

Add bsi@greensidegolfer.retailtribenews.com to your contacts

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



From the Founder's Desk

I hope you all enjoyed the 150th Open Championship as much as I did.

Cameron Smith came out on top with a high-quality putting display under pressure. If you can copy one putting stroke and mindset, let it be this Aussie's. Here are a few reasons why he putts so well:

- He has a simple stroke, with minimal face rotation and a neutral path.
- Instead of a practice swing, he takes a focused look at the hole and imagines the ball just dropping in.
- He then focuses on making a good stroke (what he can control), rather than the result of the putt (what he can't control).

Smith's win means that all four 2022 major winners are in their 20s. This is the first time in history this has happened! With fellow 20-somethings, Jon Rahm and Collin Morikawa claiming the previous two majors, golf is certainly in great shape for the future.

Our own future stars are back in the academy after a refreshing three-week break. See below the assessments we've been putting them through to kick off the second half of the year.

MJ BALDERSTONE

Alignment sticks

Performance Tip of the Week

Tyrone Gibbs's series on using Alignment Sticks.

Click on the link below to watch Tyrone's insightful tip on using Alignment Sticks:

Watch tip



Find the line

If you're struggling with your game, why not click the button and let's help you

Dial it in

Mid-Year Assessment Week

With this week being the start of Cycle 3 in our Academy, we are conducting rigorous assessments to benchmark each player's current ability, and to provide evidence of improvements.

We test all our players for their golf-specific physical conditioning with the TPI screening, and check their clubhead speed, ball speed and other full swing ball flight data with the FlightScope launch monitor. We also measure their body motion data with the K-Motion 3D System, and test their pitching skills with the FlightScope again.

We take this data, combined with their tournament statistics from the last 6 months, to help guide each player's goal setting and improvement plan for the next 6 months.





New achievements unlocked

External Tournaments - Results & News

Junior CGGU Public School Swing - Parkview

Congratulations to **Pranay Kapur** for his T7th place in the Central Gauteng Golf Union Public School Swing played at Parkview GC on Friday, 15 July 2022. Pranay has been training hard these past few weeks and his adjustments have been very noticeable, as can be seen by his great results in his last two CGGU tournaments. Well done Pranay, for showing the dedication to the game you love.

Tshwane Junior Open – Waterkloof Golf Club

A shoutout to **Grant Labuschagne** (T27) and **Vuyisani Makama** (T31) for their solid performances in the Tshwane Junior Open played at Waterkloof Golf Club (14 and 15 July 2022).

Keeping up with our alumni

Alumni News

Murray Smit – PGA Award Winner

Congratulations to 2012 PGA Diploma graduate **Murray Smit**, who was recognised by the PGA of South Africa as the 2022 Western Cape PGA Coach of the Year. This honour has been awarded to Murray for the second year in a row and he is now up for nomination for the National award, which he won last year. Good luck Murray, we're very proud of your achievements.



Matthew Higino – New appointment as Golf Instructor

Congratulations to 2020 BSI PGA Diploma graduate **Matthew Higino**, on his recent appointment as Golf Instructor at the Leadbetter Golf Academy in Hanoi, Vietnam. This appointment now bring us to 22 international countries that our alumni have worked. Our programmes really do open up a world of opportunity.



Youth Month

This week we present two young gentlemen who both hail from Mbombela, are very passionate about their golf and have continued to show excellent progress since joining BSI. Let's hear from our Mbombela Boys, Pieter-Andre van der Merwe and his fellow Mpumalanga golfer, Antoni Theron about their time with us so far.

Pieter-Andre van der Merwe

Cambridge AS Level

Chris Wright is a great coach and has made me a better golfer and I have improved in all my areas in my game, especially mentally and physically. He has taught me that you can't become a better golfer only on the range, but you need to experience and test your swing and mental game on the course. I learnt a lot from Chris, especially how to stay patient on the golf course and to not focus on outcome, but to control aspects of the game that I can, such as routine.

Mark Fairbank has also helped me a lot and I have been working on my process and pre-shot routine, my decision-making, which are crucial parts of my game.

I am coping nicely in my academics, and I have a great balance between my golf and my studies. I have made new friends at BSI and feel supported at BSI and have built strong relationships with both the students and coaches.

I love being able to play golf at school and play against my mates. We learn a lot from each other, and we are all competitive and hard workers.



Pieter-Andre van der Merwe

Antoni Theron

BSI has a good environment and excellent facilities for golf and the academy has improved my vision of the future. The coaches are nice and friendly, and they help me to improve myself. My physical game has improved, and my confidence and mental game is well on the way.

The facilitators and tutors are also very good and helpful. I am managing my academic studies and my golf programme quite well. I made a few strong bonds with the students and the residents at the boarding house. I do feel supported in many ways.

One of my memorable moments is the "Bring anything except your school bag" day. I am having fun at BSI, and I love the fact that you have more time for golf and the academics is done more at your own pace.



Antoni Theron

Not just golf

Mandela Day

MANDELA DAY



Society for the Care of Persons with Mental Handicap

Nelson Mandela Day is about instilling the principles of service and upholding the values that Madiba stood for, which was to build the South Africa to which he dedicated his life to. Mandela felt that if you did not have the financial resources or means to give to charity that you could always use your time and effort to assist where needed.

In an ever moving and fast-paced world it is sometimes unfortunate that we don't have the time to assist others who are in need and more so, those going through hardships. Thank you to the BSI community who dug deep and took time out on Mandela Day to donate and give their time to Little Eden.



LITTLE EDEN has two residential homes where children and adults with profound intellectual disability enjoy a loving, permanent home for the rest of their lives. They provide 24-hour care and a range of activities and therapies aimed at helping these special angels reach their full potential.

For more information and to see how you can assist those in greater need, not only on Mandela Day but for time to come, please click on the button below:

[More information](#)



Let's recap

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

Recap

Sponsors



At the core
of a better experience



We want you to get every bit of distance you're capable of off the tee while still enjoying soft feel and spin around the greens. That's why we trust and recommend the Srixon Z-STAR XV.

It's reformulated core gives aggressive swings the distance they're after with driver and the control they expect with irons and wedges.

[Find out more](#)

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](#)