

= Doug Fister =

Douglas Wildes Fister (born February 4 , 1984) is an American professional baseball pitcher for the Houston Astros of Major League Baseball (MLB) . He previously played in MLB for the Seattle Mariners , Detroit Tigers and Washington Nationals .

Fister bats left @-@ handed , and throws right @-@ handed . He was born in Merced , California and attended Golden Valley High School . He then attended Merced College , and later Fresno State University . He spent four seasons (2006 ? 2009) in the Seattle Mariners minor league organization before being promoted to their Major League roster in 2009 .

= = Early life = =

Fister was born February 4 , 1984 , to Larry and Jan Fister . Larry Fister is a fire captain who played football at Fresno State University from 1976 to 1977 . Jan is a homemaker . Fister has three siblings ; a brother and two sisters . He grew up in Merced , California where he began playing baseball at the age of six .

He was a fan of both the Oakland Athletics and San Francisco Giants as a child . His favorite player was Cal Ripken , Jr . Fister also played soccer , football and basketball as a child . He shares a middle name (Wildes) with both his father and grandfather .

= = Amateur career = =

= = = High school = = =

Fister attended Golden Valley High School where he pitched and was the team 's utility player . He was a two @-@ year letterman and a first @-@ team All @-@ Central California Conference selection in his senior season , batting .456 with a home run and 12 runs batted in (RBIs) . He was also named a first team all @-@ conference selection in basketball , averaging over 30 points per game as a senior . He and former MLB catcher Dusty Ryan graduated in the same class .

= = = College = = =

Fister attended Merced College from 2003 to 2004 . At Merced , he was a two @-@ year letterman and participated in the 2003 Junior College All @-@ Star Game . In 2003 , he was a preseason All @-@ American . Fister was drafted by the San Francisco Giants in the 49th round of the 2004 Major League Baseball draft but chose to transfer to Division I Fresno State University , where he played for the Bulldogs . In 2005 , Fister led Fresno State with wins (7) and was second on the team in innings pitched (932 ? 3) and strikeouts (77) . He also appeared in 26 games at first base in 2005 . That season , he was drafted by the New York Yankees in the sixth round but chose to stay at Fresno State for his senior season . In 2006 , Fister had an 8 @-@ 6 record and a 4 @. @ 10 earned run average in 20 games . Following the season , Fister was drafted by the Seattle Mariners in the seventh round of the 2006 Major League Baseball draft .

= = Professional career = =

= = = Seattle Mariners = = =

= = = = 2006 ? 2007 seasons = = = =

Fister was selected by the Seattle Mariners in the seventh round of the 2006 Major League

Baseball draft , and signed on June 10 , 2006 . He began his professional career that season with the Class @-@ A Short @-@ Season Everett AquaSox of the Northwest League . Fister went 3 ? 5 with a 2 @.@ 25 ERA , four saves , and 35 strikeouts in 20 games ; four starts . He was first on the AquaSox in games finished (13) , and ERA ; tied for second in saves , and wins ; and was third among pitchers in games played (20) . The next season , 2007 , Fister played with the Double @-@ A West Tenn Diamond Jaxx of the Southern League . That season , he went 7 ? 8 with a 4 @.@ 60 ERA , one complete game , and 85 strikeouts in 24 games , all starts . Fister led the Diamond Jaxx pitching staff in wins , and home runs allowed (14) ; was tied for first in complete games ; was second in hits allowed (156) ; and was third in losses , games started , innings pitched (131) , runs allowed (78) , and earned runs allowed (67) .

===== 2008 season =====

Fister continued to play for the Double @-@ A West Tenn Diamond Jaxx in 2008 . On April 23 , Fister was named the Southern League Pitcher of the Week . Fister became the Southern League 's first 10 @-@ game loser on July 10 . On the season , Fister went 6 ? 14 with a 5 @.@ 43 ERA , and 104 strikeouts in 31 games ; 23 starts . Fister was first among Diamond Jaxx pitchers in losses , games started , innings pitched (134 1 ? 3) , hits allowed (155) , runs allowed (95) , earned runs allowed (81) , home runs allowed (12) ; and was second in wins , bases on balls (walks) allowed (45) , and strikeouts . He was also first in the Southern League in runs allowed ; and was second in losses , and earned runs allowed . At the end of the 2008 regular season , Fister played in the Arizona Fall League (AFL) with the Peoria Javelinas . In the AFL , Fister was involved in no decisions with a 3 @.@ 32 ERA , and 22 strikeouts in 11 games , all in relief .

===== 2009 season =====

In 2009 , Fister began the season with the Double @-@ A West Tenn Diamond Jaxx for the third time in his career . However , he was later promoted to the Triple @-@ A Tacoma Rainiers , and eventually the Seattle Mariners .

In just two games with the Diamond Jaxx , Fister went 1 ? 0 and gave @-@ up no earned runs . With the Rainiers , Fister went 6 ? 4 with a 3 @.@ 81 ERA , and 79 strikeouts in 22 games , 17 starts .

On August 7 , Fister was promoted to the majors . As a result , pitcher Jason Vargas was optioned to Triple @-@ A Tacoma to make room for Fister on the Mariners ' 25 @-@ man roster .

In his major league debut against the Tampa Bay Rays on August 8 , Fister pitched one inning , struck out one , gave up one hit , and gave up one walk . He made his first start on August 11 against the Chicago White Sox and picked up the loss . Fister 's first win came on August 16 against the New York Yankees . Fister finished the season with a major league record of 3 ? 4 with a 4 @.@ 13 ERA , and 36 strikeouts in 11 games , 10 starts .

===== 2010 season =====

In 2010 , Fister started the first game for the Mariners in spring training . Going into the season , Fister , and fellow starting pitchers Garrett Olson , Luke French and Jason Vargas competed for the Mariners ' fifth spot in the starting rotation . Fister ended up getting a job in the rotation (as did Vargas) . On April 19 , Fister took a no @-@ hitter into the seventh inning against the Baltimore Orioles until it was broken up by Nick Markakis ' leadoff single . Although the Mariners suffered early season woes , the Seattle Post @-@ Intelligencer praised Fister and fellow starter Jason Vargas as reasons for why the Mariners were not doing worse , stating , " If Doug Fister and Jason Vargas hadn 't been excellent at the back end of the rotation , God knows where this club would be . "

===== 2011 season =====

In 2011 , Fister was the Mariners ' number three starter behind Félix Hernández and Jason Vargas .

= = = Detroit Tigers = = =

On July 30 , 2011 , Fister was traded to the Detroit Tigers along with relief pitcher David Pauley in exchange for Casper Wells , Charlie Furbush , Francisco Martinez , and a player to be named later . On August 17 , the Tigers sent former first round pick Chance Ruffin to the Mariners to complete the trade . Before being dealt to the Detroit Tigers , Fister had a 3 ? 12 record with a 3 @. @ 33 ERA in 21 starts .

After his trade to the Tigers , Fister went 8 ? 1 with a 1 @. @ 79 ERA in 10 starts . He finished the 2011 regular season 11 ? 13 , with an ERA of 2 @. @ 83 that placed him fourth among American League pitchers .

Fister was named the American League Pitcher of the Month for September after going 5 ? 0 with a 0 @. @ 53 ERA in five starts .

Facing the New York Yankees in the American League Divisional Series , Fister bounced back from a rough game 1 outing to earn the win in the decisive game 5 . Fister limited the Yankees to one run on five hits and two walks over five innings in the Tigers 3 ? 2 victory , which sent them to the American League Championship Series .

In Game 3 of the American League Championship Series , he held the Texas Rangers ' offense to two runs in 7 1 ? 3 innings to get the win in a 5 ? 2 Tigers victory .

= = = 2012 season = = =

On April 7 while pitching against the Red Sox , Fister left the game due to an injury . The next day , Fister was placed on the 15 @- @ day disabled list with a strain of the costochondral muscle in his left side , an injury to the ribcage . Brayan Villarreal was recalled from Triple @- @ A Toledo to take his place on the roster . On September 22 , Fister threw his first career shutout , blanking the Minnesota Twins 8 @- @ 0 on seven hits . In his next start on September 27 , Doug set an American League record by striking out nine batters in a row against the Kansas City Royals . This was just one short of the major league record (10) set by Tom Seaver in 1970 . He finished the 2012 regular season with a 10 @- @ 10 record and a 3 @. @ 45 ERA in 26 starts .

Fister pitched in the second game of the ALDS against the Oakland A 's , picking up a no decision in a 5 ? 4 victory while giving up two runs in seven innings . He also got a no @- @ decision in Game 1 of the 2012 ALCS against the New York Yankees , despite surrendering no runs in 6 1 ? 3 innings of work . Fister was struck in the head by a line drive off the bat of Giants outfielder Gregor Blanco during the second inning of Game 2 of the 2012 World Series . Fister continued to pitch the game , holding the Giants to one run over six innings before turning it over to the bullpen .

= = = 2013 season = = =

Fister was injury @- @ free in 2013 , making 32 starts for the Tigers . He set career highs in wins (14) , win percentage (14 @- @ 9 , .609) and strikeouts (159) , while finishing the regular season with a 3 @. @ 67 ERA .

Doug made a start in Game 4 of the 2013 ALDS against the Oakland Athletics , with the Tigers facing elimination . He gave up three runs and seven hits in six innings of work . The Tigers won the game with a late rally , so Fister did not factor in the decision . In Game 4 of the 2013 ALCS against the Boston Red Sox , Fister gave up just one run on eight hits , striking out seven over six innings and earning the win in a 7 @- @ 3 Tigers victory .

Following the 2013 season , Fister was named a finalist for the Gold Glove Award for the pitcher position alongside Mark Buehrle and R.A. Dickey . Fister finished the season with zero errors for a perfect 1 @. @ 000 fielding percentage . Additionally , he led all American League pitchers in putouts (23) and double plays started (5) , and was seventh in assists (29) .

== Washington Nationals ==

On December 2 , 2013 , Doug Fister was traded to the Washington Nationals for utility man Steve Lombardozzi and left handed pitchers Ian Krol and Robbie Ray .

=== 2014 season ===

During spring training with the Nationals , Doug developed a strained lat muscle on his right side that put him on the disabled list to start the 2014 season . He returned on May 9 against the Oakland Athletics where he gave up 5 earned runs on 9 hits in 4 @. @ 1 innings . He bounced back in his next start , against the Arizona Diamondbacks , Fister gave up just 1 earned run on 5 hits in 7 innings .

Fister would conclude the 2014 season with a 16 @- @ 6 record over 164 IP , tallying 98 strikeouts , a 1 @. @ 08 WHIP (5th in the NL among qualified starters) , and a 2 @. @ 41 ERA (4th in the NL) .

=== 2015 season ===

Fister pitched in 25 games for the Nationals in 2015 , 15 of which were starts . He posted a 5 ? 7 record , 4 @. @ 19 ERA , and 63 strikeouts in 103 innings pitched .

== Houston Astros ==

On January 28 , 2016 , Fister signed a one @- @ year , \$ 7 million contract with the Houston Astros .

== Pitching style ==

Fister throws four pitches , and is mainly a groundball pitcher . His two seam fastball is thrown at 88 ? 91 mph . His other pitches are a cutter (85 ? 87) , a curveball (73 ? 79) , and a changeup (80 ? 84) . The curveball is his best swing @- @ and @- @ miss pitch , with a career whiff rate of over 30 % . Fister walks few batters ; he finished third and fourth in 2010 and 2011 , respectively , in lowest walks per nine innings ratio .

Fister runs 10 miles each day that he does not pitch .

Fister stands 6 feet 8 inches tall , and is among the tallest players in the Major Leagues .