and perfected over the years.

We are truly proud to have walked the path alongside BSI and wish only greater and better things on the road ahead."

Louise Cooper joined Golf Trends in 2000 and has worked in every part of the business, until being appointed Managing Director in 2017. BSI would like to thank Louise and Srixon for their continued support of our programmes and we look forward to our on-going relationship.



Alfred Sutton (Tour Representative), Carmen Taljaard (Internal Sales Manager), Andrew Lamont (Head of Inventory Planning and Procurement) and Stephan Du Toit (Warehouse Supervisor)

Online shop

Find your perfect fit

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

[Shop 'til you drop](#)

Not just golf

Football - WMACA

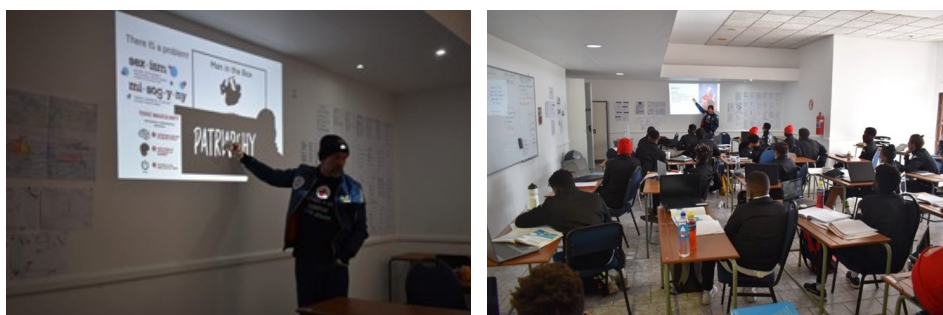
The BSI Football Academy were last week fortunate to host Luke Lamprecht from Women and Men Against Child Abuse. Luke took our students through the role of men and particularly young men in society and to "...challenge their thoughts!"

He helped our staff and boys to understand the power of social media, on shaping the world we live in and how to develop our characters to create a better world around us.

Understanding a man's role in society is an important lesson for any young man. To create change, we need to live out our values and embrace who we are.

Thank you, Luke! You made a difference and we trust that our boys and team will make a difference today, tomorrow and everyday.

"You can be kind and cool!"



Following up with the talk held to our players, we look forward to collaborating with WMACA to implement a proactive safeguarding awareness campaign within the broader sporting community.



The WMACA awareness campaign and football exhibition game aim to bring together local schools, sports clubs, media outlets, and prominent sports personalities to spread awareness of the work of WMACA and strengthen their mission.

You are invited to attend our Safeguarding courses on Saturday, 28 May 2022 and we welcome you afterwards, to stay and watch our Celebrity Exhibition Match.

Registration is required, so please register by emailing football@bsisports.com

[Register here](mailto:football@bsisports.com)

Let's recap

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

[Recap](#)

Sponsors



Fairway, rough or sand; whatever your situation, the new Cleveland CBX ZipCore gives you the confidence to go for the shot.

Discover CBX ZipCore

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