

CLUB FANTASY'S

A Look Inside





2016 Recap

A lot of people doubted Doug Baldwin as a legit WR1 in fantasy heading into 2016 after his stellar 2015 campaign. A closer look at his 2015 numbers showed someone who was hardly reliable week in and week out and simply caught fire for an extended stretch. Then QB Russell Wilson got dinged up because of poor offensive line play and the running game was ineffective because of, you guessed it, poor offensive line play, so Wilson and Baldwin made a pact to turn Baldwin into a WR1 in fantasy. At least I think that's how the story goes. Baldwin finished 2016 as the 6th best WR in fantasy and TE Jimmy Graham returned to stardom after a gruesome injury derailed his 2015 season. Wilson didn't put up the rushing numbers needed to keep him in QB1 territory as many hoped and the running game took a huge step back after Marshawn Lynch retired and Thomas Rawls didn't come back healthy after his late season ankle injury. All told, The Seahawks left a lot on the table for fantasy owners, but there were a few surprises that surely rewarded those who took a few shots late in drafts. – *The Hudsonian*

Position	Player	Points	2016 Ranking
QB1	Russell Wilson	297.3	QB15
RB1	Eddie Lacy (w/ GB)	44.8	RB74
RB2	C.J. Prosise	63.0	RB63
RB3	Thomas Rawls	70.1	RB58
WR1	Doug Baldwin	249.2	WR6
WR2	Tyler Lockett	128.1	WR60
WR3	Jermaine Kearse	91.6	WR83
WR4	Paul Richardson	47.8	WR108
TE1	Jimmy Graham	178.9	TE5
K	Blair Walsh (w/ MIN)	33.0	K34
D/ST	Seahawks	164.0	DST11



Doug Baldwin, WR

Doug Baldwin

Doug Baldwin's college stats weren't impressive, and because of that, it was little surprise to see him go undrafted when he entered the league in 2011. He's small for a wideout, only 5' 10" and 189 pounds, and he wasn't projected as much more than a slot receiver. Even his first four seasons in Seattle provided little evidence he could be a go to option for Seattle's passing game. Then 2015 happened.

The first 10 games of the 2015 season seemed standard for Baldwin's career. He was underutilized and often overlooked. He had only 44 catches for 539 yards and 3 TDs. Then a switch flipped and he and Russell Wilson connected like they both swiped right on Tinder. Over the final 6 games of the season, Baldwin amassed 34 catches for 530 yards and an eye-popping 11 TDs. He helped a lot of fantasy owners go from out of it to making

the playoffs in the blink of an eye. This performance caused Baldwin to be a hot discussion going into 2016. Which wide receiver were fantasy owners drafting? Weeks 1-11 Baldwin or Weeks 12-17 Baldwin? Many pundits, myself included, had Baldwin as a low end WR2. I certainly didn't want to bet on him as a number one but if I could get him as number two and he was Weeks 12-17 Baldwin, that'd be a huge coup. All Baldwin did was put up the 6th best fantasy numbers at WR last season, with 94 catches for 1,128 yards and 7 TDs. We knew the TD totals weren't sustainable, but with the increase in catches and yards, they more than made up for it.

Fast forward to 2017 and he's still a topic of conversation. Two straight years, Baldwin has finished as a WR1, but no one is giving him his due. Do I want him as a WR1 on my squad? No, but it's less to do with where he'll finish the year as opposed to the inconsistency he provides. If 2015 and 2016 taught us anything, it's that Baldwin is streaky. He will light it up for 3 or 4 weeks, and then be average at best the rest of the way. But man, those 3 or 4 weeks are glorious. He's a fringe WR1 for me, with 90 catches for 1,100 yards and 8 TDs likely. I'd feel better if he were my number two though.

– *The Hudsonian*

“As **solid** as a
WR2 as
you can get.”
– *Cole Hoopingarner*



Jimmy Graham

We all know who Jimmy Graham is by now. He was a star in New Orleans where the constant debate wasn't "Is Rob Gronkowski worth a first round pick?", but "Are Rob Gronkowski AND Jimmy Graham worth first round picks?" Then the Saints figured they could replace him - they haven't - and shipped him off to Seattle for an extra 1st round pick and Max Unger. His first year in Seattle was hardly glamorous, with only 605 receiving yards and 2 TDs and a career threatening patellar tendon injury. There was talk that Graham wouldn't be able to return to form because of the limitations the Seahawks offense put on him as a receiver and because of the nature of the injury. Look at how that same injury derailed Giants WR Victor Cruz.



Jimmy Graham, TE

In 2016 Graham basically gave the fantasy football community an extra large middle finger and returned to form. His season started slow but when he got going, he was a fixture in fantasy lineups. He finished the season as the 5th best TE, compiling 65 catches for 923 yards and 6 TDs. The Seahawks could use some extra blockers, but Graham is hardly a blocker. He's a wide receiver and the Seahawks used him as such with 95 targets. He put up the second-best numbers on the team in terms of targets, receptions, yards, and touchdowns. He even finished 3rd in the NFL among receiving yards by a TE. Graham may be playing 2017 as a 30 year old TE, but look at what Antonio Gates and Jason Witten have been able to do well into their 30s. The Seahawks know what they have in Graham now, and they'll deploy him with confidence. If their

“If Graham is used the way he's supposed to be used for an entire season, the sky's the limit.”
– **Cole Hoopingarner**

running game picks up, that will open a lot more underneath routes and red zone targets for Graham. I wouldn't be shocked if he crosses 1,000 yards this season, and I would look for his TD totals to increase, even it's only by 2. I'll put Graham at 70 catches for 1,000 yards and 8 TDs. I probably ranked him too low starting the season, but with injuries inevitable to Gronk and Jordan Reed, Graham is primed for another top 5 finish. –**The Hudsonian**



Russell Wilson, QB

Russell Wilson

So Russell Wilson is pretty awesome, right? His first five years in the league and he's already appeared in two Super Bowls and won one of them. In his first four years in the league, Wilson finished as QB11, QB10, QB6, and QB3. Going into 2016, we knew exactly what we were getting with Wilson. Or did we?

Wilson and the Seahawks were a mess from the get go. It's a miracle they even won 10 games and the NFC West. Their line couldn't stop a toilet - I mean, they could because they're all over 300 pounds but you get it, right? - and Wilson just ran for his life. He suffered a high ankle sprain early in the season and couldn't get the rushing yards necessary for his regular appointment in our top 10 QB rankings. In fact, last year was by far his lowest rushing attempts and rushing yards in a season since he entered the league, with 72 attempts for 259 yards. Did I mention that even with the high ankle sprain he managed to play all 16 games? He made up for the lack of rushing

yards by throwing for a career high 4,219 yards. What really set him back though was that his touchdown totals dropped from 34 passing TDs in 2015 to 21 in 2016. If he's not running and throwing for more than 29 TDs, is he even a QB1 in fantasy?

I have him ranked in the top 10 to start 2017, mostly because if he's healthy he'll throw for more than 25 TDs, That alone, even without the rushing yards, should keep him as a low end starter in your league. But if that offensive line doesn't improve this season, Wilson will be running for his life again and he only has two solid receiving options in Baldwin and Graham. If Proise can stay healthy, he now has a third weapon and that bodes well for his success in 2017. I think he goes for 3,900 yards, 28 TDs and 350 rushing yards. That should keep him in the QB1 range and he has serious upside, as witnessed by his QB3 finish in 2015. – *The Hudsonian*

“Wilson can create magic but I think he's too risky to be your starter.”
– *Cole Hoopingarner*



2017 Preview

Did the Seahawks do enough this offseason to improve their offensive line play? That's debatable, but they should still be in a position to win the NFC West which in turn will give fantasy owners something to like. Maybe Baldwin isn't a WR1, but he's a WR2 with potential which represents value on draft day. Graham is healthy and in a contract year, so you know he's looking to return to his top 3 rank as a TE. Wilson is presumably healthy, so if he gets a decent line in front of him, he's a fringe QB1 in fantasy. If we learned anything from last season though, without those rushing yards, Wilson is merely a backup to owners. The Seahawks brought in the enigmatic Eddie Lacy to lead their rushing attack in 2017, but outside of a standout rookie year, he's been either average, overweight, or hurt. One of the biggest sleepers for the team this year? RB C.J. Prosise. When he finally took the field last year, he was a jolt for this offense as both a runner and a pass catcher. While I don't know if he can be an every down back, he will be handy as a 3rd down back who will cut into Lacy's production. And if Lacy gets hurt again? Don't sleep on Thomas Rawls. He showed once before he's talented and can carry this offense. I'd bank on seeing him quite a bit in 2017. – *The Hudsonian*

Team Schedule

Week 1: vs. @ Green Bay Packers	Week 10: @ Arizona Cardinals
Week 2: vs. San Francisco 49ers	Week 11: vs. Atlanta Falcons
Week 3: @ Tennessee Titans	Week 12: @ San Francisco 49ers
Week 4: vs. Indianapolis Colts	Week 13: vs. Philadelphia Eagles
Week 5: @ Los Angeles Rams	Week 14: @ Jacksonville Jaguars
Week 6: BYE WEEK	Week 15: vs. Los Angeles Rams
Week 7: @ New York Giants	Week 16: @ Dallas Cowboys
Week 8: vs. Houston Texans	Week 17: vs. Arizona Cardinals
Week 9: vs. Washington Redskins	