



BSI Study Centre for Youth Athletes

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

“Best move we ever made.” ~ Monay Pretorius

“Our biggest surprise has been the level of professionalism with which the educational side of the school is handled.” ~ Tom Nicholas

“I would like to take this opportunity to congratulate you on running a world class academy. The passion you and your staff have for the growth of our children far exceeds what we could ever pay for. You take a boy and turn him into a gentleman. You give them not only sports skills but also life skills. I am extremely proud and grateful.” ~ Bianca van Eeden



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 for Youth Athletes

A fundamental element in a student athlete's development is their academic education. At the BSI Study Centre for Youth Athletes, we provide quality education for talented and dedicated sports-focused high school students. Modern day youth sport demands an extensive competitive and practice schedule. Our model of learning is ideally suited for youth athletes as it allows time for sports training and a full schedule of competition without compromising their academic goals.

The BSI Study Centre for Youth Athletes is a preferred choice of top class competitors. We educate SA national squad members across many different sporting disciplines, and the number of sports we cover is growing year on year.

BSI has adapted and enhanced the distance learning model, which provides the necessary flexibility for competition and training, by providing a fully managed, structured and disciplined environment for highly effective learning.

Each student works at their own pace and has their own study plan, based around their competitive schedule. We expect our students to be just as committed in their academics as they are in their sport, and those who don't put in the hard work in either area will not reap the maximum rewards.

We cater for all sports participants from grades 8 to 12, with a low student / tutor ratio.

Quality Education

The BSI Study Centre offers academic management and a student-led classroom environment. We support the Cambridge International Education curriculum, through service providers Learning.Support or British International College. Parents contract directly with their chosen academic providers on behalf of their child, supported and guided by BSI as required.

We provide an environment where student-athletes have an appropriate balance of supervised self-study and targeted subject tuition assisted by specialist tutors. Our staff of full-time educators supervises the classroom environment and facilitates the learning process.

We compliment the full-time staff by bring in specialist tutors to assist the learners with core subjects. We place a particular focus of attention and tutor time on Maths, English and a second language (Afrikaans or French), with other select subjects covered throughout the academic schedule. As with mainstream schooling, students are required to spend additional time learning at home.

We operate Monday to Friday (07h30 – 13h00) following the independent schools four-term calendar.

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 school day starts with a physical 'Energiser Session', designed by our Sports Science Department to prepare the students in body and mind for the morning of study. This session also enhances long-term physical literacy, an essential base for any athlete.

The students are 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.

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 and 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 would benefit from 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 towards utilising distance learning methods.

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 sports and health, 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. Unlimited high-speed WiFi is also available.

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



2020 Fees: R48, 500 (Excludes subject fees)

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