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SPORTS

Alert for draft's ups and downs

BY KYLE STACK • Special to amNewYork

A key to fantasy baseball draft preparation is discovering which players' draft values have risen and fallen since 2009. For instance, injuries have caused two ex-first-round stalwarts to drop, creating space for once-fringe first-rounders **Matt Kemp** and **Carl Crawford**. Here are six players whose value has changed since your last fantasy draft:

RIDING ON RECOGNITION

Jose Reyes, SS, Mets
'09: Early to mid 1st rd.; '10: 3rd

Fears of hamstring troubles have shaken Reyes' elite status. A healthy season could enable the 26-year-old to peak as baseball's second-best shortstop, behind Florida's **Hanley Ramirez**. Understand that Reyes won't run as much if manager **Jerry Manuel** makes good on his flirtation with batting the speedster third.



Josh Hamilton, OF, Texas
'09: Late 1st, early 2nd; '10: 9th/10th

Last year, Hamilton was coming off a 32-homer, 130-RBI season. This year, he's returning from an injury-riddled 89-game campaign. Hamilton, 28, says he suspects his past drug abuse could be contributing to his body's deterioration. There are 20 outfielders to take before Hamilton.

Russell Martin, C, L.A. Dodgers
'09: 6th/7th; '10: 13th/14th

Overuse at the game's most physically demanding position could be why Martin's OPS plunged from .843 in 2007 to .680 in '09. At

27, Martin should be nearing his power peak, but he looks as if he's turning into an also-ran. He's been reliable for double-digit steals, but that could change now that he has gained 25 pounds.

MAKING THEIR NAMES
Adam Lind, OF, Toronto
'09: 15th to 18th; '10: 5th/6th

Monster stats were forecasted for Lind last season, and he delivered with a .305/.35/.114 line. Expect more of the same from the 26-year-old Blue Jay, but don't assume everyone will notice. Owners who prefer to draft aging standbys such as **Manny Ramirez** and **Carlos Lee** will regret passing on Lind.

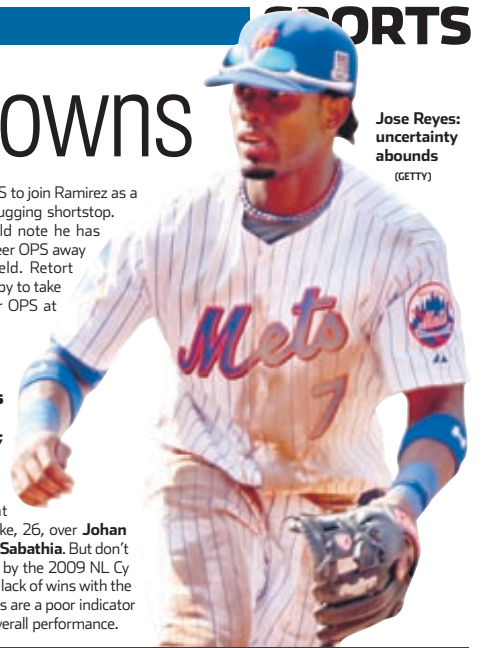
Troy Tulowitzki, SS, Colorado
'09: 6th/7th; '10: mid to late 2nd

Forget the 25-year-old's injury-riddled 2008. Last year, Tulowitzki socked 32 homers, drove in 92 runs and deliv-

ered a .930 OPS to join Ramirez as a pre-eminent slugging shortstop. Naysayers could note he has only a .769 career OPS away from Coors Field. Retort that you're happy to take his .894 career OPS at home.

Zack Greinke, SP, Kansas City
'09: 9th/10th; '10: 3rd/4th

New Yorkers might gag at the thought of taking Greinke, 26, over **Johan Santana** or **CC Sabathia**. But don't be discouraged by the 2009 NL Cy Young winner's lack of wins with the Royals. Victories are a poor indicator of a pitcher's overall performance.



Jose Reyes: uncertainty abounds (GETTY)



Johan Santana throws a bullpen session Thursday. (AP)

Mets look healthy (really!) at workout

BY DAVID LENNON
Special to amNewYork

Need evidence that 2009 is finally history? Here's what happened Thursday during the Mets' first full-squad workout:

Jose Reyes ran the bases in every possible scenario, sprinting from first to third, scoring on a sacrifice fly, hustling to second on a pretend double. "It was better than I expected," Reyes said.

Johan Santana pitched a pain-free bullpen session, and later joked that he only threw two innings. "I gave up a single," he said. "But I struck everybody else out."

Jason Bay, the Mets' newly acquired cleanup hitter, smashed line drives into the stiff wind that knocked down fly balls at Tradition Field.

And **David Wright**, with the gusts behind him over on the Citi Field replica, cleared the high left-field fence.

"At this point, who cares what happened last year?" outfielder **Jeff Francoeur** said. "Even though you look at the Yankees, they won it, it really doesn't matter. It's a new season. There's going to be eight teams to go to the playoffs. We're hoping we're one of those teams."

David Lennon is a Newsday staff writer.

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