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From the Founders Desk

BSI Golf

We welcomed our 2023 full-time Junior Academy students yesterday. In my introduction I spoke about our 5 values of Commitment, Excellence, Continual Growth, Positive Energy, and Family, about our philosophy of developing athletes equally in their sport, academics and character, how we provide a safe environment for them to develop and grow, and our key expectations of them. We have an exciting year ahead.

MJ BALDERSTONE

Welcome to our Junior Academy students

We welcomed our high school students to our Junior Academy program yesterday. It was great to see the excitement and enthusiasm in our returning students, but what was even more heart-warming is how they received and made their new class-mates feel right at home. We have a nice intake of new golfers from across South Africa and beyond.

The first 2 days involves induction and evaluation. On the golf side we capture their swing and ball flight data using our Flightscope launch monitor and swing movements using the K-Coach 3D motion device. We use pressure skills testing to assess their putting, short games and pitching.

We also conduct a TPI golf fitness screening to assess their body function capabilities. There will also be mental assessments and goal setting to be done. Once benchmarked, we devise a development program for each player and guide and support the improvement process throughout the year.







Performance Tip

Drill on helping you coil and reducing sway

By Christopher Wright, BSI Golf Coach



Christopher Wright

Click on the link below to watch Christopher show you an excellent drill to get better coil rotation.



External Results

Golf RSA Nomads Coastal – Selborne Country Club

Well done to the BSI Junior Academy students who competed in the GolfRSA Nomads Coastal NOoM 1 played at Selborne CC on 5 January 2023:

T8 - Eric Ncube

T19 - Mojalefa Nale

T39 - Vuyisani Makama

T59 - Grant Labuschagne

Central Gauteng Golf Union Junior Festive Tour – Royal Johannesburg & Kensington

Well played, **Tawriq Abrahams** (T8) and **Connor Olfson** (T26) in the CCGU Junior Festive Tour on Royal J&K East GC on 6 January 2023.

Golf RSA Nomads Inland – ERPM GC

Well done to the BSI Junior Academy students who competed in the GolfRSA Nomads Inland NOoM 1 played at ERPM GC on 9 & 10 January 2023:

T33 - Vuyisani Makama

T37 - Mojalefa Nale

T44 - Grant Labuschagne

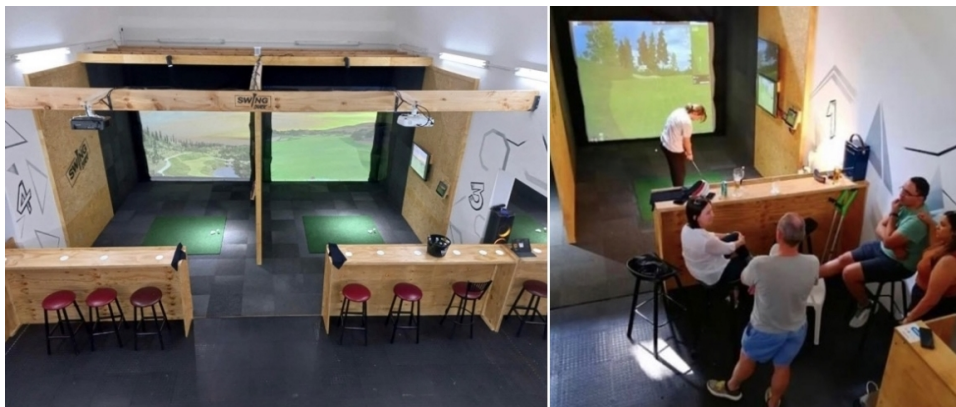
Golf RSA Rankings

Well done to our Junior Academy students who have moved their way up the Golf RSA rankings.

| Golf RSA Rankings | | |  |
|-------------------|-------------|------------|---|
| Junior Boys U17 | | | |
| Player | 18 Nov 2022 | 6 Jan 2023 | |
| Grant Labuschagne | 17 | 13 | |
| Eric Ncube | 25 | 17 | |
| Lefa Nale | 20 | 18 | |
| Vuyisani Makama | 21 | 19 | |
| | | | |
| Junior Boys U19 | | | |
| Player | 18 Nov 2022 | 6 Jan 2023 | |
| Grant Labuschagne | 41 | 35 | |
| Eric Ncube | 61 | 42 | |
| Lefa Nale | 50 | 46 | |
| Vuyisani Makama | 52 | 50 | |

Alumni News

Congratulations to PGA Diploma class of 2012 graduate David Lamprecht on the opening of his new indoor golf venue and academy 'Swing Shack' at Old Parks Sports Club in Randburg, Johannesburg. After graduation David coached extensively throughout Asia and has taken what he learnt to create a facility that caters to both serious and social golfers. We wish David all the best with this new venture.



Online shop

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

[Buy now](#)

Not Just Golf

BSI Tennis Academy – Full Time Junior Academy

We are excited to open our BSI Tennis Academy, with yesterday being the first day of our full-time Junior Academy program. The day started with induction at the BSI Study Centre at Huddle Park, where management took the students through our values, principles, code of conduct and expected behaviours. The evaluations started in the afternoon with a thorough technical assessment under the watchful eye of Performance Director Helen Barrett.

The schedule for the rest of the week includes a tennis-specific fitness evaluation by Sports Scientist Renée Gomes da Silva, a mental assessment by Mental Coach Mark Fairbank and plenty of training.

Our full-time program includes schooling for grades 7 to 12. There is still time to start this term, and students can also start at any time throughout the year.



Future Stars Tennis Program

We are excited to launch our Future Stars Program for players aged 10-14. Choose between 1, 2 or 3 squad sessions per week with our Tennis SA certified Pro Coaches. Includes a bonus mental performance session with our sports psychologist. This is an ideal preparation programme for our full-time academy, and players will get the opportunity to join in with some full-time squads. Term 1 starts 16th January. Contact tennis@bsisports.com for a registration form. Limited spaces available.



**FUTURE
STARS
PROGRAM**

Age Group 10-14


Balderstone
Sports Institute

Squad Training:

- 1 x 2-hour weekly session
R4,000/term
- 2 x 2-hour weekly sessions
R7,000/term
- 3 x 2-hour weekly sessions
R9,000/term

*Term = 10 weeks

tennis@bsisports.com
www.bsisports.com
Harmelia Tennis Club, Edenvale

Let's recap

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

[Recap](#)

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It's possible to enjoy both forgiveness and workability in a single iron set with the progressive design of the new Srixon ZX Mk II Irons.

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