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Sunday, April 28, 2024




Ace alert!

Connor Olfson hits the perfect shot

Congratulations to our Junior Golf Academy student Connor Olfson on his fantastic hole-in-one, during the CCGU August Junior Break Event at Kyalami CC on the 17th hole on Thursday, 11 August 2022.





Improve the rotation, power and
consistency in your golf swing

Performance Tip of the Week

Brought to you by Renée Reinecke, BSI Sports Scientist

As much as practising your golf swing on the driving range improves certain fundamentals, it is always important to remember that additional work off the range and doing some specific exercises at home or in the gym, will also ensure you have a more consistent performance on the golf course. Renée Reinecke has put together a workout video which will increase core muscle strength and better flexibility.



Watch Renée demonstrate some essential tips to increase power and improve consistency in your swing:

[Watch Renée's video](#)

| Build a better game

If you would like to increase the power and consistency in your swing, or if there's another aspect of your game you would like to improve, our experts can help.

[Let's get started](#)

Look at our golfers go!

Tournaments Results

BSI Premier 18-Hole Medal – Thursday, 11 August 2022

Well done to **Mutahi Kibugu** on winning the BSI Golf Premier 18-Hole Medal with a score of 71 on Thursday, 11 August 2022 played on Royal Johannesburg and Kensington GC – East. This was Mutahi's first Premier Medal this year and he announced his return in style. Keep it going, Mutahi!

Personal best:

Simon Jeebun 88



BSI Junior Academy 18-Hole Medal

Congratulations to **Vuyisani Makama** on his win on Friday, 12 August 2022 in the BSI Golf Junior Academy Medal with a score of 69 on Royal Johannesburg & Kensington - East GC. Vuyisani follows his last week's win on Huddle Park with another great under par round and sets himself up for a 3-peat this week. Vuyisani's last three competitive rounds in seven days puts him at 13-under par. Well done, keep smiling and do what you do best Vuyisani!



Vuyisani Makama

BSI Premier 18-Hole Medal – Tuesday, 16 August 2022

Well done to **Titouan Tregouet** on his win in yesterday's BSI Golf Premier 18-Hole Medal with a score of 70 played on Royal Johannesburg and Kensington GC – East on Tuesday, 16 August 2022. Titouan won a few medals last year and has been knocking on the door this year and it was only a matter of time before he would win one in 2022. Well done Titouan on keeping up the intensity and we look forward to more wins.



Titouan Tregouet

Our golfers are conquering wherever they go

External Events – Results

CGGU August Junior Break Event - Kyalami CC

Huge applause and congratulations to **Vuyisani Makama** who won the CCGU August Junior Break Event on Thursday, 11 August 2022 at Kyalami CC with a 4-under 68 and blowing the field away with the next best score, 5 shots adrift. Vuyisani continues his great form in both BSI events and external tournaments and we wish him best of luck in his future competitions. Other notables on the day were **Tawriq Abrahams** who finished T5 and **Connor Olfen** in T20.

Vuyisani in the media spotlight

Following on **Vuyisani Makama's** great run of form these past few months, he was also honoured to be interviewed on SAfm by Jon Gericke, on Saturday, 6 August 2022, on his show Sport Trax. If you missed Vuyisani's radio interview, click on the link below to hear this mature and talented youngster tell us of his golfing journey and ambitions:

[Listen to the interview](#)



SA Kids Golf – Royal Johannesburg & Kensington GC

Well done to **Yaone Mokgatle** for taking 1st place in the SA Kids Golf Tournament played at Royal Johannesburg & Kensington GC on Sunday, 14 August 2022. This is a back-to-back win at Royal J&K, in a junior golf event for Yaone. Congratulations Yaone and keep up the great work.



Yaone Mokgatle

What and when?

Upcoming events

BSI Srixon Junior Tour – North West Golf Union

Our next leg of the BSI Srixon Junior Tour 2022 will be held on Sunday, 18 September 2022 at Magaliespark GC in conjunction with the North West Golf Union.

We look forward to welcoming and hosting all the up-and-coming NWGU surrounding Union's junior golfers to this event.

Huge thanks to our partners, Srixon Golf for their continued support in sponsoring and promoting junior golf in South Africa.

Our new partner, **Golferade** will also be there to ensure our players are properly hydrated.

Register now.

Balderstone Sports Institute

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BSI JUNIOR TOUR

KWAZULU NATAL GOLF UNION
WEDNESDAY 6TH OF JULY 2022
UMHLALI COUNTRY CLUB

EKHURHULENI GOLF UNION
SUNDAY 7TH OF AUGUST 2022
GLENOWER GOLF CLUB

CENTRAL GAUTENG GOLF UNION
SUNDAY 30TH OCTOBER 2022
ROYAL JOHANNESBURG &
KENSINGTON GOLF CLUB

NORTH WEST GOLF UNION
SUNDAY 18TH OF SEPTEMBER 2022
MAGALIES PARK

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Happy Women's Month

What a successful month so far for some of our girls at BSI, in our Junior Development Programme. We saw Yaone Mokgatle and Stacey-Lee van Gent, produce some great 1st place results in the external tournaments they entered in August. Keep it going girls!

Over and above our High School Programme, BSI has a great PGA Diploma programme where many young ladies have taken the opportunity to study, and this has led them to many great openings in the golfing world. One such lady who is presently in her final year of the diploma with us, and has already set her career path ahead, is **Samantha Conradie**. Sam has found her calling and once graduated, will continue with us on another of our golfing programmes, our greenkeeping course.



Samantha Conradie

Watch Samantha's interview about her time at BSI and what her future ambitions are by clicking on the button below.

[Watch interview](#)

Not just golf

Footballer on the move

We would like to wish BSI footballer, Enzo Ngcobo all the best as he joins Allen Community College in Kansas City, USA. Enzo has been with the BSI Football Academy since 2018. We will be monitoring his progress as he furthers his education and makes his mark in the football industry.



Enzo Ngcobo

Let's recap

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

[Recap](#)

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