

## PGA Coach Award Motivation 2019 - Michael Balderstone

### Brief Career History:

1994-1997	Head Professional; Langton Park CC, Leicestershire, England
1997-1998	PGA Coach, Manston Golf Centre; Kent, England
1998-2000	Assistant Professional/PGA Coach; Wedgewood/PEGC, SA
2000-2001	Senior Coach & Director; World of Golf Academy, Jhb, SA
2001-2003	Director of Instruction; Julian Krinsky Golf School, Chicago & Philadelphia, USA
2004-Present	Founder/Owner, Managing Director and Performance Director; Balderstone Sports Institute (BSI), Johannesburg, SA.

### General Details:

- Been coaching since 1994 (25 years).
- Qualified with the PGA of GB & Ireland in 1997 (22 years). Member of PGA of SA since 2001 (Advanced Fellow Professional).
- Coached in UK, USA and South Africa.
- Coached multiple elite amateur and professional winners.
- Coached national and provincial teams.
- Coached thousands of club or range members over a 10-year period before specialising in elite players.
- Designed and implemented junior, ladies and beginner programmes throughout career.
- Written technical and skills training manuals for internal coach training.
- Heavily involved with coach education for 13 years;
  - Tutor/Lecturer on PGA Apprentice programme 2006 – 2017
  - Tutor/Lecturer BSI PGA students 2008 – Present
  - Speaker at PGA Coaching Conferences & CPD workshops
  - Admin of PGA of SA Coaches Facebook group
  - Head of internal coach training at BSI Golf
  - Host of Coach Academy Workshop
- TPI Certified. Swing Catalyst certified. Higher National Diploma: Golf Studies. Trackman owner. Flightscope Ambassador. K-Vest owner.

### Current Role & Responsibilities (as Performance Director at BSI):

- Directly coach or oversee the performance development of 90+ full-time elite students.
- On-going coach training.
- Management of coaching programmes.
- New programme development.
- Skills Acquisition lecturer/assessor for PGA Diploma programme.
- Advise and guide parents/support structure.
- Current personal students include;
  - Yurav Premlall:
    - Golf RSA squad member
    - Ranked No.5 amateur in SA
    - Youngest player to qualify for SA Open (aged 15 and made the cut)
    - Youngest player to win on the Sunshine Big Easy Tour (aged 15)

- Jacquin Hess:  
Sunshine Tour player  
2017 Big Easy Tour OoM winner
- Mohit Mediratta:  
Sunshine Tour player

**Coaching Philosophy:**

- Treat every player as an individual.
- Create environment and guidance for learning to occur. Intervene (instruct) when necessary.
- Technique is a factor in building skills and better performance, not the end goal.
- Holistic approach (Skills, Technical, Fitness, Mental, Game Management, Practice quality, Attitude)
- Constant learning.
- The ultimate goal is self-reliant high performing players.