

## MLB - 2010 Fantasy Baseball Colorado Rockies Team Preview

Written by Patrick Mayo

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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: 92-70, 2nd NL West, lost NLDS 3-1 (PHI)

**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	261	804	190	660
NL	7	2	2	1
MLB	16	6	7	2
Pitching	BAA	ERA	HR	BB
Stats	261	4.22	141	528
NL	9	8	5	4
MLB	14	10	5	9

### LINE-UP

1. Gonzalez, Carlos CF
2. Folwer, Dexter LF
3. Helton, Todd 1B
4. Tulowitzki, Troy SS
5. Hawpe, Brad RF
6. Stewart, Ian 3B
7. Iannetta, Chris C
8. Barmes, Clint 2B

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There's a lot to like about the reigning NL Wild Card winners. A combination of speed and power should help them recapture the torrid pace they set post All-Star break last year. Because they play in Denver, you may not hear about them as often, but the Rockies are one of the major's most fantasy friendly teams. **Carlos Gonzalez**, a second half hero from 2009, will be at the top of any sleeper list produced for 2010. He's a 5-category contributor who should be able to be gotten at a discount on draft day. I advise everyone to make a healthy effort to grab him -- you won't be sorry. **Tulowitzki**

had a nice comeback season after a sophomore slump and should position himself as one of the better values at shortstop. I fully expect outfield

### **Brad Hawpe**

to be moved at some point. The Rockies have better players on bench (

### **Seth Smith**

and

### **Ryan Spilborghs**

) and should be able to flip him for some pitching. He'll produce above average numbers in both home runs and RBI, but he is an extremely streaky player who disappeared over last season's second half. If you're counting on

### **Todd Helton**

to recapture his 2009 magic, you're in store for a rude awakening. In deeper leagues, he can help with average and maybe RBI, but in any 10-team league, consider him nothing more than an old man who is easily frightened by computers. Keep him off your team. Big things were expected from

### **Chris Iannetta**

, but all his failures from 2009 resulted in was a brand new three-year contract. He's still young and could have that long-awaited breakout season, but don't count on it. Newly added

### **Miguel Olivo**

could even force an even time-share at the position. While you may know the bigger names, there's a trio of Rockies who may make nice sleepers on draft day.

### **Ian Stewart, Dexter Fowler**

, and

### **Clint Barmes**

. Barmes and Stewart, like many Rockies, are very streaky players, but they will be able to contribute towards your power numbers. Both also possess multiple position eligibility, which can come in handy when injuries start to hit. If Fowler can crack the starting line-up, he'll be an invaluable source of steals and runs. A trade of Hawpe would certainly open the door for Fowler to start robbing bases.

## STARTING ROTATION

1. Jimenez, Ubaldo RHP
2. De La Rosa, Jorge LHP
3. Cook, Aaron RHP
4. Francis, Jeff LHP (coming off shoulder surgery)

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5. Hammel, Jason RHP
6. Rogers, Esmil RHP
  
7. Smith, Greg LHP (shoulder)

Colorado's starting rotation boasts two really interesting players. Both **Ubaldo Jimenez** and **Jorge De La Rosa**

are tremendously gifted power pitchers -- they had 8.17 and 9.17 K/9 respectively. The problem is, they're both prone to meltdowns. Mitch Williams-style meltdowns. Each is still under thirty, and if they build on last year's successes, they will be a force for any fantasy team that rosters them.

Despite his high win total,

### **Cook**

is not a reliable option. His strikeouts, WHIP and ERA are all killers for your team.

Former ace, and my countryman,

### **Jeff Francis**

, returns to the rotation after a year on the sidelines. With the pressure off of him, look for Francis to be a capable streaming option in good match-ups. Rogers and Smith are no good. The Rox should go with

### **Morales**

or

### **Chacin**

if they need another starter.

## **BULLPEN**

1. Street, Huston RHP
2. Morales, Franklin LHP
3. Corpas, Manny RHP (coming off elbow surgery)
  
4. Betancourt, Rafael RHP
5. Chacin, Jhoulys RHP
6. Buchholz, Taylor RHP (elbow, expected back in June)
7. Daley, Matt RHP
8. Flores, Randy LHP
  
9. Belisle, Matt RHP

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**Street** is back and has a crew of fireballers to make sure the lead is still there by the time the ninth comes around. He should have a good chance of improving on his 35 saves from last year. If he does stumble, there's a bevy of capable relievers to take his place. Former closer

**Manny Corpas** excels in the set up role and should remain a valuable source of holds. Expect **Franklin Morales** to fill the closer role, as he did last season, if Street finds himself on the DL. If you're in a deep league and need some extra strikeouts, look no further than the men radar guns fear,

**Rafael Bentancourt**

, and

**Jhouslys Chacin**

(no relation to the hilarious looking

[cologne mogul Gustavo Chacin](#)

). Both had a staggering 10+ K/9 last season. The Rockies' bullpen is one of their main strengths and will be relied on to hold down a lot of close games this season.

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