



# Balderstone Sports Institute



## **BSI Sports Study Centre** Cambridge Education for Student Athletes



## BSI Sports Study Centre

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### **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 and personal development.**

**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 guide our students to develop habits and 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 Sports Study Centre**

The BSI Sports Study Centre provides personalised, high-quality and flexible education, exclusively for sports-focused students. We use a modern approach to learning using an international curriculum, which is offered in a structured and disciplined environment.

Our model of learning is ideally suited for youth athletes as it allows flexible time for sports training and a full schedule of competition without compromising their academic goals.

Each student works at their own pace and has their own study plan, based around their competitive schedule and personal development pathway. Students are encouraged to take personal responsibility for their own development, and are fully supervised and supported by qualified Academic Guides who aid their learning.

The Study Centre is a preferred choice of top-class competitors across many different sporting disciplines. We cater for all sports participants from grades 8 to 12, with a low student / tutor ratio.





## BSI Sports Study Centre

### Quality Education

We offer academic management and a student-led classroom environment, supporting the **Cambridge International Education** curriculum through our partner curriculum providers. We also play a supportive role for parents in this journey.

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



We compliment the full-time staff with specialist online 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 are open from Monday to Friday (7.30 - 13.00) following a four-cycle yearly calendar.

Our flexible approach enables students to follow a full competitive schedule without the concern of falling behind academically.





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### The BSI Difference

BSI adopts latest best practice from around the world to promote optimal learning within shorter study periods. The school day starts with a physical 'Energizer Session', designed by our Sports Science Department to prepare the students in body and mind for the morning of study. This also enhances long-term 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 systemised natural ways to improve focus and concentration.



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. They also 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.

BSI has close affiliations with US college placement agencies, providing scholarship opportunities for our students. We also have access to local and international management companies for leading athletes who are looking to turn professional in their chosen sport.

Our football students benefit from the international network of our UEFA licensed coaching staff, which provides opportunities to be scouting in Europe. Our golf students can move on to BSI's own renowned college programmes, that offer global opportunities in the golf world.



## BSI Sports Study Centre

### Who Should Apply?

Elite youth athletes in any sport, who would benefit from an academic programme 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. BSI's academic management takes the stress out of this part of the elite level youth sport journey.



### Parents Feedback

*"Best move we ever made."* ~ Monay Pretorius

*"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

*"Everything that was promised to us as parents is actually delivered. From your academics, to training, to support. Since joining BSI, Deane has really become a different person. He is far more happy and settled, for which we thank you all. He faces his challenges head on and in a very positive manner which is fantastic for us to see."* ~ Tyrone and Debi Cooper

*"Just wanted to say that I consider myself very fortunate that we found BSI and are very pleased with the development of Linda and Konstantin. Thank you so much for the contribution of you and your staff"* ~ Markus Stamm

*"We thank the BSI team for the exposure and support in Yurav's development over the last 2 years. It was a pleasure being part of your professional facility"* ~ Raakesh Premlall



## **BSI Sports Study Centre**

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### **BSI Boarding House**

The Boarding House is a home away from home in a safe and secure environment, supervised by 6 live-in staff.

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 Wi-Fi is also available. Single and shared rooms, plus transport and meal options are available. Spaces in the Boarding House are limited. See Boarding House brochure for options and fees.



### **BSI Sports Study Centre Fees**

2020 Fees: R48, 500

Excludes Cambridge subject fees.

Boarding not included.

### **Contact**

Tel: 011 485 1067/68

Email: [info@bsisports.com](mailto:info@bsisports.com)

Website: [www.bsisports.com](http://www.bsisports.com)