

## MLB - 2010 Fantasy Baseball Baltimore Orioles Team Preview

Written by Patrick Mayo

Wednesday, 27 January 2010 10:00 - Last Updated Wednesday, 27 January 2010 10:27

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We have many great articles planned leading up to the 2010 Fantasy Baseball season including sleepers, busts, rookies, strategy, full player rankings and projections all wrapped up into a nifty draft kit to help you win your league next year. Stay tuned for more, but for now, here's a team preview for you.

Ask a question about your fantasy team in our [FORUM](#) . Leave a comment about this article down below.

2009 RECORD: 64-98, 5th in AL East

**Stat table note:** The better the ranking number, the better the stat, in all categories. For example, for the SO cat for hitting, a #2 ranking means that the team tallied the second fewest strikeouts. For the BB and SB cats for pitching, the #1 teams allowed the fewest bases on balls and steals.

Hitting	BA	R	HR	BB
Stats	268	741	160	517
AL	5	11	11	11
MLB	7	16	16	24
Pitching	BAA	ERA	HR	BB
Stats	.288	5.15	218	546
AL	14	14	14	6
MLB	30	30	30	15

### LINE-UP

1. Roberts, Brian 2B
2. Jones, Adam CF (ankle, should be ready for spring training)
3. Markakis, Nick RF
4. Wieters, Matt
5. Reimold, Nolan LF (Achilles', should be ready for spring training)
6. Tejada, Miguel 3B
7. Scott, Luke DH (foot, should be ready for spring training)
8. Atkins, Garrett 1B
9. Izturis, Cesar SS

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Much like the Rays from 2008, the 2010 Orioles have some of the best young offensive talent in the game and just need to put it all together. Although they may not achieve the level of success of that Rays team, they boast a roster that is very fantasy friendly. Lead off man **Brian Roberts** is not quite an elite second baseman, but he's definitely close. Roberts will be close to the league lead in runs and with 72 HR+2B, he'll be one of the top OPS performers among speedsters.

### **Adam Jones**

was coming into his own last season before a gimpy ankle cut his year short. Pacman (yes, why get rid of ridiculous nickname, when it can just be transferred) is a true five category contributor and is a legit 25/20 threat. He could take a jump into the elite this year.

### **Nick Markakis**

will never disappoint in the fantasy arena -- his 2009 line of .293-94-18-101 is probably his floor. This is the reason many are referring to it as a *down year* for Markakis.

### **Matt Wieters**

may have appeared to be a bust in 2009, but he really played well from August on. Wieters will hit in the middle of this line-up and will get every chance to succeed. Consider him a post-hype sleeper.

### **Nolan Reimold**

is going to be a fantasy MVP this season. He's not going to turn heads with his performance, but he'll quietly produce in all five standard categories with an outside shot at being a 20/20 guy. You can nab Reimold at the end of drafts as a fifth outfielder, and he has the potential to be a top-30 guy -- a great value. If

### **Miguel Tejada**

has retained any semblance of his quality 2009, he'll tally some RBI while helping your average. He'll be undervalued in a weak season for third basemen. If

### **Luke Scott**

can see regular playing time at DH, he'll challenge 30 HR. He'll hit .250ish but won't kill you in R or RBI. He's a nice, cheap power add in a deeper leagues. Don't confuse

### **Cesar Izturis**

with

□

Maicer Izturis -- it would be the worst case of mistaken identity since Andy Dufresne. Finally, there's

### **Garrett Atkins.**

Atkins has always benefited from two things -- Coors Field and steroids. Now, I'm not sure there's any proof of him actually doing steroids, but his 2009 numbers would certainly suggest it. It seems peculiar to me that at age 29, his supposed prime, Atkins could come off a three year average of .305-95-25-110 to the abyss in which he found himself last year. His numbers have declined every year since strict steroid enforcement has been in place, and it would explain this Black Thursday-like plummeting of his numbers. Now he's without the assistance of Coors -- not a receipt for success. Treat Atkins like he has fantasy leprosy, so unless you're Jesus, keep a sound distance away. The O's don't have much of a bench, but

### **Ty Wigginton, Felix Pie,**

and

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### Lou Montanez

could all fill in well enough should injury strike.

### STARTING ROTATION

1. Millwood, Kevin RHP
2. Guthrie, Jeremy LHP
3. Matusz, Brian LHP
4. Tillman, Chris RHP
5. Bergesen, Brad RHP (leg, should be ready for spring training)
6. Hernandez, David RHP
7. Berken, Jason RHP
8. Erbe, Brandon RHP
9. Patton, Troy LHP

The Orioles have a penchant for harboring baseball's worst collection of hurlers. Locating the reason behind Baltimore's decade of futility isn't too hard -- just look at the pitching rankings from last season. While things may seem bleak, there is good news for 2010 -- things can only get better. It's really only 'good news' in name only though. Improving from the worst to second worst isn't exactly the kind of growth worth celebrating -- much like improving a grade from a D to C- -- you're still not striking terror into others with your intellectual prowess. Newly signed **Kevin Millwood**

will head the staff of flunkies, none of which should be on your opening day fantasy rosters.

Millwood and

### Guthrie

have both been decent performers in the past, but keep an eye on them and how they begin the year -- they're not worth throwing away a draft pick over. The late rounds should be for taking risks that could yield a huge return. Neither Millwood or Guthrie have kind of potential that will make them elite, but if they're at the top of their games, either could provide good ratios at the back end of a staff -- just make them prove it to you first. There's promise among the vernal trio of

### Tilman

,

### Matusz

, and

### Bergesen

, but predicting who will emerge, if any, is a huge mystery. Put all three on your watch lists to start the year and monitor their progress. All of these youngsters have promise, but only Bergesen has had any level of success in the majors. Bergesen was having a solid rookie campaign -- 3.43 ERA, 1.28 WHIP -- before a shin injury prematurely ended his season in July.

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### BULLPEN

1. Gonzalez, Mike LHP
2. Johnson, Jim RHP
3. Uehara, Koji RHP (elbow, should be ready for spring training)
4. Sarfate, Dennis RHP
5. Meredith, Cla RHP
6. Albers, Matt RHP
7. Castillo, Alberto LHP

There's not much to say about the league's worst bullpen. **Mike Gonzalez** has been brought in from Atlanta to serve as the closer. Gonzalez was highly effective out of the Braves' bullpen last year, splitting time between the closer and set-up role. He collected 10 SV, while posting a 2.42 ERA in 74.1 IP. He is a huge upgrade for this unit but may experience a tough time transferring from the NL East to the AL East. Expect his ratios to inflate, but he could be a cheap source saves on an improved Orioles team. There's really not much value in the rest of the cadre, but it's rumored that sophomore

#### **David Hernande**

**z**

could wind up in the set-up role. Hernandez got lit up as a rookie but does possess major league stuff and could excel in a one-inning role.

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