

John Rocker All-Stars

Unbiased Team Analysis

June 19, 2026

Overall Grade: **B**

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The Mendoza Line League

1. Overall Team Summary (Brutal Honesty Edition)

Quick Verdict: Contender with a Limp

This is a team that looks like it was built by someone who watched a "Top 100 Fantasy Prospects" YouTube video in 2023 and then just... held on for dear life. The core is genuinely impressive — Julio Rodriguez, Gunnar Henderson, James Wood, Ronald Acuña Jr. — these are franchise-defining bats. But the periphery? It's like surrounding a Michelin-star steak with gas station side dishes. Gavin Lux? Josh Jung with a Grade 1 strain? Lucas Giolito with a "limited market"? Sir, this is a championship roster, not a rehabilitation facility.

One-liner roast: You named your team after a guy famous for being terrible in public, and half your roster is famous for being terrible at staying healthy.

One-liner compliment: That outfield of Julio, James Wood, Riley Greene, and Acuña at those salaries is genuinely disgusting — in the way that makes other managers throw their laptops.

2. Roster Construction & Strategy

What the manager prioritized: Young, high-upside bats with multi-category appeal. This is a power-and-speed offense that clearly bet on premium position players and then crossed its fingers on pitching. The salary structure is brilliant in spots — Wood at \$9, Henderson at \$17, Julio at \$22 — these are keeper league heists that would make Danny Ocean jealous.

What they ignored:

- **Pitching depth.** Four starters and two relievers? In a 15-man roster? You're one Glasnow hamstringing tweak away from streaming territory. Actually, scratch that — you're one Glasnow *Tuesday* away from streaming territory.
- **Batting average.** This lineup is littered with .240-.265 hitters. Only Acuña (.290 in 2025) and Lux (.269) cracked .270 last year, and Acuña only played 95 games. This team will mash dingers and run bases while your batting average slowly bleeds out on the floor.
- **Saves.** Mason Miller had 22 saves in 2025. That's your entire saves infrastructure. One role change, one injury, and you're at zero. Whitlock had 1 save and 24 holds — useful in some formats, but you're dangerously thin here.
- **Middle infield depth.** Gavin Lux is your 2B/utility option. He's 17% owned. Seventeen. That's not a sleeper, that's a coma patient.

Where the roster is fragile:

- Pitching innings. Glasnow has never thrown 200 innings in his life and managed just 90.1 last year. Giolito's 2026 projection is a brutal 180 FPTS — less than half his 2025 output. You could be scrambling for arms by June.
- Health across the board. Acuña (ACL history, 95 games in 2025), Glasnow (perpetual injury concern), Jung (Grade 1 strain), Lux (missing time), Giolito (missed all of 2024). This roster has more red flags than a Chinese military parade.

3. Strengths

- **Elite outfield nucleus.** Julio Rodriguez (650.3 FPTS, projected 635.2), James Wood (513.5 FPTS at \$9!), Riley Greene (517.3 FPTS), and Ronald Acuña Jr. when healthy — this is arguably the best OF group in the league. Combined salary of \$45 for four potential top-50 players? That's how you win keeper leagues.
- **Gunnar Henderson is a cheat code at \$17.** The man posted 5.41 WAR in a "down year" with 30 stolen bases. He's 24. His projected 583.6 FPTS for 2026 might be conservative. This is the kind of keeper value that makes other managers question their life choices.
- **Salary efficiency is outstanding.** Total roster salary of \$484 with 15 keepers means you've got room to maneuver. Wood at \$9, Whitlock at \$4, Torkelson at \$6, Miller at \$17 — these are the building blocks of a dynasty.
- **Power upside is massive.** Torkelson (31 HR), Wood (31 HR), Greene (36 HR), Pasquantino (32 HR), Henderson (17 HR in a down year, 37 in 2024), Acuña (21 HR in 95 games). If everyone stays healthy, this lineup could lead the league in home runs while your opponents weep into their spreadsheets.

- **Logan Gilbert is a silent assassin.** A 5.58 K/BB ratio with an 11.9 K/9? That's elite. His 2026 projection of 596.6 FPTS would make him your best pitcher. CBS has him ranked #6 overall. At \$37, he's fairly priced, but the production is ace-caliber.
- **Mason Miller throws 103 mph and makes grown men look silly.** 15.2 K/9 is video game nonsense. Now in San Diego, he's the clear closer with elite ratios. At \$17, he's a premium reliever locked in at a reasonable price.

4. Weaknesses / Red Flags

- **The Injury Ward is at capacity.** Let's count: Acuña (ACL recovery, played 95 games in 2025, 49 in 2024), Glasnow (18 starts in 2025, perennial glass cannon), Jung (Grade 1 strain, played 131 games in 2025 after only 46 in 2024), Lux (currently missing time, 17% owned for a reason), Giolito (missed all of 2024, projected for just 180 FPTS in 2026). That's five of your fifteen players with significant health concerns. You don't have a roster — you have a MASH unit.
- **Giolito's 2026 projection is terrifying.** A drop from 421.9 FPTS to a projected 180.0? That's a 57% decline. His news says he has a "limited market." You're paying \$6 for a guy who might be a streamer-level arm. The 2025 numbers (3.41 ERA, 145 IP) were nice, but the projection system is screaming that it doesn't believe in a repeat.
- **Batting average is a category cemetery.** Your team-wide batting averages in 2025: Torkelson .240, Henderson .274, Wood .256, Greene .258, Pasquantino .264, Jung .251, Lux .269. Only Acuña hit .290, and he played half a season. If this is a categories league, you're punting AVG whether you meant to or not.
- **Stolen bases are weirdly thin for a team with this much speed potential.** Henderson had 30 SB (great), Wood had 15, Acuña had 9 in limited time. But Pasquantino (1 SB), Torkelson (2 SB), Greene (2 SB), and Lux (1 SB) are statues. You're relying on three guys for all your speed, and one of them can't stay on the field.
- **No catcher. No second baseman. No real bench.** This is a 15-player roster with zero catchers listed. Unless this league doesn't require one, you've got a gaping hole. Lux is your only 2B-eligible player, and he's hurt and barely rosterable. There's no bench depth to absorb injuries, which is ironic given how many injuries this team attracts.
- **Pitching is four starters and a prayer.** Gilbert is great. Luzardo is very good. Glasnow is elite when healthy (which is roughly 60% of the time). Giolito is a question mark. That's it. That's your rotation. Four guys. If two of them hit the

IL simultaneously — which, given this team's luck, feels like a matter of "when" not "if" — you're cooked.

- **Saves concentration risk.** Mason Miller: 22 saves. Everyone else on this roster combined: 1 save (Whitlock). If Miller gets hurt or loses the closer role, your saves category evaporates overnight. Whitlock's 24 holds are nice, but holds aren't saves.
- **Pasquantino's 2026 projection is a 22% decline.** From 601.9 to 471.8 FPTS. That's not a red flag — it's a red billboard. His 2025 was likely a career year (.264/32 HR/113 RBI), and regression seems baked in. At \$13 he's still fine value, but don't expect a repeat.

5. Player-by-Player Takes

BATTERS

Julio Rodriguez (CF) — SEA — \$22

Role/Status: Franchise centerpiece, locked-in everyday CF for Seattle. "Red hot to start spring" per the news. 96% owned.

Value Assessment: ELITE. 650.3 FPTS in 2025 with a 635.2 projection for 2026. At \$22 in a keeper league, this is highway robbery. He's 25, he's your best player, and he's the reason other managers hate you.

Risk factors: His 2024 was a concerning 391.0 FPTS, so the volatility is real. But the bounceback was emphatic.

If this man stays healthy, your league owes you an apology for ever doubting this pick.

Gunnar Henderson (SS) — BAL — \$17

Role/Status: Everyday shortstop for Baltimore. 93% owned. CBS Rank #10 overall.

Value Assessment: ELITE. Even in a "down" 2025 (515.6 FPTS, 17 HR vs. 37 in 2024), he still posted 5.41 WAR with 30 steals. He's 24 years old. His 2026 projection of 583.6 is conservative if he gets the power back. At \$17, this is the kind of keeper value that should be illegal.

Risk factors: The power dip from 37 HR to 17 HR is worth monitoring. Was it a mechanical adjustment? Approach change? Or just variance? If it's the latter, you're looking at a potential 700+ FPTS season.

Paying \$17 for a 24-year-old 30/30 shortstop is the fantasy equivalent of finding a Picasso at a garage sale.

James Wood (LF) — WAS — \$9

Role/Status: Everyday outfielder for Washington. 94% owned. CBS Rank #36. Just 23 years old.

Value Assessment: ELITE VALUE. 513.5 FPTS in his first full season with 31 HR and 15 SB. At \$9. NINE DOLLARS. The projection drops to 473.4, but he's 23 — the arrow is pointing up, not down.

Risk factors: 221 strikeouts is... a lot. That's "free-swinging maniac" territory. The .256 average is a byproduct. If he can trim even 20 Ks, this guy becomes a top-15 bat.

James Wood at \$9 is the best value on this roster, and this roster is full of good values. That's like being the hottest person at a supermodel convention.

Ronald Acuña Jr. (RF) — ATL — \$39

Role/Status: "Looks like old self Friday" per the news. 95% owned. CBS Rank #30.

Value Assessment: HIGH UPSIDE / HIGH RISK. When healthy, this man is a fantasy god — 1,140.4 FPTS in 2023 is one of the greatest fantasy seasons in modern history. But he's played 95 and 49 games the last two years. The .935 OPS in 2025 (95 games) shows the talent is still there. The 2026 projection of 562.2 assumes significant health improvement.

Risk factors: ACL recovery. Two consecutive shortened seasons. He's 28, which should be prime, but the knee is a legitimate long-term concern. At \$39, he's your most expensive player, and you're paying for the 2023 version while hoping the 2024-25 version doesn't show up.

Acuña at \$39 is either the steal of the century or the most expensive paperweight in your league. There is no in-between.

Riley Greene (LF) — DET — \$15

Role/Status: Everyday outfielder for Detroit. 90% owned. CBS Rank #71 (feels low).

Value Assessment: SOLID STARTER. 36 HR and 111 RBI in 2025 is legit production. At 25, he's entering his prime. The 2026 projection of 514.0 is basically flat with 2025, suggesting this is his established level.

Risk factors: The .258 average with 201 strikeouts is ugly. His walk rate cratered (46 BB in 2025 vs. 64 in 2024). If the plate discipline doesn't come back, the average could dip further. Also, 2 stolen bases — this man runs like he's wearing concrete shoes.

Riley Greene is the fantasy equivalent of a reliable Honda Accord. Not sexy, but it gets you where you need to go. Except this Accord hits 36 bombs.

Vinnie Pasquantino (1B) — KC — \$13

Role/Status: Everyday 1B for Kansas City. 84% owned. CBS Rank #66.

Value Assessment: SOLID STARTER. 32 HR, 113 RBI, .264 AVG in 2025 is a very nice season. At \$13, that's excellent value. But the 2026 projection drops to 471.8 (a 22% decline), suggesting the projection systems think 2025 was a peak.

Risk factors: He missed significant time in 2023 (61 games). The K rate jumped from 71 to 107. The walk rate is mediocre. He's a solid fantasy 1B, but he's not a difference-maker, and 1B is the deepest position in fantasy.

Pasquantino is the kind of player you feel good about on draft day and forget exists by August. Which is actually a compliment — boring consistency wins leagues.

Spencer Torkelson (1B) — DET — \$6

Role/Status: Everyday 1B/DH for Detroit. 76% owned.

Value Assessment: SOLID VALUE. 31 HR in 2025 is nice, and at \$6, you can't complain. But the .240 average, the 169 strikeouts, and the 2026 projection dropping to 399.0 FPTS all suggest he's a low-floor, moderate-ceiling bat.

Risk factors: He was absolutely terrible in 2024 (.219 AVG, 10 HR in 92 games). The 2025 bounceback was encouraging, but which Torkelson is real? The projection systems are hedging toward "somewhere in the middle," which isn't great.

Having two first basemen (Tork and Pasquantino) is either savvy depth or a sign that you panicked during the draft. I'm going with the latter.

Gavin Lux (DH) — TB — \$5

Role/Status: Currently missing time. 17% owned. Eligible at 2B/LF/DH.

Value Assessment: STREAMER / LANDMINE. Let's be real: 264.7 FPTS in 2025 is replacement-level production. 5 home runs. 1 stolen base. A .724 OPS. He's 28, and the upside that made him a top prospect has largely evaporated. The 2026 projection of 339.4 is optimistic given recent performance.

Risk factors: Currently hurt (again). 17% ownership means the rest of your league has already moved on. The negative WAR (-0.21) in 2025 means he was literally worse than a replacement-level player.

Gavin Lux at \$5 sounds cheap until you realize you're paying \$5 for a player 83% of managers wouldn't take for free.

Josh Jung (3B) — TEX — \$13

Role/Status: Diagnosed with Grade 1 strain. 31% owned.

Value Assessment: LANDMINE. The talent was real in 2023 (23 HR, .781 OPS), but he's played 46 and 131 games the last two years, and now he's hurt again. 248.9 FPTS in 2025 is deeply underwhelming. The 2026 projection of 309.8 isn't inspiring either.

Risk factors: He can't stay healthy. The power disappeared (14 HR in 131 games in 2025). The walk rate is atrocious (27 BB, .209 K/BB ratio). At \$13, he's overpriced for what he's providing.

Josh Jung is the fantasy equivalent of that friend who's "definitely going to start going to the gym next week." Every week. For two years.

PITCHERS

Logan Gilbert (SP) — SEA — \$37

Role/Status: Ace of the Seattle rotation. 86% owned. CBS Rank #6 overall.

Value Assessment: ELITE. That 5.58 K/BB ratio is the best on your roster by a mile. The 2026 projection of 596.6 FPTS would be SP1 numbers. He threw 208.2 innings in 2024, proving durability. The 2025 dip (131 IP, 25 starts) is worth investigating — was it an injury or a workload management decision?

Risk factors: Only 25 starts in 2025 after 33 in 2024. If he missed time, that's a yellow flag. At \$37, he's priced as an ace and needs to perform like one.

Logan Gilbert is the adult in your pitching staff. While everyone else is out there getting hurt and underperforming, he's just quietly being excellent. Respect.

Jesus Luzardo (SP) — PHI — \$49

Role/Status: Front-line starter for Philadelphia. 84% owned. CBS Rank #20.

Value Assessment: SOLID ACE. 598.8 FPTS in 2025 with 216 strikeouts and 183.2 innings is legitimate ace production. Now in Philly, he's got run support and a winning environment. The 2026 projection of 552.8 suggests slight regression but still elite.

Risk factors: He's your most expensive player at \$49. He threw just 66.2 innings in 2024. The 3.92 ERA in 2025 is good but not dominant. At that salary, you need dominant.

\$49 for Luzardo is like paying full price for a designer jacket — it's nice, but you know it goes on sale eventually. Still, 216 Ks is 216 Ks.

Tyler Glasnow (SP) — LAD — \$34

Role/Status: "Smooth in Cactus League debut." 70% owned. CBS Rank #19.

Value Assessment: HIGH UPSIDE / HIGH RISK. When healthy, Glasnow is a top-10 pitcher. The 10.6 K/9 and 3.19 ERA in 2025 were excellent. The 2026 projection of 483.7 assumes he'll throw more innings than the 90.1 he managed last year.

Risk factors: He threw 90.1 innings in 2025. Ninety. That's not an ace workload — that's a spot starter. He's 32, he's 6'8", and his body has been rebelling against the concept of pitching for his entire career. At \$34, you're paying for 200 innings and praying for 150.

Tyler Glasnow is the sports car that spends more time in the shop than on the road. Gorgeous when it runs. But goddamn, does it ever run?

Lucas Giolito (SP) — BOS — \$6

Role/Status: "Has limited market" per the news. 33% owned.

Value Assessment: STREAMER / LANDMINE. The 2025 season (3.41 ERA, 145 IP, 10 wins) was a nice bounceback after missing all of 2024. But the 2026 projection of 180.0 FPTS is screaming that nobody believes in a repeat. The K rate dropped to 7.5 K/9, which is mediocre. His "limited market" suggests teams aren't buying either.

Risk factors: Missed all of 2024. The projection drop is massive. If he doesn't land a good rotation spot, he could be a waiver-wire casualty by April.

Giolito at \$6 is the definition of "you get what you pay for." Sometimes that's a decent back-end starter. Sometimes that's a guy with a "limited market" who's one bad start from getting DFA'd.

Garrett Whitlock (RP) — BOS — \$4

Role/Status: Elite setup man for Boston. 14% owned. 24 holds, 1 save in 2025.

Value Assessment: SOLID (FORMAT-DEPENDENT). A 2.25 ERA with 11.4 K/9 in 72 innings is excellent. If your league counts holds, this is a great value at \$4. If it doesn't, he's a guy with 1 save and limited counting stats.

Risk factors: Only 14% owned, which suggests most leagues don't value what he does. The 2026 projection of 165.9 FPTS is a massive drop from 399.9, which is concerning. He threw just 18.1 innings in 2024 — the health history is spotty.

Whitlock is the unsung hero nobody talks about. Partly because he's genuinely good, and partly because nobody in your league remembers he exists.

Mason Miller (RP) — SD — \$17

Role/Status: Closer for San Diego. 79% owned. Throws approximately one million miles per hour.

Value Assessment: ELITE RELIEVER. 15.2 K/9 is absurd. A 0.91 WHIP is absurd. 22 saves with 10 holds is absurd. The 2026 projection of 520.1 FPTS would make him one of the most valuable relievers in fantasy. At \$17, he's a steal.

Risk factors: Relievers are inherently volatile. He's never been a full-season closer before Oakland/San Diego. But the stuff is so dominant that the risk feels manageable.

Mason Miller doesn't pitch — he commits assault with a baseball. Batters should be allowed to file police reports after facing him.

6. Best Picks / Steals

- **James Wood at \$9.** A 23-year-old with 31 HR, 15 SB, and a .825 OPS in his first full season for nine bucks? This is the kind of keeper value that wins leagues for years. He could be a top-20 player by 2027, and you'll still be paying single digits. Chef's kiss.
- **Gunnar Henderson at \$17.** A 24-year-old 30-steal shortstop with MVP upside at \$17 is borderline unfair. Even in his "off year," he was a top-30 fantasy player. If the power comes back (and it should — he's entering his prime), this is a top-5 overall pick at a mid-round price.
- **Julio Rodriguez at \$22.** Your best player at a very reasonable salary. 650 FPTS with a 635 projection, 96% owned, and he's only 25. This is the cornerstone of your franchise.
- **Mason Miller at \$17.** An elite closer with video-game strikeout numbers at \$17 is tremendous value. Closers are scarce and volatile, but Miller's stuff is so overwhelming that he feels safer than most.
- **Garrett Whitlock at \$4.** If your league rewards holds, this is free production. A 2.25 ERA and 11.4 K/9 for the cost of a vending machine sandwich.

7. Worst Picks / "What Were You Thinking?"

- **Gavin Lux at \$5 — KEEPER?!** You're spending a keeper slot on a player who is 17% owned, currently injured, posted negative WAR in 2025, and hit 5 home runs. FIVE. In a full season. My grandmother hits 5 home runs in her over-60 softball league. This keeper slot could be literally anyone else. The opportunity cost here is staggering.
- **Josh Jung at \$13.** You're paying \$13 for a guy who's 31% owned, currently hurt (again), and produced 248.9 FPTS last year. That's \$13 for a player who can't stay healthy, can't walk, and whose power has vanished. The 2023 version of Jung was exciting. The 2024-2025 version is a cautionary tale about keeping players too long based on what they did two years ago.
- **Lucas Giolito at \$6 — KEEPER.** The salary is fine. The issue is burning a keeper slot on a 31-year-old coming off a missed season whose projection just fell off a cliff (421.9 → 180.0 FPTS). He has a "limited market." You're keeping a guy that professional baseball teams don't want. Let that sink in.
- **Tyler Glasnow at \$34.** The talent is undeniable. But you're paying \$34 for a pitcher who threw 90 innings last year. That's \$0.38 per inning pitched. For context, Logan Gilbert at \$37 threw 131 innings — that's \$0.28 per inning. Glasnow is a premium price for a part-time employee.
- **Jesus Luzardo at \$49.** Your most expensive player is a pitcher with a 3.92 ERA who missed most of 2024. He's good! But \$49 is a LOT. That's more than Acuña (\$39), more than Gilbert (\$37), more than Glasnow (\$34). The production needs to be SP1 at that price, and a 3.92 ERA isn't quite there.

8. Draft-Day Advice / Next Moves

1. **Drop Gavin Lux immediately.** Use that keeper slot on literally anyone with a pulse and a heartbeat. Target a catcher, a middle infielder, or a starting pitcher. A 17% owned player should not be taking up a keeper spot in any competitive league.
2. **Seriously consider dropping Josh Jung.** At \$13 with a Grade 1 strain and declining production, he's a sunk cost. If you can use that keeper slot on a healthy 3B or a starting pitcher, do it without looking back.
3. **Acquire another starting pitcher — urgently.** You have four starters, and two of them (Glasnow, Giolito) are massive injury/performance risks. Target a mid-rotation workhorse type in the draft or via trade. Someone boring and healthy. Think Framber Valdez, not another Glasnow.
4. **Get a catcher.** Unless your league doesn't require one, you have zero catchers on this roster. Adley Rutschman, William Contreras, or even a mid-tier option

would help.

5. **Target stolen bases in the draft.** Henderson (30 SB) and Wood (15 SB) are your primary speed sources. If Acuña is healthy, he adds more. But your bench and depth pieces (Torkelson, Pasquantino, Greene) are all statues. A speed-specialist bench bat could help.
6. **Trade from outfield depth.** You have five outfielders (Julio, Wood, Greene, Acuña, and Lux has LF eligibility). That's a surplus. Consider packaging one of Greene or Wood with a lesser piece for an elite SP. Your pitching needs are more urgent than your outfield depth.
7. **Handcuff Mason Miller.** Find out who the next man up is in San Diego's bullpen and stash them. Your entire saves category depends on one man's elbow. That's terrifying.
8. **Monitor Giolito's spring training closely.** If he doesn't secure a rotation spot or looks shaky, cut bait early. Don't ride loyalty into a 5.50 ERA.
9. **Target batting average in the draft.** This roster's collective average is going to hover around .255-.260. If you can add a high-average bat (Luis Arraez type, Steven Kwan type), it could balance the lineup.
10. **Consider selling high on Pasquantino.** His 2025 was likely a career year (601.9 FPTS), and the projection drops 22%. If another manager sees the 32 HR/113 RBI line and gets excited, you could flip him for pitching help while his value is at its peak.

9. Final Grade

Grade: B

This is a roster with a genuinely elite core — Julio, Henderson, Wood, Acuña, Greene, Gilbert, Miller — surrounded by enough dead weight and injury risk to keep you up at night. The salary structure is excellent, the keeper values are mostly outstanding, and the upside is legitimate championship-caliber. But the pitching depth is paper-thin, the bottom of the roster is actively hurting you (Lux, Jung, Giolito), and the health concentration risk is enough to make an actuary faint.

If you clean up the bottom third of this roster and add pitching, this is an A-team. As constructed today, it's a B — a team that *could* win it all but is more likely to spend the season frantically streaming pitchers and refreshing the injury report.

If this team wins, it'll be because: Acuña plays 150 games, Glasnow throws 180 innings, Henderson's power comes back, and the outfield quartet of Julio/Wood/Greene/Acuña collectively produces 2,500+ fantasy points while the rest of the league stares in disbelief.

If this team loses, it'll be because: Glasnow throws 80 innings again, Acuña plays 90 games again, Jung and Lux combine for the fantasy output of one below-average starter, and the pitching staff runs out of arms by the All-Star break — leaving you with Gilbert, Luzardo, and a prayer.

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