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### SA High School Champs Here We Come!!

Congratulations to Team BSI represented by **Connor Olfsen** (68), **Tawriq Abrahams** (69), **Lefa Maseng** (73) and **Eric Ncube** (75) on winning the Gauteng High Schools Super League Final at Reading CC last Wednesday.

We won by 8 shots over our nearest rivals and the victory sees BSI qualify for the 2023 SA High Schools Championship, also to be played at Reading CC later in the year.



Tawriq Abrahams, Eric Ncube, Lefa Maseng and Connor Olfsen

### BSI Tournament Results

#### BSI Premier Division 18-Hole Medal

Well done to **Noe Ansermet** for his win last week in the BSI Premier Division 18-Hole Medal with 5-under par 67 played at Royal Johannesburg and Kensington GC - East Course. The 2nd year PGA Diploma student showed some excellent rounds last year and we are looking forward to seeing him coming into his own this year with a bit more consistent form.

Personal Bests: Noe Ansermet 67, Martin Papworth 68, Malachi Schulz 72, Adrian Andrade 81, Berman Richter 82, Kevin Kiplenge 83 and Greg Sundstrom 84.



Noe Ansermet



#### BSI Junior Academy 18-Hole Medal

Congratulations to Nathan Whibley on winning the BSI Junior Academy 18-Hole Medal with a 5-under 67 on the East Course at Royal Johannesburg and Kensington GC last week. Well done and keep the focus and commitment.



Personal Bests: Nathan Whibley 67 and Bryce Mogridge 77

Nathan Whibley



### Alumni Success

Well done to BSI PGA Diploma Graduate, **Muhammad Warraich** who came 2nd in the 1st Rumanza Golf Open played at Rumanza Golf & Country Club, Lahore, Pakistan.



Muhammad Warraich (pictured 2nd from right)

## External Results

Bushveld Tour Race to Q-School Golferade Series #3 – Wanderers GC T27 – Maverick Faber

#### T33 – Jacques van der Merwe

Golf RSA Cape Province Open Championship – Kingswood Golf Estate & George GC

T35 – Dowoo Kim T59 – Pranay Kapur 66th – Sean Paxton

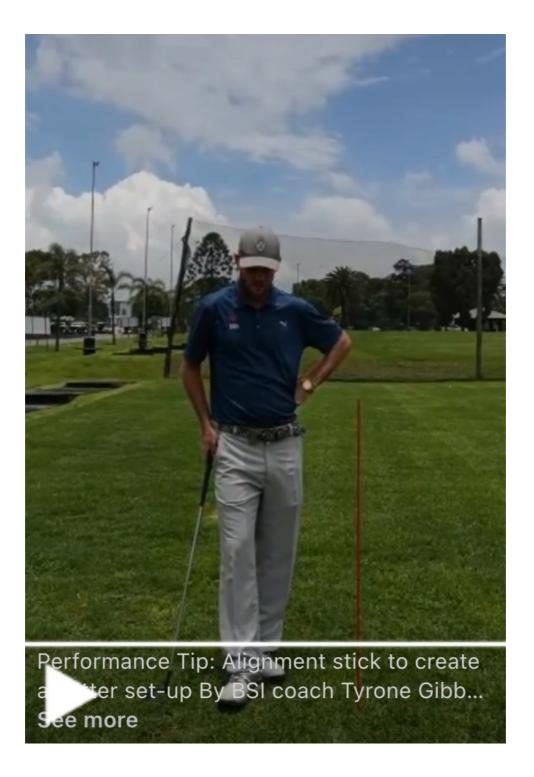
Ladies European Tour Jo'burg Open – Modderfontein GC

T15 – Nobuhle Dlamini and Casandra Alexander
T22 – Lora Assad
T51 – Lejan Lewthwaite
The above Ladies are all Mental Coaching clients at BSI

### Performance Tip of the Week

Create a 'Reverse-K' for better golf By Tyrone Gibb, BSI Golf Coach

Click on the link below to watch a great drill to improve your golf



### Free Clinic - How to Hit your Driver Longer

Join BSI Golf Coach Michelle Steyn this Saturday for her FREE monthly clinic at Huddle Park. This month she explains and demonstrates how to maximise distance off the tee no matter your ability or swing speed. WhatsApp Michelle on 073 534 7383 to book. Limited spaces available. Range balls not included.



### Online shop

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

Grab your gear

### Not Just Golf

#### BSI Youth Football Symposium

We are excited to announce that we are hosting a first-of-its-kind Youth Football Symposium in April.

Youth football talent in Southern Africa deserves coaches and administrators that match their potential. We have put together a fantastic line-up of local and international experts to discuss the latest ideas and best-practice in youth football coaching.

The symposium is open to coaches, administrators, parents, players, and anyone interested in personal development.





SERAME LETSOAKA FIFA Technical Consultant Youth Football Development



SHAWN BISHOP Head of Methodology and Academy Mamelodi Sundowns Cognitive Biases in Youth Football



FRAN HILTON-SMITH CAF and COSAFA Instructor

football



EURICO MARQUES Director of Performance BSI Football Academy Warm-up for youth athletes - practical



**DR NONHLANHLA MKUMBUZI** Sports physiotherapist, Researcher (women in sport), FIFA Technical consultant Female physiology for sport's performance (ONLINE)



MIKE SCOTT Head of Coach Development -Wolverhampton Wanderers FC (England) The Wolves FC way (ONLINE)



Youth athlete nutritio **DR JASON TEE** 

consultant



#### Working effectively within a multidisciplinary team

Coach developer and performance



**ALEJANDRO HEREDIA** GK Coach instructor FIFA/CAF/ SAFA Goalkeeping fundamentals practical

Let's recap

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







ZECA MARQUES Technical Director BSI Football Academy Principles for successful coaching

**MZIWAKHE NKOSI** 

**EVERT DE BRUYN** 

PIPPA MULLINS

Clinical Dietitian

International Sports Lawyer

Legal implications in youth sports

High performance coaching in a South African context

Lions Rugby Company





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#### Most speed and distance

Reach new parts of the fairway with a ball that's nearly 2 yards longer than the competition.





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Hold the green from a distance with a ball that gives you the spin of the Z-STAR and the speed of the Z-STAR XV.

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