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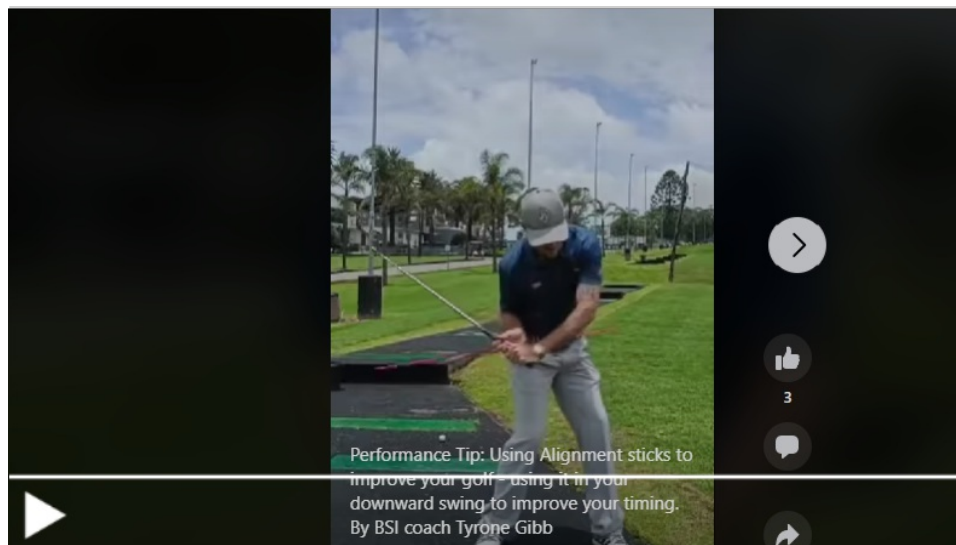


## Performance Tip of the Week

Improve your timing for better ball-striking

By Tyrone Gibb, BSI Golf Coach

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



## It all boils down to timing

Want to time your shots perfectly? Our coaches are here to help. 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

Well done to Jacques van der Merwe for his win in the BSI Premier Division 18-hole medal with a score of 2-under par 70 on Friday, 24 February, played at Royal Johannesburg and Kensington GC - East Course. Jacques has scored his last four rounds at par or better, which has resulted in him winning three BSI medals in a row now. Will anyone beat him this week?

Personal Bests: Gilbert Chalwe 71, and Andre Goosen 82



*Jacques van der Merwe*



*Andre Goosen & Gilbert Chalwe*

### BSI Junior Academy 18-Hole Medal

Congratulations to **Grant Labuschagne** on winning the BSI Junior Academy 18-hole medal, finishing the day on even-par 72, played on the East Course at Royal Johannesburg and Kensington GC on Friday 24 February. This is Grant's second medal win for the year.

Personal Bests: Ryan Croucamp 79, and Thomo Mokgatle 87



*Grant Labuschagne*



*Ryan Croucamp & Thomo Mokgatle*

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**|** Player of the Month



## BSI Junior Academy Player of the Month – February

Congratulations to Dowoo Kim, who was voted as BSI Junior Academy Player of the Month for February.

Dowoo's Stroke Average for the month was 74. He also beat his personal best on the Royal J&K GC - West Course with a score of 72.

Dowoo finished T3 in the Royal Johannesburg & Kensington Club Championship with scores of 75 and 70 (+1), just one shot behind the winner.

Well done, Dowoo!



*Dowoo Kim*

## BSI College Player of the Month – February

Congratulations to **Jacques van der Merwe**, who was voted as BSI College Player of the Month for February.

Jacques won 3 BSI medals in a row during February, with a Stroke Average of 70 for the month.

Well done, Jacques!



*Jacques van der Merwe*

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## Alumni News

## Testimonial

*“BSI helped me a lot with my golf. Throughout the 3 years my game improved tremendously. My coach Chris Wright, Mental coach Mark Fairbank and Fitness coach, Renée Reinecke have been there for me every step of the way & didn't hesitate to help wherever they could. Each & everyone of the staff that I interacted with treated me as family.*



*My overall confidence as a person improved a lot. I was this shy Afrikaans speaking boy from a small town. Joining BSI has developed my character, confidence and self-belief. My physical and mental game improved so much regarding consistency. By trusting the process when going through swing changes really does pay off. ”*

**KYLE FERREIRA**  
**BSI PGA Graduate 2022**

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## External Results

Ladies Sunshine Tour Jabra Ladies Open – Glendower GC

HUGE Congratulations to BSI Mental client, **Casandra Alexander**, who won the Ladies Sunshine Tour Jabra Ladies Open played on Glendower GC. Casandra played the last round bogey-free with a 66 and ended with a one-shot victory on 14 under par.

Mark Fairbank has been working closely with Casandra for four years, and the results are definitely showing. This is her 2nd win out of 2 tournaments played on the Sunshine Ladies Tour so far this year, and she tops the Order of Merit. She's also had a 13th place finish on the Ladies European Tour so far this year.

We also would like to congratulate **Nobuhle Dlamini** (another BSI Mental client) on her T7th finish in the Jabra Ladies Open.

We would like to wish the ladies the best of luck when they tee it up this week in the Jo'burg Ladies Open being played at Modderfontein GC.

If you are going to watch, look out for a number of our PGA Diploma students who will be assisting at the event in various capacities.



*Casandra Alexander & Mark Fairbank*



## Royal Johannesburg & Kensington GC Club Championship

In our newsletter two weeks ago, we featured Eleonora Galletti, BSI Junior Academy matriculant 2017, in the We Women Golf E-magazine, and Eleonora mentioned that she was an 8-time Royal Johannesburg & Kensington Ladies Club Champ. We would now like to congratulate Eleonora on her 9th consecutive win and still reigning Ladies Club Champ at Royal.

Shout out to PGA Diploma Graduate, Carmen Taljaard, who finished 5th, and 1st Year PGA Diploma student, Stacey-Lee van Gent, who placed 6th.



*Eleonora Galletti*

*(image courtesy Royal Johannesburg & Kensington GC Facebook page)*

### **Some notable results in the Men's A Division:**

3rd Dowoo Kim

T5th Sean Paxton

T10th Noe Ansermet

14th Harry Llewellyn

16th Sayegh van der Merwe

## North West Women's Open – Magaliespark CC

Well done to **Cara Bosman** who finished T18th in the North West Women's Open played at Magaliespark CC.

## Sunshine Tour Nelson Mandela Bay Championship – Humewood Golf Course

Well done to BSI Mental client, **Keagan Thomas**, who finished T28th in the Nelson Mandela Bay Championship on the Sunshine Tour.

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## BSI 3rd Year PGA Diploma Golf Day

Our final year PGA Diploma students are organising and hosting a Charity Golf Day as part of their academic program. The event is being held at Royal Johannesburg & Kensington GC on Thursday, 4 May 2023.

Please diarise this event and join us by putting together a fourball or two for this day of fun and friendship for a worthy cause. The money raised will be going to the Breast Health Foundation ([www.mybreast.org.za](http://www.mybreast.org.za)) and Route 24 Cares, an NPO creating jobs and skills development in the tourism industry.

To book a fourball, please contact Cobus at [cbofficialgolf@gmail.com](mailto:cbofficialgolf@gmail.com) or 079 890 0499.

**Book your fourball**



**Balderstone**  
Sports Institute

3rd Years

**ANNUAL  
CHARITY  
GOLF  
DAY**

Thursday, 4 May 2023  
R3900 per four ball

Inclusive of golf carts,  
halfway lunch,  
dinner and prizes

Tee off times from 11h30  
on the West Course

**Royal Johannesburg & Kensington  
Golf Club**

**breast  
health  
Foundation**

**ROUTE  
24**

Bookings: Cobus Brits  
079 890 0499  
CBOFFICIALGOLF@GMAIL.COM

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## Online shop

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

[Grab your gear](#)

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## Not Just Golf

BSI Football Academy - Preseason Glory!

BSI Football Academy competed in the Olympia FC U17 Tournament last Friday and came away as champions.

The team went unbeaten in the five games they played, winning four of the five and drawing one against their Bedfordview hosts.

It was a great experience for the BSI players to showcase their skills and competitiveness against the other local clubs. The results went well but also the style that was played showed the hard work put in on the training ground is paying off.

Well done to Olympia FC for hosting a wonderful tournament. Well done to the BSI players, coaching, and support staff!

Please find the link to the interview after the awards ceremony by Zeca Marques, BSI Technical Director:

[Watch the interview](#)



## Let's recap

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

[Recap](#)

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## Sponsors





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*Reach new parts of the fairway  
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