

MLB - 2010 Fantasy Baseball Washington Nationals 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: 59-103, 5th in NL 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	258	710	156	617
NL	10	9	9	2
MLB	24	21	156	5
Pitching	BAA	ERA	HR	BB
Stats	276	5.00	173	629
NL	16	16	12	16
MLB	18	28	18	30

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LINE-UP

1. Morgan, Nyger CF (hand, should be ready for spring training)
2. Guzman, Christian 2B
3. Zimmerman, Ryan 3B
4. Dunn, Adam 1B
5. Willingham, Josh LF
6. Dukes, Elijah RF

7. Desmond, Ian SS
8. Flores, Jesus C

And now, what everyone's been waiting for... the 2010 season preview for the Washington Nationals. The Nats may never post a respectable record, but that doesn't mean they're devoid of fantasy talent. **Nyjer Morgan** was on his way to fantasy stardom in 2009 before a hand injury cut his season short. Morgan should have a full season in Washington to prove his worth and shouldn't disappoint. He'll be an elite source of steals and runs. If he can keep his average around 2009 levels, Morgan could end up a top-50 player that can be drafted outside the top 10 rounds. The best player in nation's capital is still **Ryan**

Zimmerman

Zimmerman is near the top of a position that does not reek of depth this season, and it's pushing his value through the roof. You'll need to spend a late second/early third round pick to acquire the services of Zim for 2010. He'll hit around 300 and slug 30+ HR and 100+ RBI, 100+ R. He's a four category player who will make any team instantly better.

Adam Dunn

finished as one of baseball's better performers last year because he was able to hit around .270. If he can keep that average from falling back into the .240 range he'll be 'gettin 'er Dunn in 2010. Count on 40ish HR, 100+ RBI, 80+ R. After these three, there is no National that is a lock to be drafted, and for good reason. There's a good chance

Christian Guzman

will be on your roster at some point this season. Whenever I've suffered a middle infield injury over the last two years, Guzman always seems to be the best player available. You pick him up and soon realize that you're certain you can find someone better than the Nationals' shortstop. Maybe if he rocked a legendary Jheri Curl and blue glove like cousin

[Juan Guzman](#)

, people would think twice about dropping him.

Josh Willingham

is a nice source of power, but extremely streaky. If you see he hit a home run it's probably "his time of the month", but don't use your natural inclination to stay away, pick this one up. Like most pick-ups, they must dropped once they lose their luster. Repeat process about five times a year and Willingham won't steer you wrong. For years,

Elijah Dukes

has given us very small samples of what he's capable of. He should be a 20/20 guy, but he spends far too much of his time

[impregnating his foster kids](#)

and

[texting death threats to his wife](#)

. I suppose we can overlook these

[minor indiscretions](#)

-- it's not like he was using steroids. Despite his off-field issues, Dukes is going to put it all together one of these seasons. I'm not recommending him for anything other than the deepest of leagues, but he certainly has the tools to be a real sleeper.

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STARTING ROTATION

1. Lannan, John LHP
2. Marquis, Jason RHP
3. Olsen, Scott LHP (shoulder, should be ready for spring training)
4. Martin, J. D. RHP
5. Strasburg, Stephen RHP (knee, should be ready for spring training)
6. Mock, Garrett RHP
7. Martis, Shairon RHP
8. Detwiler, Ross LHP
9. Balester, Collin RHP
10. Stammen, Craig RHP
11. Zimmermann, Jordan RHP (elbow, out for 2010 season)

I don't care how good **Stephen Strasburg** looks -- stay away. Unless you're in a keeper league, there's nothing but trouble that can come from owning the rookie hurler. It's unlikely Strasburg starts the year in the majors. Although hiring Isiah Thomas would be seen as a step up in the management department, the Nationals know throwing the 'franchise' to wolves right away is a worse decision than the time I purchased Alanis Morissette's

Jagged Little Pill

. Now you have Strasburg taking space on your bench and you can't drop him -- why draft him and then drop him right away? It will be a Matt Wieters situation all over again, and he'll be dead space on your roster for the first two months. The chances he'll have any impact this year aren't worth the headache. Washington returns 2009 wins leader

John Lannan

to "headline" the staff. "Wins leader", in this sense, is used pretty liberally. It's less in the tune of FDR and more a kindred spirit of Gerald Ford --

[shown here sharing a lark with notorious quipster Dick Nixon](#)

after this exchange...

- NIXON: "Hey Gerry, what's the Viet Cong's favorite TV show?"
- FORD: I don't know Mr. President
- NIXON: Six Feet Under

(laughs ensue - End scene)

For more quality Nixon jokes visit the [official Nixon joke homepage](#) .

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Anyways, my lack of focus on Lannan and his nine wins is to be expected. A staff hasn't had a headpiece this troublesome since [Indiana Jones' last trip to the desert](#) .

BULLPEN

1. Capps, Matt RHP
2. Bruney, Brian RHP
3. Burnett, Sean LHP (thumb, should be ready for spring training)
4. Bergmann, Jason RHP
5. Clippard, Tyler RHP
6. Storen, Drew RHP
7. Guardado, Eddie LHP

Former Pirate **Matt Capps** has left a life of swashbuckling and moved to the national's capital, where he'll be the city's best closer since Clinton. Capps is a proven 9th-inning man, who is accustomed to playing on lousy teams. Capps was able to post 27 saves despite having a ghastly 5.80 ERA. Expect a return to normal for his ratios -- somewhere in the 3.00 ERA/1.20 WHIP range. Couple that with his job security (who's going to replace him,

Brian Bruney

?), and you have the makings of a closer that can be had at the end of the draft and should produce nicely.

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