

Unleash Your Inner Beast

By Lane Osborne

Sean “The Beast” Fister is built like a bouncer—6’5”, big, and broad shouldered—the size and stature that makes Titleists tremble. They have reason to. As a three time RE/MAX World Long Drive Champion with a swing speed that tops out at over 150 mph, he’s made a career out of bashing golf balls.

But this Long Driver of America Hall of Famer is more brains than brawn, relying on technique over brute strength. That technique, according to Fister, is teachable, which is why he recently opened Fister Golf Power Academy in Charleston.

“I’ve been competing at the world championship level for over twenty years. I’ve set a lot of records in the process, but I’ve also been able to go to all the top golf analysis facilities in the country, getting everything dialed in,” said Fister. “We’re going to offer the average golfer that same tour experience with technique at the center of everything we do.”

To help teach that technique, Fister will incorporate state-of-the-art technology like a Trackman Ball Flight Analysis, which is the standard ball launch monitoring system used among PGA Tour pros and long drive champions. In addition, Fister’s academy boasts a TPI 3D Motion Analysis with “six degrees of freedom,” which means golfers are offered instantaneous, biomechanical feedback from every angle.

“At 240 frames per second, they call [the TPI 3D Motion Analysis] the MRI of the golf swing because it catches things the naked eye simply can’t,” said Fister, who added that finding these technologies housed in any one location is difficult if not impossible. “These are all things that most golfers haven’t had available until now, certainly not all in one place. We’re a one stop shop.”

Fister’s objective to offer everything under one roof doesn’t stop with comprehensive swing analysis, but will also address golfers’ individual physical conditioning.



“We will have a neuromuscular therapist on staff to help people with their connective tissues and getting their range of motion where it needs to be,” said Fister. “As people get older they tend to get stiff, and they don’t necessary have to do that, it’s something we can help fix.”

To help maintain that increased flexibility and gain strength along the way, Fister Golf Power Academy offers the latest in conditioning equipment, including a Kaiser Machine which uses pneumatic technology to improve power and speed, and an impulse inertia machine which Fister credits for extending the careers of PGA Tour veterans.

“Vijay Singh uses [an impulse inertia machine], that’s why he’s continued to be competitive at nearly fifty,” said Fister. “Going to the gym and pumping iron isn’t as efficient as these machines because they take gravity out of the equation, you don’t get injuries, and they’re specific to the golf swing.”

Whether to test or tweak your current equipment or to outfit you with something new, Fister’s academy also includes a club fitting and repair shop to build custom clubs, incorporating the data from the individualized evaluation, analysis, and ball flight characteristics, as well as full service club repair, training aids, and instructional videos.

“I’m trying to get golfers to hit the ball farther and not sacrifice any accuracy,” said Fister. “Part of the process of me fitting people with golf equipment is to do an audit on their clubs and if I see something that’s off and I can fix it, then I’ve provided them with a heck of a service.”

Seminars will be conducted periodically by members of the PGA Tour as well as notable golf instructors to further augment Fister’s current professional golf staff which includes PGA Class A Professional, Simons Cuthbert who Fister said has a wonderful reputation, unparalleled communication skills, and complements his teaching methodology nicely.

Fister Golf Power Academy is open to all golfers who want to improve their conditioning, swings, equipment, and understanding of the game. The academy is located at 1190 Clements Ferry Road in Charleston and appointments or more information is available at fistergolf.com or by calling 843-633-1194.

