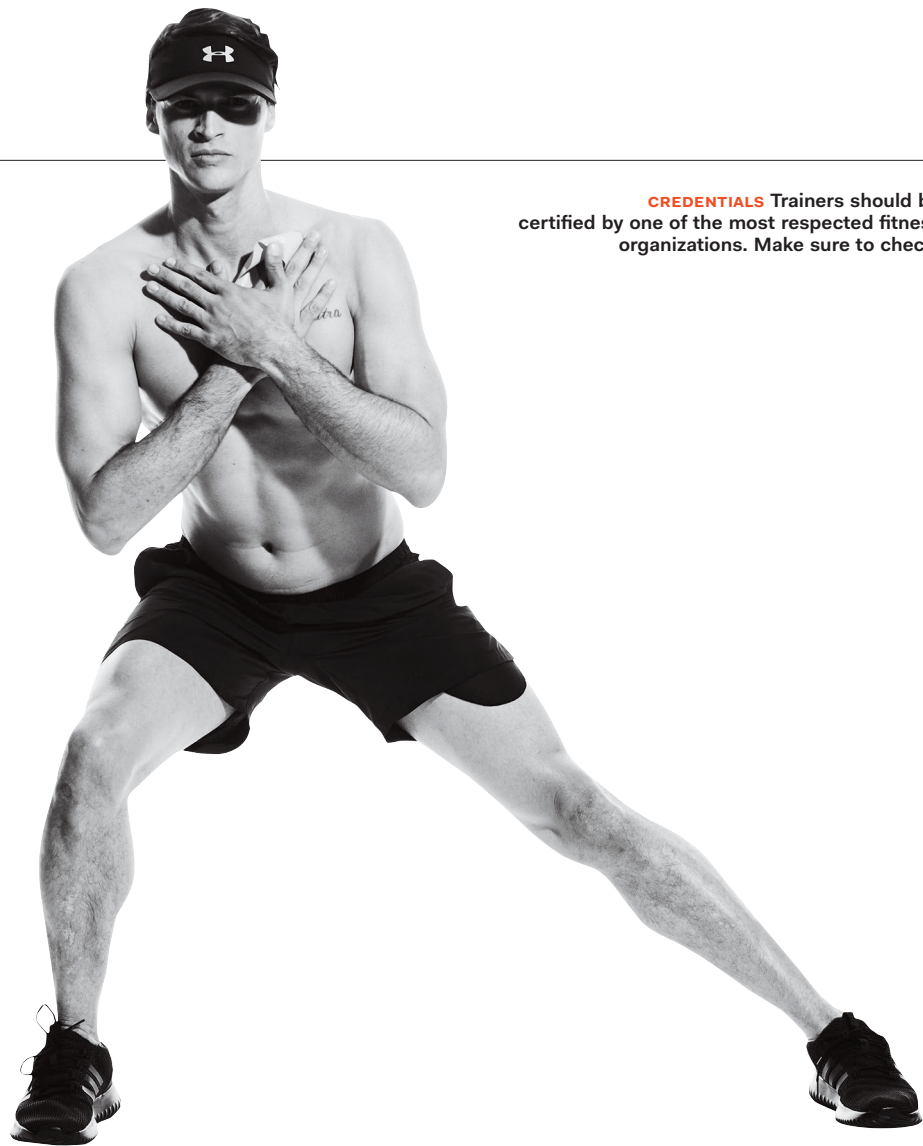


It didn't happen quickly. Heck, it took decades to permeate. But fitness has become a big part of the conversation about what it takes to improve as a golfer. Players looking to swing better, faster, longer and, they hope, injury-free have turned to the gym to help achieve their goals. ▶ That's why we believe it's time to introduce a new ranking—the 50 Best Golf-Fitness Professionals in America. This list, the first of its kind by a fitness- or golf-media company, was compiled by Golf Digest's expert panel of trainers, chiropractors, physical therapists and doctors who nominated their peers based on their knowledge of the game, their knowledge of exercise physiology and biomechanics, and how they apply both in working with clients. ▶ “Imagine choosing any professional simply by walking into the nearest building and saying, ‘OK, I’ll work with you,’” says Ben Shear, Golf Digest’s Fitness Advisor, who first suggested the list. “You probably wouldn’t do that with a doctor, financial planner, or even a golf instructor. Yet, every day people go to their nearest gym and sign up for an individual training session without knowing whether the trainer is qualified. That’s how you end up getting hurt.” ▶▶▶

The 50 Best Golf-Fitness Professionals in America

(and a guide to finding the right trainer for you)



CREDENTIALS Trainers should be certified by one of the most respected fitness organizations. Make sure to check.

“Having the right credentials should start the conversation,” Shear says. “But there are still some things to avoid.”

Steer clear of trainers who are willing to put you through the paces without first giving you a physical evaluation and interviewing you about your goals, preferences for workout intensity and your medical history. Also avoid anyone pushing group training—like CrossFit—without knowing your capabilities. Worse: Throwing you in a group where you’re expected to “keep up” with stronger students.

“Group classes can be a great motivational tool,” Rose says. “Just make sure you’re training with people of similar abilities, and that the classes are small enough that you still get some one-on-one attention.”

Personality plays a big role in finding the right trainer, says Lindsay Becker of Buckeye Performance Golf in Dublin, Ohio. “It’s OK if they push you out of your comfort zone a little,” Becker says. “But when you’re not looking to be pushed, and that’s all they want to do is work you until exhaustion, it’s not a good match. Best to establish right away what your training preferences are.”

Rose agrees. “They need to match your life. First thing the person should say is, ‘What would fit your lifestyle?’ If all you can do is 15 minutes a day, I’ll build you a program for 15 minutes.”

Speaking of commitment, avoid trainers who want to sign you up for anything long-term like an annual contract. Results should be evident fairly quickly, Rose says. “If someone says it’s going to take six months, you’re with the wrong trainer.”

Finally, it’s an absolute must that the trainer is willing to communicate with the golf instructor who best knows your game.

“It doesn’t have to be ongoing, but it’s helpful to know what you’re working on,” Shear says. “Many swing flaws are a result of physical issues that can be corrected in the gym. The trainer and pro can help each other out.” —RON KASPRISKE



► WEST

- JANET ALEXANDER**
Pacific Fitness & Health Inc., Encinitas, Calif.
pacificfitnesshealth.com
EVALUATION: \$200 / HOURLY: \$200
- BRIAN BRADLEY**
Egoscue Method HQ, Del Mar, Calif.
egoscue.com
E: \$0 / H: \$150-\$190
- MILO BRYANT**
Milo-Limitless Fitness, Del Mar, Calif.
milostrong.com, E: \$950 / H: \$250
- BRIAN CHANDLER**
Elevate Sports Performance Las Vegas, elevatespc.com
E: \$500 / H: \$150
- SEAN COCHRAN**
Sean Cochran Sports Performance, San Diego, seancochran.com
E: \$175-\$350 / H: \$175
- DAVID DARBYSHIRE**
Kailua Kona, Hawaii
movementsolutionsint.com
E: N/A / H: N/A
- ANDREA DODDATO**
Hillcrest C.C., Los Angeles
shapeandsport.com
E: \$200 / H: \$150
- TYLER FERRELL**
La Riconada C.C., Los Gatos, Calif.
golfsmartacademy.com
E: \$399 / H: \$150
- LANCE GILL**
Titleist Performance Institute, Oceanside, Calif., lgperformance.com
E: \$1,200 / H: \$150-\$250
- GREG ROSE**
Titleist Performance Institute, Oceanside, Calif., mytpi.com
E: \$1,200 / H: N/A
- RALPH SIMPSON**
Manual Orthopedic & Sports Therapy, Whitefish, Mont., 4most.us
E: \$225 / H: \$125
- DEE TIDWELL**
Colorado Golf Fitness Club, Denver
coloradogolffitnessclub.com
E: \$125 / H: \$125

► SOUTHWEST

- JEFFREY BANASZAK**
Back9Fitness Performance Center, Arlington, Texas, back9fitness.com
E: \$250 / H: \$100
- DAMON GODDARD**
AMPD Golf Performance, Dallas
ampdgolfperformance.com
E: \$350 / H: \$300
- ANDREW HANNON**
Premier Fitness Systems, Scottsdale
premierfitnesssystems.com
E: \$0 / H: \$85-\$100
- CLINT HOWARD**
Golf Fitness Systems, Tulsa
golffitnesssystems.com
E: \$150 / H: \$80-\$90
- GREG MCLEAN**
Premier Fitness Systems, Scottsdale
premierfitnesssystems.com
E: \$150 / H: \$100
- PAM OWENS**
Pam Owens Fitness, Houston
pamowensfitness.com
E: \$300 / H: \$110

- KATHERINE ROBERTS**
Troon North G.C., Scottsdale
yogaforgolfers.com
E: \$275 / H: \$150
- SPENCER TATUM**
Advantage Training, Scottsdale
advantagetraining.fit
E: \$199 / H: \$150
- TROY VAN BIEZEN**
ChiroSport Specialists of Dallas
chirosportspecialists.com
E: \$250 / H: \$90

► MIDWEST

- LINDSAY BECKER**
Buckeye Performance Golf, Dublin, Ohio
buckeyeperformancegolf.com
E: \$150 / H: \$100
- NEAL HAUSCH**
Golf Fitness Plus, Akron, Ohio
golffitnessplus.com
E: \$200 / H: \$100
- LENNY MELLO**
Pillar Health & Sport Performance, Louisville
pillarsport.com
E: \$200 / H: \$80-\$100
- JEFF PELIZZARO**
Empire Fitness Academy, St. Louis, 18strong.com
E: \$125 / H: \$90

- CORY PUYEAR**
P.U.R.E. Golf, Northfield, Ill.
pure-golf.net
E: \$325 / H: \$130
- JANINE YOUNG**
Elite Golf and Fitness, Overland Park, Kan., elitegolfandfitness.com
E: \$200 / H: \$20-\$100

► NORTHEAST

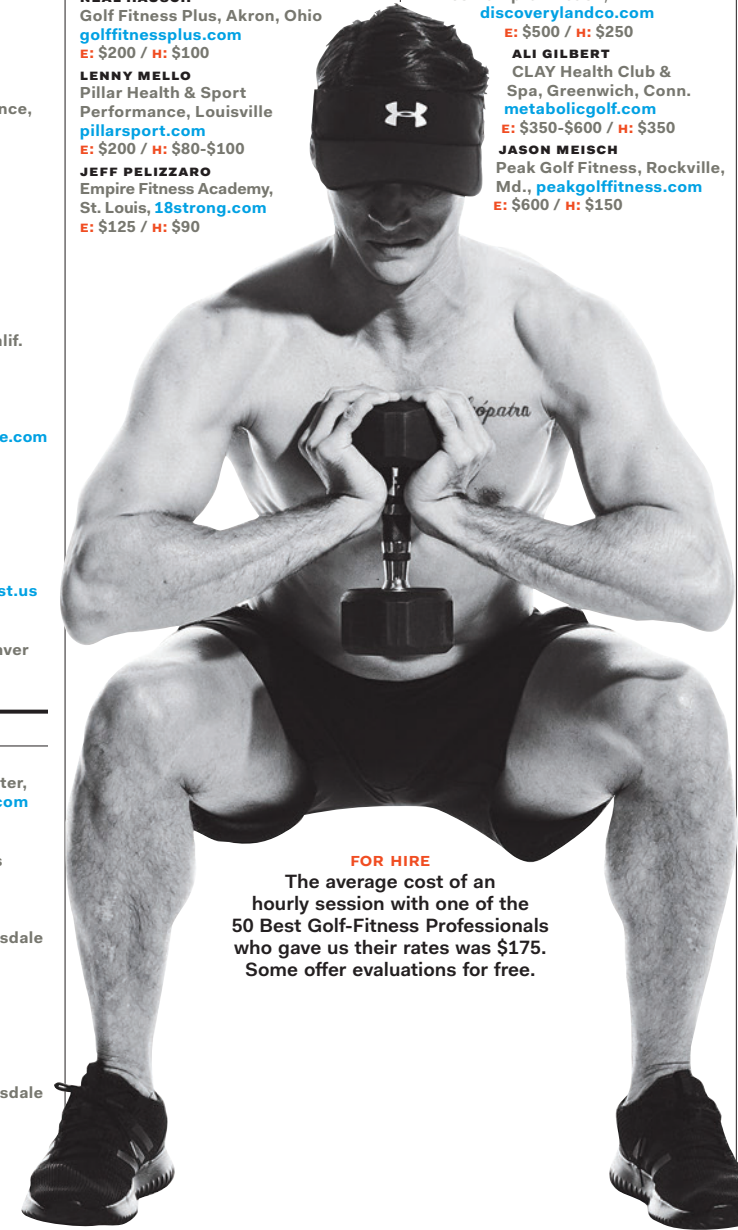
- RYAN ANDERSON**
Ben Shear Golf, Scotch Plains, N.J.
bensheargolf.com, E: \$150 / H: \$90-\$99
- MIKE BOYLE**
Mike Boyle Strength & Conditioning, Woburn, Mass., bodybyboyle.com
E: \$90 / H: \$90
- ROBERT DUVAL**
Discovery Land Company, Westhampton Beach, N.Y.
discoverylandco.com
E: \$500 / H: \$250
- ALI GILBERT**
CLAY Health Club & Spa, Greenwich, Conn.
metabolicgolf.com
E: \$350-\$600 / H: \$350
- JASON MEISCH**
Peak Golf Fitness, Rockville, Md., peakgolffitness.com
E: \$600 / H: \$150

- DON SALADINO**
Drive 495, New York City
driveclubs.com
E: \$0 / H: \$1,000
- BEN SHEAR**
Ben Shear Golf, Scotch Plains, N.J.
bensheargolf.com
E: \$395-\$695 / H: \$200

► SOUTHEAST

- TREVOR ANDERSON**
Better Every Day Performance Institute, Orlando
bettereverydayorlando.com
E: \$200 / H: \$100
- RYAN BLACKBURN**
Orlando Golf Performance
orlandogolfperformance.com
E: \$0 / H: \$60-\$80
- JOHN D'AMICO**
Golf Fitness Edge, Naples, Fla.
golffitnessedge.com
E: \$300 / H: \$100
- CRAIG DAVIES**
Depth Institute, Winter Garden, Fla.
achievedepth.com
E: \$500-\$2,500 / H: \$250-\$350
- JOEY DIOVISALVI**
Joey D Golf Sports Training Center, Jupiter, Fla., joeydgold.com
E: \$750 / H: \$275
- DAVID DONATUCCI**
Florida Institute of Performance, Palm Beach Gardens, Fla.
floridainstituteofperformance.com
E: \$150 / H: \$200
- JEFF FRONK**
F45 Training Olde Raleigh, Raleigh, N.C., f45training.com
E: \$200 / H: \$60
- DAN HELLMAN**
Hellman Holistic Health, Fort Lauderdale
hellmanholistichealth.com
E: \$250 / H: \$250
- DAVE HERMAN**
Dave Herman Performance, Winter Garden, Fla.
davehermanperformance.com
E: \$185 / H: N/A
- ADAM KERLEY**
Exos Sports Medicine, Knoxville, Tenn.
teamexos.com
E: \$125 / H: \$100
- DAVID MALONEY**
Golf Conditioning & Performance, Tysons Corner, Va.
golfcp.com
E: \$400 / H: \$100
- RANDY MYERS**
Sea Island Golf Performance Center, St. Simons Island, Ga.
randymyersgolf.com
E: \$575 / H: \$360
- KAREN PALACIOS-JANSEN**
Trump National Charlotte G.C.
cardiogolf.com
E: \$125 / H: \$125
- SCOTT SHEPARD**
Driven Sports Performance Training, Lake Mary, Fla.
drivenspt.com
E: \$250 / H: \$85
- KOLBY TULLIER**
Joey D Golf Sports Training Center, Jupiter, Fla., joeydgold.com
E: \$750 / H: \$275
- MIKE VOIGHT**
Performance One Golf, Franklin, Tenn.
performance1training.com
E: \$385 / H: \$150

“First thing the person should say is, ‘What would fit your lifestyle?’ ”



FOR HIRE
The average cost of an hourly session with one of the 50 Best Golf-Fitness Professionals who gave us their rates was \$175. Some offer evaluations for free.

HIRING THE RIGHT TRAINER

Interested in working with someone who specializes in golf fitness? Here are the types of questions to ask and some of the trainers to avoid. ► “I’d want to know what that trainer knows about the golf swing—that’s a good start,” says Greg Rose, co-founder of the Titleist Performance Institute in Oceanside, Calif. “An extra step would be to speak with some of the golfers that trainer has worked with to get an idea of how he or she uses the gym to improve their games.” ► Fitness credentials also are important, says Ben Shear, who has trained several tour players. “A degree in exercise physiology isn’t a must, but it helps. More important, how long have they been training? Are they certified by one of the big organizations in fitness?” ► Among the most respected are the National Academy of Sports Medicine, National Strength and Conditioning Association (look for CSCS certification), C.H.E.K Institute and the Titleist Performance Institute. TPI is the only group certifying trainers specifically for golf fitness. Another more general accreditation that is acceptable, Shear says, is ACE, short for the American Council on Exercise.