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Performance Tip of the Week

## Getting to grips with your grip!

Pressure of your grip can determine the flight of your ball

*by Michelle Steyn, BSI Coach*



*Michelle Steyn*

Click on the button below to watch Michelle explain how the strength of your grip can affect your ball flight:



[Get a grip](#)

## Need some help?

Do you need some help with your grip? Click the button and let's help you get the perfect grip on your game.

[I need help](#)

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## Player of the month

BSI College Player of the Month – Sean Paxton

Congratulations to **Sean Paxton** who was voted as BSI College Player of the month for October.

- Sean won 2 BSI medals during the month.
- His stroke average for the month was 71,67.
- Sean finished 6th in the Silver Salver at Irene CC with scores of 69, 74, 72 (-1)
- Sean placed T28 in the Ekurhuleni Open at Glendower GC.

Well done, Sean!



## BSI Junior Player of the Month – Grant Labuschagne

Congratulations to **Grant Labuschagne** who was voted as BSI Junior Academy Player of the month for October.

- Grant won 1 BSI Medal during the month with an impressive personal best of 65 (-7) at Royal Johannesburg & Kensington GC – East Course.
- His stroke average for the month was 71,5.
- Grant finished T20 in the Dimension Data Junior Open at George GC and Kingswood GC
- Grant placed T20 in the Cape Town Junior Open at Clovelly CC.
- Grant finished T4 in the BSI Srixon Junior Tour Event at Royal Johannesburg & Kensington GC.

Well done, Grant!



*Grant Labuschagne*

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# BSI Tournament Results

## BSI Premier Medal

Congratulations to **Sean Paxton** on his win in the BSI Premier Academy Weekly Medal with a score of 71 played on Wednesday, 26 October 2022 at Royal Johannesburg & Kensington East GC.

Personal Bests:

Cara Bosman - 79



*Sean Paxton*

## BSI Junior Academy Medal

Well done to **Grant Labuschagne** on winning the BSI Junior Academy Weekly Medal with an outstanding score of 65 (7-under), played at Royal Johannesburg & Kensington East GC on Friday, 28 October 2022.

Grant has won seven 18-hole medals this year, showing some exceptional form these past two months and has taken the BSI Junior Player of the Month, over two consecutive months. Grant also finds himself in the semi-final of the Knock-out Matchplay. Great going Grant!

Personal Best:

Grant Labuschagne - 65

Jonathan Henry - 72



*Grant Labuschagne*

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## External Results

Standard Bank Pro-Am Series – Houghton GC

Congratulations to Mental Training client **Casandra Alexandra** on winning the Standard Bank Pro-Am Series by 3 shots at Houghton GC (26 & 27 October 2022). Casandra finished with an excellent score of 7-under after two rounds, carding a 64 (- 8) on the last day.



*Cassandra Alexander (image courtesy of Pro-Am Series brought to you by Standard Bank Facebook page)*

Sunshine Tour – Vodacom Origins of Golf

29th: James Pennington

Bushveld Tour – True Sport Series #3 – Dainfern CC

36th: Reece Mckain

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## BSI Srixon Junior Golf Tour



Congratulations to all the participants who played in the BSI Srixon Junior Golf Tour, in conjunction with Central Gauteng Golf Union played on Sunday, 30 October 2022 at Royal Johannesburg & Kensington – East GC.

Results from the event:

Overall

1st Place: Pascal Gunther

2nd Place: Faan Burger

3rd Place: Cayden Lasarow



*Pascal Gunther (& BSI Academy Manager Jason Joel)*

Ladies

1st Place: Jaime Meth

2nd Place: Valentina Sakota

3rd Place: Sarah Gutuza



*Jamie Meth*

A Division

1st Place: Jonathan Henry (BSI)

2nd Place: Luke Turner

3rd Place: Filip Sakota



*Jonathan Henry*



## B Division

1st Place: Connor Olfen (BSI)

2nd Place: Josh Paisley (BSI)

3rd Place: Luke van Vuuren



*Connor Olfen*

BSI hosts these events annually throughout the country, and this one was the last for 2022. We are back next year, and we hope to see you at your nearest BSI Srixon Junior Golf Tour event 2023. Watch this space for more details or ask your golf union for more information.

Once again a huge thank you to Srixon Golf SA for their incredible support of these events. They provided almost R15,000 worth of prizes just for this week's event alone. Without this support we wouldn't be able to put on these events. A big thank you also to Golferade for supplying drinks for every competitor in every BSI Srixon Junior Tour event this year.

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# Final Year PGA Student Spotlight

This week we catch up with Divan Visagie and get to hear a little bit about his BSI experience:

*"I love golf and wanted to pursue it as a career, either playing or working in the industry. Me and my dad did some research and came upon BSI.*

*BSI definitely helped with my goals and ambitions of working in golf. I have learnt a lot from my coaches and even the other students.*

*Starting the diploma at 17 years old and being the youngest in my year was stressful. I believe being amongst older people helped me grow more mature for my age and also made me more mentally tough.*

*I have many friends at BSI and we all get along so well, but I would say my most important friendship is Victor. He is also my room-mate – I consider him not a friend, but a brother. I am presently busy with various job applications and interviews."*



*Divan Visagie*

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## Online shop

Go to our online shop to view and purchase your BSI gear.

[Buy now](#)

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## Not Just Golf

BSI Tennis Academy opening in 2023!

We are delighted to announce that the BSI Tennis Academy will be opening in January 2023. We are offering a full-time high performance junior tennis programme with schooling from grade 7 to 12, based on the best international tennis academies. Enrolment is now open.

Our golf and football academies are rated amongst the best in South Africa, and we will be applying the same philosophies and passion for developing young athletes and quality young people to our tennis academy. As with our other sports, a key focus will be on opening up multiple pathways of success for our students, both locally and internationally through their sports performance and education.



The BSI Tennis Academy will be based at Jeppe Quondam Tennis Club in Bedfordview. Former Wimbledon player Helen Barrett is our Tennis Performance Director, with renowned coach Brandon Ebersey as Head Coach.

For more information on our tennis academy please email [info@bsisports.com](mailto:info@bsisports.com)

Wolves Football Press release on their visit to our shores

Here's a nice article on the Wolves FC website on our partnership and the work they did at our academy last month. Looking forward to seeing them out here again next year.

Click the button below to read the article.

[Read article](#)

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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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