

FANTASY NOTES - WEEK 8

Contributed by Justin Rubino
Friday, February 20 2009
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As promised, fantasy notes have been entered into the system for Week 8's games. They can be viewed by scrolling over the sticky-note located next to their name on your fantasy roster.

Below is a team-by-team list of all of the updates. The notes in bold are the ones of most importance... I think.

NOTE: IF YOU DO NOT GET TO THE ROCHESTER SECTION, GARY GAIT IS NOT PLAYING THIS WEEKEND DUE TO A COACHING COMMITMENT AT SYRACUSE UNIVERSITY. GET HIM OUT OF YOUR LINEUPS!!!

-Buffalo-

Mark Steenhuis: Fresh off a four goal, 13 assists and 11 loose balls performance (good for 11.6 fantasy points, the most by a runner this year), Steenhuis has cemented himself above must-start status. No player is ever untradeable, depending on the deal, but along with Casey Powell, he is as close as it gets. Roll him out there every week.

Cory Bomberry: He exploded for a huge game last week, totalling three goals, six assists and four loose balls (6.4 fantasy points). This was by far his best game of the year, so you should not expect that output every week. Still, Buffalo is loaded and capable of putting 15 on the board during any given week. If you are looking for depth, the man with the hardest shot in the league could be your answer.

Roger Vyse: This first time All-Star selection is tied for sixth in the league in goals scored with 16. Still, he has not been consistent enough to warrant every-week play; his 7.4 fantasy points last week account for more than a third of his total on the year. But, as we have said all along, any Bandits player is capable of going off during a given week. No one can blame you for rolling him out there this week vs. the Rock.

Sean Greenhalgh: With so much talent in Buffalo, it has been hard for Greenhalgh to make a significant mark. While he has been consistently scoring a bit more than a goal and an assist per game, you can do better elsewhere.

Mike Thompson: Head Coach Darris Kilgour has maintained all year that he will rotate his goaltenders, and this week would be Thompson's turn. However, fellow goalie Ken Montour is 2-0 vs. the Rock (this week's opponent) this year and has put up the better numbers of the two. We think Kilgour will stick to his plan, but no one could blame him if he starts Montour. To be safe, check the boxscore sometime during the half-hour leading up to game time.

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-Toronto-

Kasey Beirnes: He has cooled off considerably since his hot start. His last game (one goal, two assists, six loose balls) is more in line with what you should expect from him.

Craig Conn: He has scored a goal in both games since returning to the league. Last week, he managed 2.4 fantasy points (one goal, two assists, four loose balls). This is a good sign from the man who scored 44 goals in 15 games in 2006. Take a chance on him; it could pay huge dividends.

Blaine Manning: Manning had his best game since the opener in Toronto's blowout loss to Buffalo last week, scoring three goals and adding two assists and four loose balls (4.4 fantasy points). Not that you would have dropped him (...hopefully), but if you have him, roll him out there for a rematch with the Bandits; the Rock should have some fire under their backsides in this grudge match.

Lewis Ratcliff: Ratcliff left last week's game with Buffalo early in the 1st quarter after eating a hit into the boards. If he does play against Buffalo this week, he needs to be in the starting lineup considering his game two weeks ago (four goals, three assists), the fact that Toronto will be angry after last week's game and HE IS LEWIS RATCLIFF. Check the boxscore right before gametime to see if he is in the active lineup.

Jason Crosbie: Expect his career year to continue with something in the vicinity of one goal and four assists.

Bob Watson: Barring the Earth collapsing into itself, Watson should get the start for Toronto. Whether you want to start him against Buffalo is a different story; if you have other options, use them.

-Boston-

Daryl Veltman: After tearing through the league in his first month, Veltman has come back down to earth his past three games. That being said, he is still a lock for around two fantasy points with the potential to net you five or six. Boston's two opponents this weekend, Minnesota and Calgary, have given up the two lowest amount of goals this season (50 and 62, respectively), so expect the former (two points) more so than the latter (six) in both games this weekend.

Brenden Thenhaus: A member of the musical-chairs scoring committee in Boston, Thenhaus has not put the ball in the net his past two games, but has managed four and two assists in each. While the potential is there for a solid contribution out of your fifth spot, he can also disappear in games (i.e. zero goals and zero assists at Philadelphia on 1/23). With the defensive gauntlet that the Blazers are facing this weekend, stray clear of Thenhaus if you can.

Matt Lyons: Lyons scored five of his nine goals in one game (vs. Philadelphia on 1/24), so to call him a sure thing would be crazy. He has managed 2.8 and 2.0 fantasy points in his last two games, and Boston only scored nine and eight goals, respectively, in those contests. However, do not expect a much different output against the two stingiest defense (Minnesota and Calgary) this weekend.

Gary Bining: He scored four of the nine goals, including the game-tie with 9.8 seconds left, in Boston's miraculous win against New York on 2/7. He has shown the potential to score in bunches, adding three more in Philadelphia on 1/23, but he is hit-or-miss (like a lot of the Blazers). He should be on a roster, but expecting big numbers this weekend might be asking too much.

Jason Bloom: Notched a hat-trick in Philadelphia last week, but only has seven goals on the year. Make him do it again before trusting him.

Sean Morris: Morris is expected to make his return to the lineup this weekend, and is worth monitoring.

Anthony Cosmo: We love the matchup against Minnesota more so than Calgary. There is no reason why he shouldn't start, but it couldn't hurt to check before gametime.

-Minnesota-

Ryan Ward: It's hard to recommend anyone on Minnesota's offense, but Ward has been good for a consistent two-three points all year. Technically, you could do worse out of your fourth or fifth spot.

Aaron Wilson: Wilson started to come on, scoring three goals in each of his last two games with Rochester. Now, as a member of the Swarm, his value takes a hit; Minnesota has not scored more than 11 goals in a game this year, and that was in their first contest. Wait for them to snap out of their offensive funk before rolling with the Swarm.

Nick Patterson: He got both losses the last time the Swarm played (a two-game weekend), and teammate Kevin Croswell looked better in relief. Check in before gametime to see which goalie gets each start this weekend, as they could be worth a start; Minnesota is allowing 10 goals a game.

Kevin Croswell: Croswell looked better than Patterson the last time the Swarm played, but it remains to be seen who starts which game for Minnesota. Check in before gametime to see which goalie gets each start this weekend, as they could be worth a start; Minnesota is allowing 10 goals a game.

-Philadelphia-

Athan Iannucci: Don't expect him to play this weekend.

Geoff Snider: One of the hardest guys to peg in fantasy lacrosse. He is a loose ball machine, good for at least one point in that category every game. His other stats are a crapshoot though, especially considering the way Philadelphia has played of late. You should never sit your studs, but is Snider one of your studs? Against Minnesota, it is probably best to stray clear.

Drew Westervelt: He has scored a goal in every game for the Wings this year. If you want to roll out a Wing against Minnesota, he is the safest bet.

Rob Blasdell: No way to know who is going to start in net for Philadelphia. Check the boxscore about a half-hour before game times for the final word.

Brandon Miller: No way to know who is going to start in net for Philadelphia. Check the boxscore about a half-hour before game times for the final word.

-New York-

Pat Maddalena: The Mad Man has been great for New York this season, and rolled out a five goal, three assist effort against Rochester last week. Nothing new here: keep starting him.

Jordan Hall: This second-year stud has been awesome for New York and has been one of the best values in fantasy this year. He added to his numbers with two goals and four assists last week, and should put together another solid performance against Rochester.

Brendan Mundorf: Mundorf has been one of the hottest players in the league over his last three games, notching two hat-trick and racking up six assists in the other game. He has become a key cog in the powerful New York offense, and if for some reason he is unowned in your league, be the one to change that. He is worth a start this week.

Ryan Boyle: In his past two games, Boyle has earned fantasy totals of 4.8 and 4.4 points. New York has a high-scoring offense, and if Boyle can stay involved, he is worth adding to your team. With totals like that, he is even worth the fourth or fifth spot in your lineup.

Matt Vinc: The clear-cut starter in NY. Roll him out and watch him perform.

-Rochester-

Gary Gait: After submitting the goal-of-the-year candidate last week, Gait will be unavailable to play this weekend due to coaching commitments with Syracuse University. Look elsewhere for Week 8.

Jason Henhawk: In his first game back from injury since his three goal, four assist performance against Toronto on 1/31, Henhawk delivered three assists and one loose ball against New York last week. While not earth-shattering, those numbers lend to the fact that he has the talent to be a player in this league. Do not play him this week, but stash him on your bench and see if he can put up starter-worthy numbers.

Joe Walters: Still waiting for that break-through performance. It has to come... it just has to.

Craig Point: His value just got a lot higher after being traded to Rochester. While he goes to a team with a worse record, a change of scenery could be just what he needed. Teaming up with Shawn Williams, tied for sixth in the league with 24

assists, should help as well. We would not do it, but if you are feeling lucky, roll him out as your fifth runner against New York this weekend.

Pat O'Toole: He's as safe an option as they come in terms of starting each game.

-Colorado-

Brian Langtry: Colorado is back on track and Langtry has been one of the hottest players in the league over his past four games. Start him, no questions asked.

Gavin Prout: With Colorado back on track, Prout has been money over his past four games. Along with Langtry, start him with no hesitation.

Jamie Shewchuk: His play has picked up during Colorado's winning streak, scoring 3.4, 3.3 and 2.7 fantasy points over that stretch. There's room for production like that on most any fantasy roster. And if Dan Carey remains out, his value is even higher.

Gary Rosyski: Another player whose numbers have gone up during Colorado's turnaround. He has had at least 3-NLL points over his past four games and will continue to see valuable action if Dan Carey misses extended time.

Matt Danowski: The rookie has had his moments and is getting much more acclimated to the indoor game, but the points have not come quite yet. We are willing to bet that they will. Don't start him, but he should be on someone's roster. Is that someone you?

Dan Carey: Still unsure as to whether or not he will play. Be sure to check the Colorado boxscore right before game time to see if he is on the active roster.

-Leyshon: Leyshon has been the man for Colorado. If you have him, you would be hard pressed to sit him.

-San Jose-

Cam Sedgwick: He is averaging just under four points a game for San Jose and went off for four goals, two assists and eight loose balls against Edmonton on 1/31. Just in case you missed it.

Rhys Duch: Duch is one rookie having no trouble playing the indoor game. He has had only one game with less than three fantasy points. Translation: start him.

Matt Roik: No reason to think we will not get the start against Colorado. Colorado is hot, but it is always good to have options; he would not be our first one, but he could come in handy.

-Calgary-

Pat Campbell: No reason to think Campbell will not start. If you want to be safe, you know the drill: check the boxscore about a half-hour before gametime.

IF YOU READ MY ARTICLES, YOU KNOW WHO TO START FROM CALGARY!

-Edmonton-

Dan Teat: One of the steals of the year. His numbers have dropped a bit lately, scoring only 2.2 fantasy points in each of his last two games, but you cannot drop him; he is too valuable. It may be wise to sit him, however, against one of the hottest goaltenders in the league this week in Andrew Leyshon. But, if Edmonton is going to score, it's going to go through Teat.

Andy Secore: His play has improved as of late, notching two goals in each of the past two games. Everyone knows he has the talent, but Edmonton needs to consistently put points on the board before you can feel safe starting him.

Ryan Benesch: Has cooled off since a hot start in Edmonton. Despite earlier raves from our resident fantasy man, Justin Rubino, everyone is being hit by Edmonton's recent offensive woes. He did manage 2.6 fantasy points last week, and his numbers will be there if the offense picks up. For now, keep him benched this week.

Steve Dietrich: This situation is a crapshoot. Hamley really likes Chugger, but his recent play has opened the door for Chris Levis to see more playing time. This is a perfect example of a situation that ABSOLUTELY REQUIRES you to check the boxscore right before gametime.

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There you go, guys. I hope this helps everyone in their quest for fantasy dominance. Enjoy the Week 8 games!

Until next time,

Justin Rubino