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BSI Golf

BSI Matchplay Champion 2022

Congratulations to Junior Academy student **Grant Labuschagne** on becoming the BSI Matchplay Champion for 2022. After 11 competitive months of Matchplay rounds, firstly against his Junior Academy peers and then into the knockout rounds, he has risen to the top and is crowned Matchplay Champion.

Competing in the final against PGA Diploma 2nd year student David Harrold, Grant took an early lead and eventually won 9 & 8 in the 36-hole format. Well done Grant as you join an esteemed list of winners and only the second junior to win the BSI Matchplay Championship.



Grant Labuschagne

Ace alert

A big shoutout to PGA Diploma student Tanish Gudhka on his first hole-in-one on the 12th hole on Royal Johannesburg & Kensington - East Course during last Thursday's BSI Medal round.



Tanish Gudhka

BSI Tournament Results

BSI Junior Academy Medal

Congratulations to **Grant Labuschagne** on winning the BSI Junior Academy Weekly Medal on Wednesday, 23 November, played at Royal Johannesburg & Kensington GC East Course.

Grant has won nine BSI Medals this year and is finishing 2022 in strong form. You have shown excellent discipline and great positive attitude to both your academics and golf, Well done Grant.



Grant Labuschagne

BSI Premier Medal

Well done to **Sean Paxton** on winning the BSI Premier Weekly Medal on Thursday, 24 November, played at Royal Johannesburg & Kensington GC East Course. Sean shot an impressive 6-under 66 to win his 8th BSI Medal of the year. Sean leads our BSI Order of Merit with an outstanding 115 848 points, with second place on 91 949 and only our final BSI 72-Hole Championship to go.



Sean Paxton

External Tournament results

North West Golf Union – Orkney Open

A huge shoutout to Junior Academy student **Mojalefa Nale** on winning the North West Golf Union Orkney Open on 27 November at Orkney GC with rounds of 70, 71 for a 3 under par total.



Mojalefa Nale

US Kids Golf – Sun City

Well played by **Ethan Joseph**, who came T3 in the US Kids Golf event played on 26 November at the Gary Player CC, Sun City. Ethan then went one better the next day with a T2 finish on the Lost City GC at Sun City.



Ethan Joseph

Joburg Open

Well done to BSI clients, Jacques Kruyswijk (T24), Keagan Thomas (T54) and Jacquin Hess (T72) who made the cut in the Joburg Open played at Houghton GC (24 – 27 November 2022).

BSI Staff vs. 3rd Year PGA Diploma students

Kudos to our final year PGA Diploma students who took the win in the annual BSI Staff vs. 3rd Years Matchplay competition. The highly anticipated event was played at Huddle Park GC and the eventual result was 6 – 2. Well done to our 3rd years to win so emphatically, showing that their hard work and what they have been taught these last 36 months has paid off. Good luck to you all in your future endeavours.



Mangezi Maswanganyi, Jonathan Williams, Tyrone Gibb & Duane Keun



Michael Balderstone, Samantha Conradie, Divan Visagie & Michelle Steyn



Christopher Wright, Mark Fairbank, Sean Paxton & Kyle Ferreira



Alumni news

Congratulations to PGA Diploma alumni **Gavin Vorster** for his win in the Western Cape PGA Pro-Am event at Westlake Golf Club in Cape Town.



Gavin Vorster



Performance Tip of the Week

How to boost confidence through affirmations

By Mark Fairbank, BSI Golf Mental Coach and Director of Performance

Self-assured people think and act with confidence. One way to become more confident is to change your thinking. To change your thinking, you first have to become aware of your thinking. Awareness is the first step to a more effective competitive mindset. The simplest way to raise awareness is to keep a journal.

Each day after practice and after competitions, record your thoughts about your performance and how your thinking influenced the execution of your shots. If you recognise that you were feeling doubtful or scared or overly nervous, make note of it. Become aware when you sabotage your own performance because you doubted your ability to perform the shot or you were afraid of failing or looking stupid in the eyes of others. Notice any negative thoughts that run through your head before, during or after performing a shot. Take note of particular thoughts like "I hope I can do this", "I can't putt", "Great! I'm in another bunker and I won't be able to get out", "What if I mess up?", "I can't close out rounds" and on and on. Once you are aware of these sabotaging thoughts, you can begin to take control of them and switch them around.



You can use some of the common doubts you have above, and reframe them into positive affirmations to boost your confidence. Here are some examples, “I can do this”, “I will make the next putt”, “I will commit to my next bunker shot”, “I have played these last few holes well before, so I will again”, “I have trained hard so I can trust my processes and skills”.



There are several things you can do to fight the inner doubter. The things we think and say are the starting point of boosting or sabotaging confidence. It is hard to just ignore negative thoughts. You need something to replace them instead to build your confidence. Affirmations are simply positive statements about your abilities that are true or that you reasonably want to be true. Start by forming 6-10 good affirmative statements. All statements should be stated in the positive and stated as fact not as wish or want or hope. As you start repeating and committing to these affirmations, you begin laying the bricks to build your confidence up one phrase at a time.

| Need some help?

Do you need some help to reach your full confidence? Click the button below for one of our PGA professionals to assist.

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