



Balderstone
Sports Institute



BSI Study Centre

The Balderstone Sports Institute (BSI) is a multi-code sports and academic institution.

“My tennis has improved a lot with all the time to train. We finish at 12 so the rest of the day I can play from 1 until 6 and improve my tennis. Being around other sports helps me to understand what it takes to become pro, and I can transfer that into what I need to do.”

~ Dylan Salton, BSI Student & SA National Junior Tennis Squad Member



BSI's Purpose

“To provide an environment of excellence that encourages the development of each and every student to his or her full potential, in sports performance, education, personal development and in preparation for life. To be a hotbed of talent development. To train and produce winners in the sports arena. To develop leaders and positive contributors to society.”

We build future sports leaders by challenging our students to learn, grow and champion the attributes that will enable them to be the best that they can be. Our campus environment enhances key attitude characteristics such as responsibility, work ethic, perseverance, openness to learning and failing forward. Our graduates can take on all life's challenges with confidence and preparedness.

The BSI Study Centre

A fundamental element in a student's development is their school education. The BSI Study Centre provides students with personalised, high quality and flexible education solutions. We use a blended approach to learning, using local and international curricula, which are offered in a structured and disciplined environment. Each student has a flexible, individualised work plan, designed to meet their sporting schedule and personal development pathway. Students are encouraged to take personal responsibility for their own development but are fully supervised and supported by qualified tutors who aid their learning.

Our model of learning is ideally suited for youth athletes, as it allows more time for sports training and a full schedule of competition without missing out on any classroom teaching. Our students either get ahead of their work plans before key tournament time, catch up afterwards or take their books with them. Traditional schooling simply does not allow for this flexibility.



"I have been fortunate to teach at some of the top educational institutions in South Africa, where I believe I have learned 'best practice', and the demands of always doing & producing your best. Sport develops character, teaches many valuable lessons and tests commitment and perseverance. I hope to be able to contribute to the meaningful development of many young people in exploring and discovering their passions and talents."

~ Jacqueline de Lange
Head of Junior Academics, BSI

Quality Education

The education at the BSI Study Centre is lead by Head of Junior Academics, Mrs Jacqueline de Lange (Jaci). Jaci has a wealth of experience at some of the leading education institutions in South Africa, including Rhodan School (2005-2012) and St John's College (2013-2017).

Her leadership skills, hands-on teaching experiences in Maths, English and Physical Education, along with her lifelong passion and involvement in sport, makes her the ideal person to guide our young student athletes along their individual academic journeys through the crucial youth development stage.

Jaci heads up a team of specialist teachers and tutors, who support the students in all core subjects.

Curricula Options

In line with our philosophy of assisting students on their personal pathways, the BSI Study Centre offers academic management and tutor support for a variety of curricula. There are different reasons why parents and students may elect to use a particular program. These include: what the student intends doing after the completion of their high school education; cost implications; language and subject choices etc.

We support the **South African** curricula (CAPS – National Senior Certificate); the **Cambridge** International Education curriculum, and the American **General Education and Development** (GED) program. The choice of program is entirely dependent on parental and student choice. Parents contract directly with their chosen academic providers. BSI will guide parents and students through this process.

Flexible Schedule

The BSI Study Centre plays a supportive role for parents of sporting students, in that we provide an environment where student-athletes have supervised learning, and self-study is supported with specialist tutors. We offer this service Monday to Friday (07h30 – 13h30) following the independent schools four-term calendar. We recommend that additional time is spent learning at home. Students can follow a full competitive schedule without the concern of missing class, as they work at their own pace, based on a personal work plan.

The BSI Difference

BSI adopts cutting-edge techniques and the latest best practice from around the world to promote maximum learning within shorter study periods.

The day starts with an energizing session, designed by our sports science department, to prepare the students in body and mind for the morning of study. In previous generations the walk to school and playing games before class would achieve this. This session also enhances physical literacy, an essential base for any athlete.

In a modern world where students are all driven to school, and spend more time on electronic devices than outdoor play, it is no wonder that attention in class is at an all time low. At BSI we have found natural ways to improve focus and concentration.

The students are also taught breathing techniques adopted by elite athletes and military squads, to bring about a state of alert calmness for optimum focus and performance.

Study sessions are kept to short periods followed by regular breaks where the students are able to re-energise, refuel and get some fresh air in the beautiful surrounds of Huddle Park.

In line with our philosophy of Whole Person Development, the students undergo a comprehensive life-skills program, with weekly sessions designed to assist in personal and character development.

Students have access to our on-site fitness centre as part of the study centre fees. They can also make use of our resident strength and conditioning trainer and mental coach for private sessions at additional cost.



Who Should Apply?

Elite youth athletes in any sport, who would benefit for an academic program that allows more time to practice and compete in their chosen sport. For many student-athletes around the world this has meant moving away from mainstream education and curricula and utilising distance learning methods.

The BSI Study Centre is a compulsory element of BSI's full-time Golf and Football Academies.

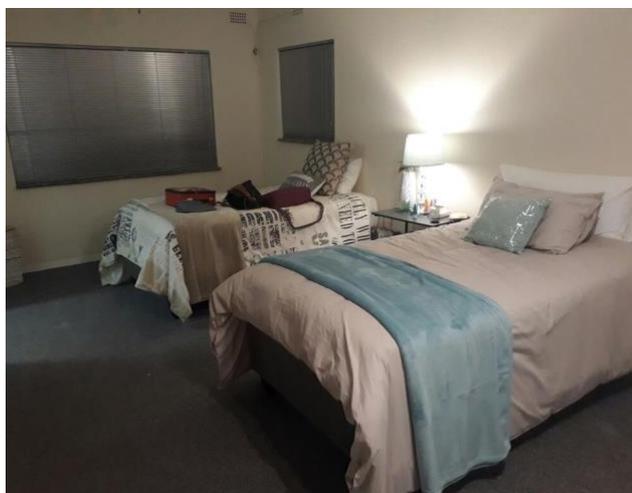
BSI Boarding House

The Boarding House is a home away from home, located just 6km from the Study Centre, in the leafy suburb of Eastleigh Ridge, close to the Greenstone Mall.

The theme of the house is sporting and healthy, with activities such as swimming, table tennis, foosball, darts, and more to keep the boarders occupied.

A communal TV room provides all of the sports events from around the world.

Single and shared rooms, plus transport and meal options are available.



2019 Fees: R45, 000 (Excludes subject fees)

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