



Junior Golf Academy



Junior Academy



Our 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 champions. To develop leaders and positive contributors to society.

Training Philosophy

We are dedicated to creating the ultimate environment for developing talented young golfers. Our training philosophy, **Total Golf**, takes a holistic view of golf performance and incorporates all aspects that are essential for peak performance:

- ✓ Skills Development
- ✓ Swing Technique / Shot-making
- ✓ Short Game & Putting
- ✓ Mental Conditioning
- ✓ Golf Fitness
- ✓ Strategy

Discipline Policy & BSI Golf Ethos

BSI Golf provides a nurturing, disciplined environment. A strict code of conduct is enforced to ensure that all students conduct themselves in a professional manner and to encourage an environment of learning for all.

Character development is a key goal, encouraging strong work ethic, responsibility, perseverance, gratitude and openness to

learning amongst other traits. Absenteeism is reported to parents immediately.

Personalised Development

Players undergo a thorough evaluation process in all areas to identify core areas of strength and weakness before a personal program is initiated. An ongoing process of evaluation and training continues, using oncourse performance as the major criteria.

Expertise

BSI Golf employs an unparalleled team of experts to help students with their performance development. All BSI Golf coaches are highly trained through the PGA system.

Facilities

All training activities take place at the BSI Golf Academy at Huddle Park, including golf training, classwork, fitness and mental training, Par 3 Course and unlimited practice balls during the schedule.

On-course activities take place at Royal Johannesburg & Kensington GC or Huddle Park. The students become members of both clubs and receive unlimited pre-paid rounds.



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Program Description

A full-time program for school grades 8 to 12, where learners combine intensive high-performance golf training with quality education. Students choose between studying the international Cambridge system, South African CAPS system or IEB.

The education is a blend of traditional and modern techniques, with **full tutor support in supervised classes**. This unique approach provides excellent academic support, whilst providing young golfers with the flexibility to adapt their study time around their tournament schedule. This style of education is becoming more popular for talented young sports athletes. Each student works at their own pace, based on a work plan in each subject.

The students split their days between the classroom, the range, the gym and the golf course.

Performance Training

Technical Training - Players receive world class coaching from a team of PGA Coaches. Full use is made of the latest coaching technology and training aids to accelerate the improvement process. Training is skill based, with technical interventions where required.

Golf Fitness - Students receive regular group and individual training in golf fitness and physical literacy. The focus of the training is to create mobility, stability, speed and power

to ensure maximum efficiency for the golf swing and to prevent injuries.

Mental Conditioning – Students receive weekly mental conditioning sessions in a group format with our resident Mental Coach, as well as some private sessions. Extra sessions are available at additional cost.

Tournaments - BSI Golf students compete in weekly strokeplay tournaments and multi-round championships, which form the basis of the Junior Academy Order of Merit. All vital statistics are analysed to help form the student's development plan. Students are also expected to compete in local and national tournaments.

Progress Reports

BSI Golf has developed a unique statistics software system, through which parents can view scores and statistics updated on a weekly basis. End of term reports are also sent out to parents.

Success Stories

A whole host of provincial and international representatives have trained at BSI Golf, including three world champions and many who have gone on to achieve playing privileges on the Sunshine Tour and international tours.

BSI has won multiple high school team championships and boasts some of the top young golfers in South Africa and beyond.



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Who Should Apply?

Talented junior golfers who wish to devote more time to their golf, in a **disciplined, nurturing, high performance environment** to help them to achieve their dreams of a successful playing career, while receiving a quality education.

Players who wish to give themselves that extra edge over the competition that can make the difference between success and failure.

Enrolment Requirements

- Successful completion of the previous school grade.
- A passion and a talent for golf. Lower handicaps are given preference.

All applicants must undergo an interview and game evaluation.

R500 interview & assessment fee payable.

Application Form

All applicants must complete an application form, which is available on request, or can be downloaded from the BSI Golf website.

Boarding House

The BSI Golf Boarding Facility is located just 6km from the academy, in the leafy suburb of Eastleigh Ridge, close to the Greenstone Mall. Single and shared room are available on a first

come basis. Transportation and meal options are also provided. All options include cleaning services, laundry, wifi, DSTV, and use of swimming pool and games areas. See Boarding House brochure for details.

Information Sources

Websites:

BSI www.bsisports.com
IMPAQ: www.impaq.co.za
BIDC www.bidc.co.za

Monthly e-Newsletter

BSI publishes an email newsletter, containing news and result. Subscribe on the BSI website.

Facebook, Instagram & Twitter

Sign up at our Facebook and Twitter pages, both under the names **BSI Golf** and **Balderstone Sports Institute**, and Instagram @bsi_golf and @balderstone_sports_institute

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