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Performance Tip of the Week

## Improve your golf game through better equipment choice

### Part 1 - Grips and shafts (1/6)

Although it may seem very complicated just by listening to the lingo and seeing the variety of equipment, having the wrong equipment is detrimental to your game, regardless of ability.

But don't worry. BSI Golf Coach **Michelle Steyn** is going to simplify it all so you know exactly what to look for, starting this week with grips and shafts.



*Michelle Steyn, BSI Golf Coach*

Click on the link below to read Michelle's very informative article:

[Read article](#)

## | What's in your golf bag?

It's not you. It's your equipment. Talk to us today about fitting you to the right equipment for your game.

[Talk to us](#)

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## | Tournaments Results

BSI Premier 18-Hole Medal

Well done to Jacques van der Merwe on winning the BSI Golf Premier 18-Hole Medal with a score of 72 on Thursday, 15 September 2022, played at Royal Johannesburg & Kensington GC – East. He has had three wins this year, with two coming in only the last four weeks. Is Jacques peaking in time for this week's BSI Cycle 3, 72-Hole Championship? Time will tell!

Personal Best:

Kyle Ferreira 74



*Jacques van der Merwe*

BSI Junior Academy 18-Hole Medal

Congratulations to **Grant Labuschagne** on his win on Friday, 16 September 2022 in the BSI Golf Junior Academy Medal with a score of 69 on Huddle Park GC, which is also a personal best for the year.

This is his 6th win for the year and his 3-under par score leap-frogs him up from 5th to 2nd place in the Junior Academy Order of Merit 2022. Keep up the good work Grant as tomorrow sees the start of the end of the Cycle 36-Hole Tournament with lots of points up for grabs.

Personal best:

Grant Labuschagne 69

Connor Olfen 73

Daniel Khoury 83



*Grant Labuschagne*

Gauteng High Schools Super League

A big shoutout to Team BSI represented by Grant Labuschagne, Dowoo Kim, Vuyisani Makama and Pieter-Andre van der Merwe, who won the opening fixture of the Gauteng High Schools Super League 2022/ 23 season at Randpark GC, Bushwillow, with an impressive team score of 56 on Monday, 19 September 2022.



*Grant Labuschagne, Dowoo Kim, Vuyisani Makama  
and Pieter-Andre van der Merwe*

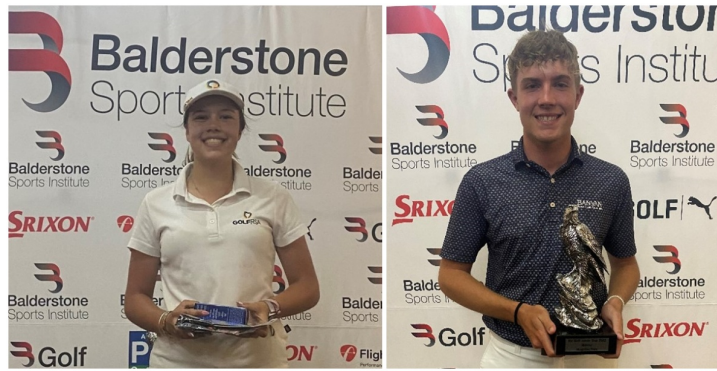
## BSI Srixon Junior Golf Tour – North West Golf Union

### Girls winner:

Congratulations to **Megan Marais**, who, in BSI Srixon Junior Golf Tour, in conjunction with North West Golf Union won the Girls division played at Magaliespark GC on Sunday, 18 September 2022.

### Boys Winner:

Well done to **Luc Gavagnin**, who won the BSI Srixon Junior Golf Tour in conjunction with North West Golf Union Boys division played at Magaliespark GC on Sunday, 18 September 2022, shooting an impressive 3-under (69), to take top honours in very windy conditions.



*Megan Marais & Luc Gavagnin*

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## Alumni

### PGA Post-Graduate of the Year Award

Congratulations to BSI PGA Diploma graduate Muhammad Warraich on receiving the 2022 PGA Post-Graduate of the Year Award.

Muhammad is in Pakistan coaching and competing professionally, so he couldn't attend the recent PGA of South Africa Awards Dinner. Click on the button to watch his acceptance video that was shown on the evening:

[View video](#)





*Muhammad Warraich*

Gavin Vorster – 2 PGA tournament wins in a row

Congratulations to Gavin Vorster, BSI PGA Diploma class of 2013, for taking back-2-back PGA wins. The first was in the Western Cape 2x2 Regional Championship, played at Stellenbosch GC, and then, the Western Cape Pro-Am played at Arabella GC. Keep up the great work Gavin and good luck for your upcoming events.



*Gavin Vorster*

## Mosae Litsoane – BSI PGA Diploma Graduate 2013

We had a surprise visit a few weeks ago from **Mosae Litsoane**, who graduated with his PGA Diploma in 2013 at BSI. Mosae flew in from the USA for a few weeks, but was able to chat to us on his short visit back to South Africa. It was great to catch up and learn what he has been up to in USA since his PGA Diploma opened the door for a new life for him over there. When we say we change lives, we are not joking.

Click on the link below to catch the interview with Mosae:

[View video](#)



*Mosae Litsoane (photo from his graduation 2013)*

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## Heritage Month

This week we highlight two of our PGA Diploma students who hail from the north of South Africa and are both in their second year at BSI furthering their golfing ambitions. Please read on and get to know a little bit better, two good friends, **Fred Njoroge** and **George Mawere**.

George Mawere



*"I am from Zimbabwe and found out about BSI through an internet website search. As I have a passion for golf, I felt it was the best place to develop my golf.*

*Zimbabwe is a very safe country for travelers and Zimbabweans by nature are very welcoming and friendly.*

*The local food I enjoy and miss most is a peanut butter rice served with game meat.*

*The weather in Zimbabwe is generally hot and dry, especially September and October.*

*I miss travelling in Zimbabwe, especially going to see the Victoria Falls, which is 1 of the 7 Wonders of the World.*

*I feel BSI promotes a sense of belonging/friendship with lots of positive and supportive relationships. BSI is more like a family to me and I get along with everyone. I do feel supported at BSI and I get help and guidance from my coaches.*

*My most memorable moment is when I shot my personal best score of 1-under par during my first 4 weeks at the Academy. I am really enjoying my stay here as there is lots of competitive golf in the country.*

**Fred Njoroge**

*"I'm from Kenya and I found out about BSI through a former BSI student and my friend from Kenya, Daniel Nduva. I came to BSI to enhance my golf skills and take it to a professional level.*

*Kenya is a country in East Africa with a coastline on the Indian Ocean,*

*with its capital being Nairobi. It encompasses savannah, lake-lands and the dramatic Great Rift Valley. It is home to a lot of wildlife, with lions, elephants and rhinoceroses. Many tourists go on safari and visit the Maasai Mara Reserve, which is known for its wildebeest migration.*

*The weather in Kenya is amazing as we are situated along the Equator and get to experience tropical weather. The food I miss the most is Nyama Choma and Ugali. There is no food that can take its place and it's not the same when I eat it somewhere else.*

*I arrived at BSI and just felt a lot of positive vibes and everyone, both staff and students, gave me a warm welcome. I've made a lot of friends. Both my coaches and my friends have really helped to improve my game.*

*I just want to thank BSI for really improving my game both on the theory and practical sides, from the first day I arrived.*

*My most memorable moment was actually last week during the Team Challenge, where I managed to win all my Singles matches for our Year 2 PGA Diploma team and then we won the overall tournament.*



*Fred Njoroge and George Mawere*

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 Open Day

Join us at our next Open Day on Saturday, 15th October 2022

A promotional poster for the Balderstone Sports Institute International Study Centre Open Day. The poster has an orange background. At the top, the Balderstone Sports Institute logo is displayed, featuring a stylized red 'B' and the text 'Balderstone Sports Institute'. Below the logo, the text 'INTERNATIONAL STUDY CENTRE' is written in white. The main heading 'Open Day' is in large, bold, black letters. Below this, the event details are listed: 'Saturday 15 October 2022, 8am Registration' and 'Huddle Park, Linksfield, Johannesburg'. A central image shows four athletes in red shirts and black shorts performing various sports activities: a person doing a lunge, two people running, and a person playing tennis. Below the image, a list of bullet points describes the program: 'Grades 8 - 12', 'Flexible schedule to train & compete', 'Expert guidance & support', 'International curriculum', and 'All sports welcome'. To the right of the list, the RSVP information is provided: 'RSVP to info@bsisports.com by 13 October 2022 to secure your place.' and the website 'www.bsisports.com'.

Is your child a sports-focused high school student or moving to high school in 2023? Do they want more time and flexibility to train and compete in their sport?

Join us for our Open Day on Saturday, 15 October 2022 to learn about the BSI International Study Centre. It is specifically designed to support sports-focused student athletes and their parents. All sports welcome. RSVP to [info@bsisports.com](mailto:info@bsisports.com) to book your seats.

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## Let's recap

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



Recap

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