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Shadow drill to lessen sway and slide and improve rotation

Performance Tip of the Week

Brought to you by Chris Wright, BSI Golf Coach



Click on the link below to watch a drill demonstrated by Chris, on how you can use basic elements to improve your swing:

[Watch Chris' video](#)

Tournament Results

BSI Premier 18-Hole Medal

Well done to Mutahi Kibugu and Jacques van der Merwe on their joint win in the BSI Golf Premier 18-Hole Medal with scores of 70 on Friday, 26 August 2022, played on Royal Johannesburg & Kensington GC – East. This was both Jacques and Mutahi's second Premier Medal win this year and also Mutahi's second for the month of August. Well done, Gentlemen! Keep up the hard work.



Jacques van der Merwe and Mutahi Kibugu

BSI Junior Academy 18-Hole Medal

Congratulations to **Grant Labuschagne** on his win on Friday, 26 August 2022 in the BSI Golf Junior Academy Medal with a score of 70 on Royal Johannesburg & Kensington East GC. This win takes Grant to five 1st place BSI Medal wins for the year as we continue to see him regularly on top of the leaderboard in both internal and external events. Grant has been showing his consistent form and great attitude to succeed every day that he is at BSI.



Grant Labuschagne

Our golfers are conquering wherever they go








External Events – Results

CGGU August Junior Break event – Royal Johannesburg & Kensington GC

Congratulations to **Eric Ncube** who took 1st place in the CGGU August Break Event played on 25 August 2022 at Royal Johannesburg & Kensington East GC with a score of 70, 2-under, two strokes clear of his fellow school-mate and 2nd placed, **Vuyisani Makama**. Well done also to all our BSI students, as we had five players finish in the Top 7.

Notables:

- Grant Labuschagne - 3rd
- Tawriq Abrahams - T5
- Mojalefa Nale - 7th
- Josh Paisley - T17
- Connor Olfen - T24
- Stacey-Lee van Gent - 33rd

TOURNAMENTS AND RESULTS			
Home » Tournaments and Results			
		 Balderstone Sports Institute	
CGGU August Junior Break - Royal J&K (East)		Thursday 25 August 2022	
Pos	To Par	Name	
1	-2	Eric Ncube	
2	0	Vuyisani Makama	
3	+1	Grant Labuschagne	
4	+2	Jayden Hoskins	
T5	+3	Tawriq Abrahams	
T5	+3	Rezario Adams	
7	+4	Mojalefa Nale	
T8	+5	Luke Turner	
T8	+5	Manav Mohanlal	

Excellent outing for our boys and girl!



Eric Ncube

CGGU August Junior Break event – Modderfontein GC

Congratulations to **Grant Labuschagne** who took 1st place in the CGGU August Break Event on 30 August 2022 at Modderfontein GC with a score of 73, 1-over. This is a back-to-back win for Grant in tournaments that he has entered in five days and he is even-par after his last 3 rounds of golf.

Well done also to our BSI students, as we had all four players finish in the Top 20.

Notables:

- Mojalefa Nale - T3
- Josh Paisley - 7th
- Connor Olfson - T16



Grant Labuschagne

SA Kids Golf – Junior Africa Challenge



Congratulations to all the young aspiring golfers that took part in the SA Kids Golf Junior Africa Challenge 2022 played at the stunning San Lameer Golf Resort.

Well done to all the winners for playing some exceptional golf over the week and good luck to those who are going to compete abroad in the future.



Thanks to San Lameer for hosting us all and a HUGE shoutout to Andrew Weir, Xolani Gambu and the SA Kids Golf Team who put on another well-attended, greatly organised and thoroughly memorable event for all the kids and parents that were involved.



Happy Women's Month

As we close out the month of August, we continue to celebrate all the strong and ambitious women in our BSI community and even though August is dedicated to women in South Africa, we will continue to highlight their ongoing achievements throughout the year, we feel that it should be a year-round celebration!

This week we highlight a special lady who hails from Mauritius and came to South Africa to study her PGA Diploma at BSI and now is plying her trade in the Middle East and just grows every day in her chosen profession. Let us introduce you to BSI graduate of the Class of 2015, **Ginger Delacrétaz** and let her tell you her journey so far in the world of golf. Please read Ginger's inspiring interview piece below:



Ginger Delacrétaiz

When did you graduate from BSI?

I graduated with my 3-year PGA Diploma in 2015 from BSI.

How did you find out about BSI and what was your reason for enrolling into

How did you find out about BSI and what was your reason for enrolling into the PGA Diploma?

Though I was introduced to the game quite late, at the age of 18 years old, playing golf and being in this environment made me happy. I wanted to be able to share my passion of the sport with others, and that is why I wanted to become a coach. I chose to do my PGA Diploma, as the golf industry was where I felt I belonged.

I am from Mauritius and I heard about BSI through my Mauritian friends that were already studying in their second year at BSI. I chose BSI to be able to grow the game back in my home country.

I think South Africa is a beautiful country and is one of the of the best golfing destinations in the world. It is also a country where sport is valued.

Since you graduated at BSI, what has your journey been? What have you been up to and what are you doing now?

Right after I graduated, I dived right into work and had an incredible opportunity to become the Teaching Professional and Head of Department at Mont Choisy Le Golf Academy and Driving Range in Mauritius. It was a huge challenge for me, but I am now very proud of what I have achieved, being the busiest coach on the island and building my reputation as a coach. However, I wanted to learn more and decided to move to Dubai, where I started as a Callaway and Mizuno club-fitter in the United Arab Emirates, until a teaching position in 2021 was available at the Peter Cowen Golf Academy in Jumeirah Golf Estates, and it is now where I am based, surrounded with the best coaches in the industry, where I am able to learn from.

Can you please describe a usual work day in your life?

My usual work day at the moment, is teaching new golfers, through a "Get into Golf" programme in the mornings and evenings. Since it is school holidays here in Dubai, I have kids from 6 to 10 years old, during the day where we have several activities, like gym and games in the morning, then short game focus, golf simulator games and golf course safari after

lunch. I then have a few individual lessons to finish the day.

What has been a highlight of your career so far?

I cannot choose one, I mean, I get to do what I love, every day, I mean that is quite a highlight I would say.

What I have enjoyed the most so far is to have been able to introduce the game to more than 300 adults and kids and knowing that most of them are still playing. But also, to be able to teach in such an environment, at the Peter Cowen Golf Academy here in JGE, just sums it all.

Do you have any plans, goals or visions within the golf industry? Where do you see yourself in the future?

My plan is to go back home, to Mauritius, and have my own Academy. Be able to work with Juniors, and create the best environment for any golfer, motivated to become a better player.

Throwback - Most memorable moments/ times at BSI. Or anything you would like to add?

One of my most memorable moments at BSI was to win a medal and to also win the BSI Team Challenge with my classmates of 2015.

Working with the Special Olympics team was also a very fulfilling experience for me. I thoroughly enjoyed being in the golfing environment on a daily basis.

In closing, we need more women in the business of golf, any special mentions or words you would like to give to any young ladies who are thinking of doing the PGA Diploma at BSI?

Ladies, do it. To be able to do what you enjoy doing every day, is the biggest win in your life. Nothing is a waste of time. You learn from every experience, whether it is good or bad. Give yourself the chance to be good at what you do.

BSI was a great choice, I got to meet so many great golfers, coaches and people. It always felt like a family, and it gives you the great tools for success.



Ginger Delacretaz

Thank you Ginger for such an inspiring interview and we wish you continued success in your beautiful and fulfilling golfing journey.

Not just golf

Wolves Soccer Camp

Wolverhampton Wanderers Football Club Camp

We are excited to announce that girls' football has been included into the Wolves FC Soccer Camp!

A promotional poster for the Wolves FC Soccer Camp. The poster features a black and white photo of a male player in a Wolves kit on the left, a large Wolves logo in the top center, and a female player in a Wolves kit on the right. The background is white with a faint soccer ball pattern. Text on the poster includes the event name, dates, price, age range, training details, registration email, and location.

WOLVES FC
SOCCER CAMP
30 SEPT - 2 OCT 2022

R3900.00 PER PLAYER

Ages 8 - 17

TRAIN WITH WOLVES FC
ACADEMY COACHES

EMAIL
FOOTBALL@BSISPORTS.COM
TO REGISTER

BSI FOOTBALL ACADEMY, MODDERFONTEIN, JHB

BOYS & GIRLS

Sign up today for the exclusive Wolves FC Soccer Camp hosted at our Football Campus in Modderfontein, JHB. Train with Premier League Academy Coaches! Don't hesitate to book your spot, space is limited!

Contact football@bsisports.com for more details and to register.

#jointhepack

Let's recap

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

Recap

Sponsors



More scoring opportunities



Fairway, rough or sand, scoring is easier with the new Cleveland CBX ZipCore Wedges.

[Discover CBX ZipCore](#)

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