

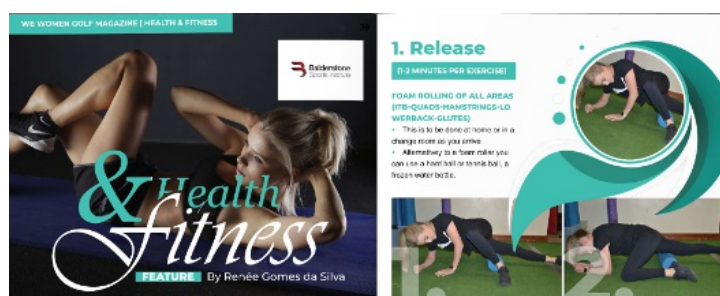
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## Performance Tip of the Week

BSI Sport Scientist Renée Gomes da Silva has once again been featured in the We Women Golf Magazine (February/ March 2023) Health & Fitness section. In this edition she gives some great golf specific warm-up guidelines.



Click on the link below and flip through to page 39 to follow her important tips for better performance.

**Better Performance**

## Warming up to play better

The benefits of warming up properly is massive!

Get in touch with us to find out more!

**Let us help**

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# BSI Tournament Results

## BSI Premier Division 18-Hole Medal

Congratulations to **Jacques van der Merwe** for winning the BSI Premier Division 18-Hole Medal with a score of level par, 72 on Friday 10 February 2023 in extremely wet and testing conditions on Royal Johannesburg and Kensington GC West Course.

Well done to the rest of the students who persevered through the torrential rain and never gave up.

Personal Bests:

Greg Sundstrom 83

Yaone Mokgatlhe 86

Estienne Terblanche 86

Cade Goodgall 88



*Jacques van der Merwe*



*Estienne Terblanche, Cade Goodgall, Greg Sundstrom & Yaone Mokgatle*

## BSI Junior Academy 18-Hole Medal

Congratulations to **Eric Ncube** and **Antoni Theron**, on their joint win in the BSI Junior Academy 18-Hole Medal, with scores of 76 played on Royal Johannesburg and Kensington GC West Course on Friday 10 February 2023. The weather definitely was not conducive to great golf but the two boys maintained their composure and kept to their process and found themselves taking the winners podium. This is Antoni's first ever BSI medal win and was definitely a sweet win under the conditions.

A Big Shout Out to the rest of the field who faced the rain head-on and showed great resolute attitude to demonstrate that they can endure under testing conditions.



*Antoni Theron & Eric Ncube*

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## Alumni News

We Women Golf Magazine have feature one of our Junior Academy graduates, Eleonora Galletti, in their latest edition. Eleonora gave an insightful interview about her time at BSI, her golfing achievements and her time since graduating.



Click on the link below and go to page 1 to catch up with Eleonora:

[Read more](#)

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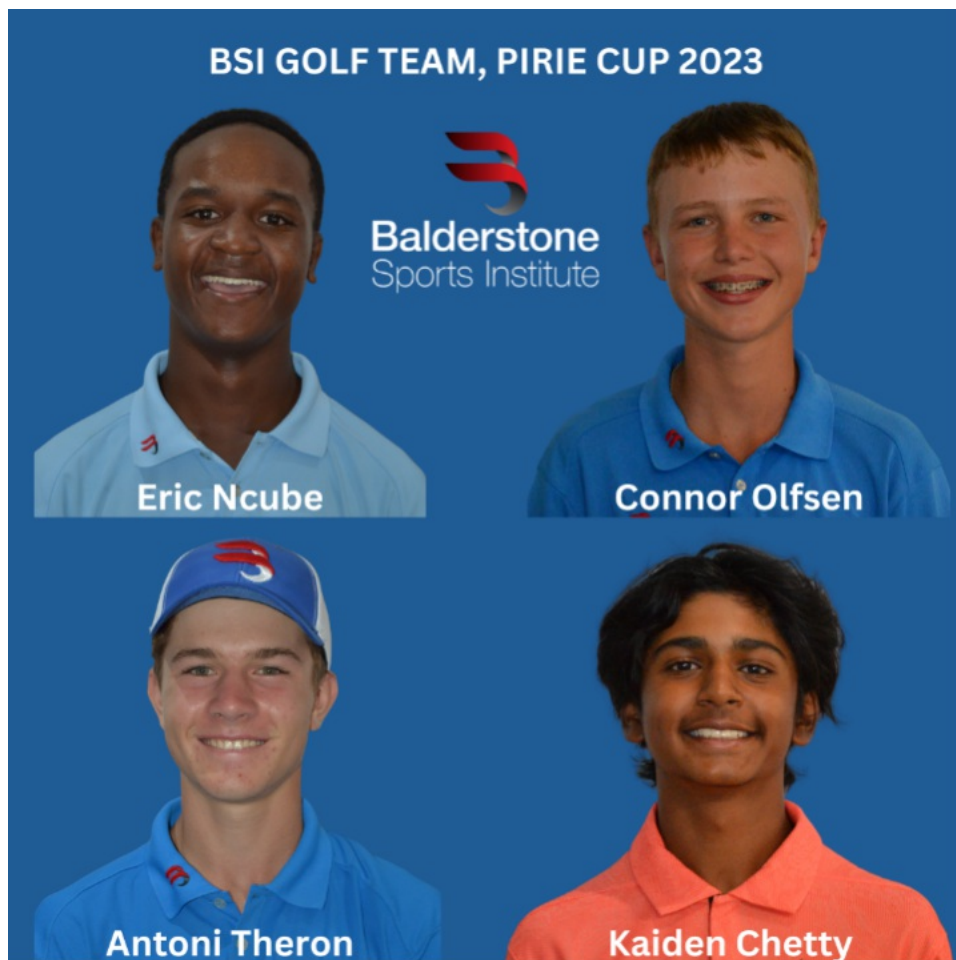
## Team Selections

Congratulations to **Connor Olfson** on his selection for Ekurhuleni Golf Union for the 2023 U15 Quadrangular team.



*Connor Olfson*

Congratulations to **Eric Ncube, Antoni Theron, Connor Olfson and Kaiden Chetty** on their selection to represent BSI at the 2023 Pirie Cup at Pecanwood Golf Estate from 23-24 February.



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## External Results

Mbombela Junior Open – Mbombela Golf Club, Nelspruit (12 February 2023)

Congratulations to Junior Academy student, **Antoni Theron** in winning the 'A' division of the Mbombela Junior Open played at the Mbombela Golf Club in Nelspruit.





*Antoni Theron*

Ladies European Tour: Lalla Meryem Cup – Royal Golf Dar Es Salam (9 – 11 February 2023)

Well done to mental coaching client, **Cassandra Alexander** in her tied-13 place in the Ladies European Tour: Lalla Meryem Cup at Royal Golf Dar Es Salam, Morocco.

Sunshine Ladies Tour: Dimension Data Pro-Am – Fancourt Montagu, Outeniqua and The Links (9 – 12 February 2023)

Well done to mental coaching clients **Nobuhle Dlamini** (T14) and **Lejan Lewthwaite** (T19) in this past weekends Sunshine Ladies Tour – Dimension Data Pro-Am played at Fancourt over Montague, Outeniqua and The Links.

African Amateur Stroke Play Championship – Leopard Creek GC (6 – 9 February 2023)

Well done to **Reece Mckain**, who finished tied-16th at the African Amateur Stroke Play Championship played at Leopard Creek GC from the 6 to 9 February 2023. Other notable placings, **Jules Helary** (T72), **Titouan Tregouet** (T74) and **Fred Njoroge** (T76).

Sunshine Tour: Dimension Data Pro-Am – Fancourt  
Montagu, Outeniqua & The Links (9 – 12 February 2023)

Shout Out to mental coaching client, **Jacques Kruyswijk** (60th) in the in the Sunshine Tour – Dimension Data Pro-Am played at Fancourt over Montague, Outeniqua and The Links courses from 9 to 12 February 2023.

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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

Welcome to our Sports Management Class of 2023



Last week we welcomed our Sports Management class of 2023. We are excited to see such an array of sports that these students are specialising in; including Athletes, Rugby and Football, as they prepare themselves for a career in the world of sports.

We have 9 students currently enrolled with a few more still to join. We will accept admissions up to the end of February, so don't delay if you wish to sign up. Many of the students are combining the academic qualification with one of our sports training programs.

This Higher Certificate in Sports Administration is open to all school leavers who have obtained a sufficient NSC, have a passion for sport and want to follow their dream.



*Some of our Sports Management students; Muhluri Khoza, Christopher Swart, Boineelo Mashwe, Ethan Francis, Dylan Jordaan & Boago Golebanye*

BSI Football Junior Club

We had an excellent turnout for our Junior Football Club Open Day last Saturday despite the rainy weather.

The kids had great fun and the parents learned how we build technical football skills and physical literacy at the crucial developmental ages. All in a fun, community-based environment.

Training for age groups U8s to U13s started on 14th February twice a week on Tuesdays and Thursdays. Please contact [footballadmin@bsisports.com](mailto:footballadmin@bsisports.com) for details and an enrolment form.



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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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MATTERS  
MOST**



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