

Add [bsi@greensidegolfer.retailtribenews.com](mailto:bsi@greensidegolfer.retailtribenews.com) to your contacts

[View online](#) | [Download a printer friendly copy](#)



Lessons from the US Open by Michael Balderstone

## Performance Tip of the Week

Matt Fitzpatrick produced one of the best ball striking rounds in major history, hitting 17 out of 18 greens under severe pressure with high-quality players in contention. Here are a few lessons we can learn:

- Fitzpatrick has taken the concept of marginal gains to heart, and does every small and large thing that he can for improvement gains. For example, he has documented every single shot that he has played since he was 15 years old, whether in competition or social play. You will see him make these notes after every shot he hits. This has allowed him to fully understand his game, which helps drive his practice and course strategy. What can you do to make small gains, that can multiple into gains?
- A by-product of this post-shot routine is that it keeps him in the present, centres his emotions and allows him to forget bad shots as he has documented them for later reflection. What routine can you implement to forget about bad shots? Tiger Woods imagines a line in front of him. Once he walks over the line the past shot is forgotten.
- Fitzpatrick fell away while in contention in the final round of last month's PGA Championship. We need to redefine our mindset around 'failure', as that experience played a key part in enabling Fitzpatrick to win this time around.
- I love how fast Fitzpatrick plays his shots. There is no wasted time and over-thinking over the ball. He is well prepared, commits to his shots and just plays. This served him well under pressure, especially his approach from the fairway bunker on the last.
- Compare Fitzpatrick's final round ball striking to that of Will Zalatoris, who described his driving as "atrocious". Even so he managed to scramble his pars and make birdies when he hit greens to keep himself in contention to the last putt. Champions find a way to get the best out of each round, no matter what their game brings that day. Zalatoris will win many events with his mindset. When one part of your game goes awry, you need to rely on the other parts to compensate, and you especially need your mental game to be strong.



Image source: [Golfchannel.com](https://www.golfchannel.com)

## Need help with your mental game?

If you're in need of help with your mental game, hit the button below to

[Reach out to us](#)

---

## Impressive Funds Raised By Our PGA Students

We are very proud to announce that our 3rd year PGA Diploma students have raised an impressive amount of R38,728.18 for the SA Golf Development Board through the golf day they hosted last month.

A big thank you to all the sponsors of the golf day; Srixon/Cleveland, Puma Golf, Proitup, Titleist, Konica Minolta, The Conradie Family, The Williams Family, The Eastern Family, Schneider Electric, Pioled Lighting, Serengeti Golf Estate, The Golfers Club, Martin Briede, and Gavan Levensen.

Pictured below, are the students presenting a cheque to Andy Ostle, the Regional Manager of SAGDB Central Gauteng Branch. Well done to all of you. Amazing achievement and top marks for the fantastic event that you hosted. The bar has now been raised for next years' student group.



---

## BSI Tournament Results

BSI Premier Medal

Well done to **Bernard Meyer** and **Sean Paxton** for their tied win in the BSI 18-hole Premier Medal on Friday, 17 June played at Royal Johannesburg & Kensington East Course with scores of 71. This is their third victory of the season, putting them in a strong position for the 72-hole Championship this week. Good luck to all participants.



*Sean Paxton and Bernard Meyer*

BSI Junior Academy medal

Congratulations to Pieter-Andre van der Merwe and Mojalefa Maseng on their joint win in the BSI Golf Junior Academy Medal on Friday, 17 June, with scores of 74 on Royal Johannesburg & Kensington East Course. Both young men have really been working hard with their coaches this past few weeks despite the cold conditions that we experienced. We hope their good form continues into this week as they play the last event for Cycle 2 which is the 36-Hole Championship. Good luck to all our other Junior Academy students.

*Personal bests:*

Justin Li – 76

Justin has been working hard with his coach Michelle Steyn on improving his putting and short game, while practicing his ball striking and shot shaping with more purpose. The results are showing, and Michelle is excited to see the direction Justin is going in. It won't be long before he posts his first BSI Medal win.



*Mojalefa Maseng and Pieter-Andre van der Merwe*

---

# Youth Month

In this month's youth spotlight, we shine our light on two very promising golfers who have progressed and developed their game in a very short space of time here at BSI. This week, we get to know how **Tylah James** and **Jonathan Henry** feel about life as BSI Junior Academy golfers. Sadly, Tylah will be leaving us at the end of this cycle as her family is relocating to Asia. We would like to wish the James family all the best in their new, exciting opportunity.

Tylah James  
*(Grade 11 GED)*

*BSI has allowed me to enhance my current golfing abilities and continue to grow and progress in my golf with all the facilities provided to me. The coaches and facilitators at BSI have brought a welcoming community where everyone is accepted, and they all encourage and motivate us to achieve our goals. Handling my sport and academic life has been quite easy at BSI, as the curriculum I'm doing is very flexible and all the facilitators are very understanding if you are doing a lot of tournaments and unable to complete work. BSI facilitators have our best interests at heart.*

*In the few cycles I've been at BSI, I've improved a lot in my whole aspect. My coach has put me in a lot of uncomfortable scenarios that I could come across on course and has always encouraged me to be comfortable in all these unconventional situations and to embrace change. With this I've become more confident in my overall game.*

*I believe the bond between my coach, Tyrone Gibb and myself is the strongest. He is definitely the biggest reason for the large magnitude of growth in my golf game. Tyrone has always been there to support me and continues to motivate and push me even when my golf feels like it's at a stand-still and when I'm at my most emotional, either on course or off. I am forever grateful for him.*

*BSI is a community to help students reach their overall goal within their sport and is a place of opportunity with like-minded individuals all working hard and making sacrifices to be the best they can be. It is a place where you don't feel alone in putting in the extra work to achieve greatness and it motivates you to keep pushing because everyone around you is working just as hard, if not harder and that's why I love BSI.*





*Tylah James*

Jonathan Henry  
(Grade 12 GED)

*My dad mentioned BSI to me when he was searching the internet for a golf school.*

*The environment is warm and accepting. We have some of the best facilities in the country. We have some of the best coaches here at BSI.*

*My golf has improved a lot. I was a 22 handicap, now I'm a 4. I have also gained confidence and my mental game has improved.*

*The academic side is not very easy but balancing it with golf is not too challenging. Sometimes I fall behind with schoolwork and the tutors are very helpful.*

*I've got very nice friendships here and I always feel comfortable to talk to my coach about something. I enjoy it a lot at BSI. I get to do what I love every day.*



*Jonathan Henry*

Point University Skyhawks - Mr. Skyhawk Award

Congratulations to BSI Junior Academy graduate **Brendan Porter** on winning the Mr. Skyhawk Award at Point University in Georgia, USA. The Mr. Skyhawk Award is for the student-athlete who truly embodies being a "Skyhawk". They uphold NAIA character values, perform well in the classroom, and have a positive impact on their team.

This is what his head coach, **Maddux Lytle**, had to say about Brendan:

*"Porter is a great example of Mr. Skyhawk due to his efforts both in the classroom and on the golf course. He maintains straight As and competes all while being a CLM and a guy to look up to for his peers. "*

Brendan was also nominated for Male Individual Performance of the Year at Point University as he also had an outstanding season on the golf course, as described below.

He carded the best outing of his collegiate career on day one of the NAIA Men's Golf National Championship. Brendan tied the programme record for lowest 18-hole score, as he shot a 64 (7-under). He led the 156-player field over the first three rounds of the national championship event before finishing tied for 19th to help the men's golf team finish seventh. In 12 tournaments this season, he averaged 75.91. His best finish of the year came at the Bojangles TN Intercollegiate, where he finished sixth out of 52 golfers. Porter finished the year as the No. 13 golfer in the AAC.

Brendan attended our Junior Academy from grade 9 to 12, studying the Cambridge curriculum. In his first year, he won our Kyle Parkes Award, presented to the student who most upholds our key values and, in particular, positive energy. He also developed strongly as a player, winning our Junior Academy order of merit twice and finishing runner-up once.

For more on Brendan, [click here](#) to see his bio as a Skyhawk.



*Brendan Porter*

---

## Upcoming events

BSI Junior Tour 2022

Reminder of our BSI Srixon Junior Tour 2022 events in conjunction with KZNGU, EGU, CCGU and NWGU. The first one is already next month on **Wednesday, 6 July 2022** at Umhlali Country Club through the KwaZulu-Natal Golf Union.

We've lined up great courses and amazing prizes for each event.

A huge thanks to our partners **Srixon Golf** for their continued support in sponsoring and promoting Junior Golf in South Africa.

Please contact your union to register as soon as possible as places are going fast.



Here is a little throwback to 2019 when, then as a matric student in KwaZulu-Natal, Sean Paxton, won our BSI Junior Tour. The following year, Sean joined BSI in our 3-year PGA Diploma and is currently in his final year with us. [Click here](#) to watch Sean's winning acceptance interview.

---

# Not Just Golf

## International Study Centre – Youth Month

In our Study Centre this week, we highlight two dedicated athletes who are looking to out-pace their competitors on the running track. We get to meet Bame Kau and Tshepo Simata, who are two young gentlemen looking to make big strides in their athletic careers. Let's race ahead and read a little bit more about these two young sportsmen.

Bame Kau

*(Grade 8 Cambridge)*

*I'm focused on 100 m sprint athletics. BSI has helped me by exposing me to people and coaches that can improve my skills and abilities in athletics to be a better sprinter. I've improved in my stride, positive mindset, and endurance. I am learning a good work ethic and taking responsibility.*

*I'm in the middle of my academics, and it does get hard at times, but I've set a schedule for myself to help me manage throughout the day so that I can have my sports time. My schedule is good, and it makes me go throughout the day positively.*

*I feel supported at BSI big time, in my running, schoolwork and friendships. I feel involved, valued, and cared for. I would like to thank BSI for giving me the opportunity to better myself as an athlete, meeting the best coach in Geraldine Pillay and a good friend to run with.*

Tshepo Simata

*(Grade 12 GED)*

*I am focusing on athletics. BSI as a sports institute has helped me out a lot because of the good facilities, like the gym, and how they have good equipment to use.*

*BSI staff have all helped me become a better person and sportsman and are really helping me achieve my future goals.*

*I feel like ever since I have been here, as an individual, I have gotten more confidence. For example, as I am stepping up to race, I tell myself that I am good, and I can always win a race.*

*I have developed a really strong bond with my fellow boarders and some of the students, and I do feel really supported, especially by my friends, my coach, and the staff at BSI.*

*The most memorable moments so far are just me and the board guys chatting and laughing around, and the time in the Study Centre when we had teambuilding was really nice. I'm spending a lot of time at BSI, and I love the people at BSI.*





---

## Let's recap

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

[Recap](#)

---

## Sponsors



---

## Make a flying start



We want you to feel confident and excited every time you hit your driver.  
Let's make splitting the fairway a more regular experience for you.

[Contact us](#)

---

### Get in touch

Call 082 448 0753 | [Contact us](#) | [Visit our website](#) | [Visit us](#) | [Apply now](#)

### Follow us



*This mail was sent to {{contact.contact\_email}} by Michael Balderstone and is provided as a service for the members and guests of Balderstone Sports Institute and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 082 448 0753.*

*Sent on behalf of Balderstone Sports Institute by  
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

[Subscribe](#) | [Unsubscribe](#)