

	Name	Team	League	Age	AB	H	SB	CS	BB	K	HBP	SF	1B	2B	3B	HR	R	RBI	AVG	K%	BB%	OBP	SLG	BABIP	OPS	Thoughts
1)	Pujols, Albert	STL	NL	30	575	193	10	3	115	65	8	8	105	45	1	42	115	130	.336	11.30%	16.67%	.448	.637	.323	1.085	He is the best hitter in the game, bar none. That's all that really needs to be said about Albert Pujols at this point. He should be the #1 pick in all formats.
2)	Teixeira, Mark	NYN	AL	29	615	186	2	0	88	115	9	7	102	41	1	42	100	125	.302	18.70%	12.52%	.394	.577	.314	.971	Can you imagine what he can do if he ever gets out of the gate on fire? If he hadn't opened hitting .200 with 3 HR in April, he would've been a Top 5 player. He certainly benefits from the new Yankees Stadium (24 HR, 71 RBI), and that is something that isn't going to change. He is one of the best options and a sure fire first round pick.
3)	Cabrera, Miguel	DET	AL	26	615	200	4	1	72	123	6	7	125	38	1	36	95	115	.325	20.00%	10.48%	.397	.566	.360	.963	One of the best pure hitters in the game, period. He's never had 200 hits in a season, but this could be the year that he adds the feat. He posted BABIP of .363, .382 and .361 from 2005-2007, so would it be so unbelievable?
4)	Howard, Ryan	PHI	NL	30	600	157	3	0	82	195	5	7	75	32	2	48	105	140	.262	32.50%	12.02%	.352	.562	.305	.914	Lots of strikeouts, but it comes with a ton of power. As long as he can post a solid BABIP, the average will be usable. The power, on the other hand, is simply unmatched.
5)	Fielder, Prince	MIL	NL	25	585	172	2	2	95	132	11	10	95	35	2	40	95	115	.294	22.56%	13.97%	.397	.566	.320	.963	If it hadn't been for that 34 HR performance in 2007, raising some big question marks, the power projection likely would have been pushed even further. You have to wonder if he's going to be one of these players who trades off power seasons, so 2010 will be very telling for his long-term forecast.
6)	Morneau, Justin	MIN	AL	28	600	178	0	1	77	93	4	10	109	35	1	33	90	110	.297	15.50%	11.37%	.375	.523	.306	.898	I know people questioned his power, especially after 2008 (23 HR), but he had 47 doubles that season. He's a 30+ HR guy who should hit right around .300. Where's the problem?
7)	Youkilis, Kevin	BOS	AL	31	535	164	5	2	80	110	14	7	93	40	2	29	95	105	.307	20.56%	13.01%	.406	.551	.341	.957	For those who didn't believe his 2008 success was for real (.312, 29 HR, 115 RBI, 91 R), Youkilis quieted his doubters by nearly replicating his numbers (.305, 27 HR, 94 RBI, 99 R) despite playing in only 136 games. At this point there is no reason to think he'll produce any differently.
8)	Gonzalez, Adrian	SD	NL	27	580	167	1	1	85	120	6	6	101	32	1	33	85	100	.288	20.69%	12.78%	.381	.517	.314	.898	There are two numbers that jump out at me from his 2009 campaign. First was his 17.7% walk rate, which was due to having little protection in the line-up. Even if he stays in San Diego, the chances of that number staying that high would seem unlikely. Second was his 28 HR on the road. Can we really expect him to maintain that? Unless he gets to call a better hitter's park home, a falloff in HR is likely (40 HR in '09).
9)	Reynolds, Mark	ARI	NL	26	585	146	16	4	72	215	6	6	74	35	1	36	95	105	.250	36.75%	10.96%	.335	.497	.329	.832	The power he showed was unbelievable in 2009 (44 HR), but he hasn't shown enough for me to believe the 26.0% HR/FB. It is not hard for me to imagine a few of those not clearing the wall, meaning more doubles but less HR. Additionally, he showed SB potential that he had never done before, so look for a bit of a falloff there as well. He's going to have value, but don't reach too high to get him. To me, with the risk of a power regression, he's not worth the second round gamble.

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10)	Morales, Kendry	LAA	AL	26	575	173	2	2	47	103	3	8	97	45	2	29	90	95	.301	17.91%	7.56%	.352	.537	.325	.889	Morales showed a power boost that no one really saw coming (34 HR). At 26-years old, it could continue, but I don't believe it'll be at the same level. His 18.1% HR/FB seems a bit out of line and is likely to fall slightly. You also have to look at his 21 HR at home and wonder if that is something he can repeat. Couple those two things and you get less power in 2010.
11)	Votto, Joey	CIN	NL	26	540	162	6	3	73	110	4	4	92	40	1	29	85	100	.300	20.37%	11.91%	.385	.539	.332	.924	He's a solid player, so don't get me wrong, but I wouldn't expect him to build very much on the 25 HR season he posted in 2009. He had a flyball rate of 39.3% and a HR/FB of 17.5%. I don't see the latter increasing much (he was in the Top 30 in '09), so he would need more flyballs for a significant jump. He should be a good option, but he is not going to join the ranks of the top players at his position.
12)	Berkman, Lance	HOU	NL	34	540	168	6	3	100	108	6	6	112	28	1	27	80	95	.311	20.00%	15.63%	.420	.517	.348	.937	The power has been in a downspin, going from 45 to 34 to 29 to 25 over the past four seasons, but you have to think he's hit bottom, especially playing in that ballpark. He's long proven that he can hit and despite his slow start in '09 he ultimately came around. He has hit .310 or better every other season since 2004, putting 2010 in line if the trend continues.
13)	Sandoval, Pablo	SF	NL	23	580	186	4	6	65	78	7	6	118	42	3	23	85	95	.321	13.45%	10.08%	.392	.522	.340	.914	Home or away... Righties or lefties... It just didn't matter to Sandoval in 2009. He took a major step forward and emerged as a solid fantasy option in all formats. The one problem is the power, which may not be up to par against the best of the best, but other than that he is a stud option, especially at 3B in '10.
14)	Butler, Billy	KC	AL	23	585	182	1	1	64	93	4	7	110	42	1	29	85	105	.311	15.90%	9.86%	.379	.535	.330	.914	The biggest question surrounding Butler has always been his power, but with 51 doubles last season you have to think that it is there, he just hasn't fully tapped into it. At 23-years old it would not be surprising to see him increase his 34.8% flyball rate. In turn, some of the doubles will find their way over the fence, meaning 2010 could be his true breakout campaign.
15)	Martinez, Victor	BOS	AL	31	560	174	0	0	68	77	5	7	113	40	1	20	90	110	.311	13.75%	10.83%	.386	.493	.333	.879	After heading to Boston Martinez hit .336 with 8 HR and 41 RBI. While the power may not get a huge bump, his average and RBI totals could be better than ever. He portrays as an amazing catcher but a low-end 1B.
16)	Dunn, Adam	CIN	NL	30	530	132	2	1	105	167	6	6	67	25	0	40	80	100	.249	31.51%	16.54%	.376	.523	.285	.899	At this point, is there much we don't know about Dunn? He's a pure power hitter, which he has proven time and time again. While there were some statistical aberrations in 2009 (BABIP of .326 despite his highest FB% since '05 and his lowest HR/FB since '03), we all know he's one of the best HR options in the game.
17)	Lee, Derrek	CHC	NL	34	550	157	5	1	71	118	5	6	90	41	1	25	90	90	.285	21.45%	11.43%	.369	.500	.324	.869	Where did his 2009 power surge come from? A 17.9% HR/FB appears to be unrealistic. So does the career high 45.7% flyball rate, a number that is not even close to his career mark of 38.9%. Talk about a recovery from his wrist injury all you want, but a drop in power should surely be expected, affecting his value greatly.

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18)	Pena, Carlos	TB	AL	31	500	123	2	2	82	158	11	8	61	28	1	33	80	100	.246	31.60%	14.09%	.359	.504	.291	.863	The .253 BABIP is not likely to be repeated, so he should improve on his .227 average. The problem I just don't see him repeating a 54.1% flyball rate, so look for a regression in the power department, where the majority of his value lies.
19)	Cuddyer, Michael	MIN	AL	31	550	157	6	2	60	110	6	5	91	37	5	24	90	85	.285	20.00%	9.84%	.359	.502	.320	.861	How will the new ballpark in Minnesota play? If we could answer that question, we would have a much better idea as to how good he could potentially be (he had 18 HR at home in '09 vs. 14 on the road). He's never shown the potential to be a 30+ HR hitter, so look for a sizable decrease there.
20)	LaRoche, Adam	ARI	NL	30	550	150	2	1	65	138	3	7	84	38	1	27	80	90	.273	25.09%	10.57%	.349	.493	.319	.842	If he could ever put together a full season, he'd likely be an All-Star. Unfortunately, he's a notoriously slow starter (.250, 12 HR, 39 RBI in the 1st half vs. .311, 13 HR, 44 RBI in the 2nd half), limiting his value. He joins the Diamondbacks, where he will slide into the middle of the order and be given an opportunity to drive in plenty of rounds. If you have a deep enough bench where you can stash him, just in case he starts slowly again, he's certainly worth gambling on in case this is the year he finally puts it together.
21)	Konerko, Paul	CHW	AL	34	515	145	1	0	70	93	8	6	93	28	0	24	80	85	.282	18.06%	11.97%	.372	.476	.304	.848	What is interesting to see when you look at Konerko is his HR home/road splits: 94 at home and 62 on the road since 2005. He's more suited as a CI at this point in his career, but weekly league owners, even in shallower formats, could benefit from using him in a full week of home games.
22)	Jones, Garrett	PIT	NL	28	500	130	12	3	40	116	2	5	71	33	1	25	70	80	.260	23.20%	7.41%	.314	.480	.292	.794	He had a great run last season, hitting 21 HR in 82 games, but I just don't believe it. He's shown power before, but not like that (23 HR in 527 AAA at bats in '08 and 12 HR in 277 AAA at bats in '09). He'll be good, especially with the potential for double-digit stolen bases, but he's not the type of player that he showed last season.
23)	Helton, Todd	COL	NL	36	510	150	0	0	97	68	3	8	92	40	1	17	80	80	.294	13.33%	15.98%	.405	.476	.313	.881	He's not the player he once was, we all know that, but he still has shown that he can hit for extra bases (56 XBH in '09). That makes him a usable option in leagues that require a corner infielder, but when you know your looking at someone who, in a best case scenario, goes 20 HR, 90 RBI and 90 R (and that's a real long shot) you know he's a low-end option in most formats.
24)	Cantu, Jorge	FLA	NL	28	590	165	2	2	41	106	8	6	107	40	0	18	70	80	.280	17.97%	6.50%	.332	.439	.315	.771	The power he showed in 2008 (29 HR) seems to be an aberration, as it came courtesy of a 12.3% HR/FB (which fell to 7.4% last season and resulted in 16 HR). That appears to be a much more realistic number for him, meaning he's likely to be just a low-end option on draft day.
25)	Loney, James	LAD	NL	25	580	168	10	4	57	73	3	5	112	36	4	16	75	85	.290	12.59%	8.95%	.353	.448	.310	.801	He's posted back-to-back 7.3% HR/FB rates, so does anyone still believe in the HR barrage he put on when he was called up in 2007? He's far from a power hitter and without an elite average, he's a low-end option in even the deepest of formats though the stolen base potential does give him added value over other low-end options.

	Name	Team	League	Age	AB	H	SB	CS	BB	K	HBP	SF	1B	2B	3B	HR	R	RBI	AVG	K%	BB%	OBP	SLG	BABIP	OPS	Thoughts
26)	Johnson, Nick	NY Yankees	AL	31	475	144	3	1	97	95	11	5	103	26	1	14	90	75	.303	20.00%	16.96%	.429	.451	.355	.880	If he can stay healthy, he certainly should benefit from the Yankees lineup and the confines of the new Yankee Stadium. No, he's not going to be a top option, but he should be usable, especially if he hits in the #2 hole as currently expected.
27)	Davis, Chris	TEX	AL	24	450	120	1	0	36	130	5	7	65	28	1	26	70	75	.267	28.89%	7.41%	.323	.507	.320	.830	He showed vast improvement upon returning from the minor leagues, posting a 27.96% strikeout rate in September. I know it's still high, but it's a step in the right direction. If he's handed everyday AB and can put the ball in play, he's going to be extremely dangerous.
28)	Atkins, Garrett	BAL	AL	30	475	130	1	0	54	76	3	6	83	28	1	18	65	75	.274	16.00%	10.21%	.348	.451	.294	.799	He will attempt to resurrect his career in Baltimore, and there's little doubt that he's going to be able to, at least to an extent (a .247 BABIP just won't be repeated). Don't look for him to be the player he was in Coors Field, but certainly worth a flyer.
29)	Delgado, Carlos	FA		37	400	110	0	0	49	88	6	6	66	21	0	23	50	65	.275	22.00%	10.91%	.358	.500	.301	.858	There are two real questions surrounding Delgado in 2010: 1) Is he healthy and 2) Where is he going to play? Playing time is going to be the biggest issue, so look for these projections to change, potentially significantly, once he signs a contract.
30)	Huff, Aubrey	SF	NL	33	500	139	2	2	47	78	5	5	93	28	1	17	55	70	.278	15.60%	8.59%	.343	.440	.301	.783	After last season, you have to wonder exactly what you are going to get. He's hit 15 HR in two of the last three seasons, so the 32 in '08 sticks out like a sore thumb (he also had a career best FB% of 41.7% that season, vs. his career mark of 36.5%). Don't let it attract you on draft day, outside of being a late round sleeper.

The Rest:

	Alonso, Yonder	CIN	NL	22	50	14	0	0	4	10	0	1	9	4	0	1	5	10	.280	20.00%	7.41%	.327	.420	.333	.747	He's got a big future, but he has not played above Double-A and barring an injury to Joey Votto, where is he going to play? He's likely another year away before making an impact, though a September callup is possible.
	Blalock, Hank	FA	FA	29	300	77	2	1	24	60	3	3	43	18	2	14	45	50	.257	20.00%	7.41%	.315	.470	.279	.785	Still on the free agent market, it's hard to imagine him finding a job that will allow him regular playing. Without that, he's got little value for fantasy owners.
	Brayan, Russell	FA	FA	34	400	98	2	1	57	135	6	6	53	20	0	25	55	65	.245	33.75%	12.47%	.343	.483	.304	.826	He's always had a ton of power, just never given the chance to play everyday. With that first opportunity, he showed what he could do (31 HR in 431 AB), but at 34-years old I'm not sold that he will be able to continue that surge. The average is also a big black cloud because with the amount he strikes out (career 38.9%), it's nearly impossible for him to post a usable number. Unless he blossoms into a 40 HR guy (unlikely), he's not a very good option. At this point, however, you also have to question if he will even find an everyday job as he remains unsigned.
	Carp, Mike	SEA	AL	23	200	51	0	0	22	48	4	3	32	12	0	7	25	25	.255	24.00%	9.91%	.336	.420	.303	.756	There were thoughts that Carp could get an opportunity at 1B for the Mariners in 2009, but it wasn't to be. With Russell Brayan likely heading out of town, he could get an opportunity, but the additions of Casey Kotchman & Ryan Garko makes it seem like AB will be tough to come by. Look for him to start the season at Triple-A, but he could get a look before the year is out.

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Carter, Chris	OAK	AL	23	250	61	3	1	28	75	3	5	34	14	1	12	40	40	.244	30.00%	10.07%	.322	.452	.301	.774	Would it really be surprising to see him win the job in Spring Training, overtaking Daric Barton, and having a successful campaign? He had 39 HR in Single-A in 2008 in the White Sox organization, certainly making him an intriguing option. Of course, he put over 60% of his balls in the air that season, something that is highly unlikely to be repeated. Still, he could be a sleeper in the deepest of formats, though one that won't be likely to post a very good average.
Clement, Jeff	PIT	NL	26	425	115	0	0	46	102	5	2	74	24	1	16	60	65	.271	24.00%	9.77%	.347	.445	.322	.792	He appears primed to be the Pirates first baseman, with Garrett Jones taking up an outfield spot (barring a further move). He was once considered a top prospect and certainly shouldn't be overlooked on draft day, though as nothing more than a reserve spot.
Garko, Ryan	SEA	AL	29	400	112	0	0	36	63	12	6	79	20	1	12	50	60	.280	15.75%	8.26%	.352	.425	.308	.777	Acquired to be the bat the Giants desperately needed, he failed miserably in that regard. He hit .235 with 2 HR in 115 AB after the trade and ended up sharing time. He joins the Mariners, where he will again be splitting time, but there may not be a better opportunity for him. Both Casey Kotchman and Milton Bradley have dealt with injuries throughout the years, so seeing him get a chance should not be surprise. He's not a top option, but monitor him on the waiver wire just in case.
Giambi, Jason	COL	NL	39	200	48	0	0	36	52	6	2	26	11	0	11	30	35	.240	26.00%	15.25%	.369	.460	.270	.829	His days as a starter are long behind him. Don't even bother considering him in any format.
Ishikawa, Travis	SF	NL	26	250	65	1	1	24	65	3	2	41	15	2	7	35	35	.260	26.00%	8.76%	.330	.420	.326	.750	The Giants appear resigned to use him as a reserve, not a starting 1B. That makes him virtually irrelevant on draft day.
Kotchman, Casey	LAA	AL	27	450	127	1	0	40	43	5	5	89	28	0	10	65	60	.282	9.56%	8.16%	.344	.411	.295	.755	Traded to the Mariners, he's now slotted to once again be a starting first baseman. Still, he doesn't offer much upside, especially in the power department, to make him intriguing.
Marte, Andy	CLE	AL	26	225	58	0	0	12	45	2	2	35	14	1	8	25	35	.258	20.00%	5.06%	.299	.436	.291	.735	He's going to be behind Matt LaPorta at 1B and Jhonny Peralta at 3B, so he'll see some time spelling them both, but barring an injury or extensive struggles, he's not likely to be an intriguing option.
Murphy, Daniel	NYM	NL	25	500	140	4	2	43	75	2	7	100	24	1	15	60	65	.280	15.00%	7.92%	.335	.422	.305	.757	Do not be fooled by his strong September, as over the first five months of the season he had more than 1 HR in a month once. Yes, he did have 29 of his 37 doubles in July or later, but there just isn't much upside here to justify him as a corner infielder for fantasy leaguers.
Overbay, Lyle	TOR	AL	33	475	128	1	0	71	105	3	3	80	33	1	14	60	65	.269	22.11%	13.00%	.366	.432	.320	.798	At this point it is safe to say that we know exactly what type of player Overbay is. He's not very appealing, as there is no real upside there, but keep him in mind if you are in need of a short-term fill-in. He has the potential to get hot for a few weeks and really help out a team.
Prado, Martin	ATL	NL	26	500	150	4	2	44	65	3	3	100	36	1	13	70	50	.300	13.00%	8.09%	.358	.454	.325	.812	With Kelly Johnson jettisoned, Prado now assumes everyday responsibilities at 2B. He showed the potential to hit for a good average with a little bit of pop in 2009 (.307, 11 HR in 450 AB), but I wouldn't anticipate significantly better production than that. There just isn't much upside, making him a low-end option as a middle infielder.

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Tatis, Fernando	NYM	NL	35	250	66	3	1	26	52	5	4	39	18	1	8	35	35	.264	20.80%	9.42%	.340	.440	.305	.780	He resigned with the Mets where he'll see some time at 1B and also as a pinch hitter. No matter what the Mets say, it appears David Murphy is in line to be the team's everyday 1B.