

2025 NABL Keeper Worksheet

If you use this as a spreadsheet, just insert "y" for players you want to keep and it will tally total for you. Maximum is \$180. See Cold Spell team for example (not my actual keepers...or are they?)

Players are shown with their current position(s) on CBS. This does not guarantee eligibility next season at that position. You are responsible for checking position eligibility. Players with salaries shown in red have no MLB experience and only receive a \$2 raise.

Free agents are the very bottom, for reference. All batters and pitchers that are not listed here can be selected for \$4 in the Winter Draft (no MLB experience only costs \$3).

Bama Groove	2025 Salary	Keeper Salary	Keep?	Keep Total
Witt, Bobby	SS	15	21	
Walker, Christian	1B	10	14	
Lawlar, Jordan	2B,3B,SS	9	13	
Arozarena, Randy	OF	7	10	
Carter, Evan	OF	7	10	
Dominguez, Jasson	OF	7	10	
Lewis, Royce	3B	7	10	
O'Hoppe, Logan	C	7	10	
Merrill, Jackson	OF	6	9	
Muncy, Max	3B	4	7	
Stanton, Giancarlo	OF	4	7	
Kim, Hye Seong	2B,OF,SS	3	6	
Soderstrom, Tyler	1B,OF	3	6	
Baldwin, Drake	C	1	4	
Caballero, Jose	2B,3B,OF,SS	1	4	
Grisham, Trent	OF	1	4	
Scott II, Victor	OF	1	4	
Young, Cole	2B,SS	1	4	
Holiday, Ethan	SS	1	3	
Pressly, Ryan	RP	41	57	
Lopez, Pablo	SP	20	28	
Verlander, Justin	SP	14	20	
Bello, Brayan	SP	10	14	
Rasmussen, Drew	RP,SP	10	14	
Manaea, Sean	SP	7	10	
Bautista, Felix	RP	4	7	
Birdsong, Hayden	RP,SP	4	7	
Gil, Luis	SP	4	7	
Cameron, Noah	SP	3	6	
Boyle, Joe	SP	1	4	
Cabrera, Edward	SP	1	4	
Megill, Tylor	SP	1	4	
Meyer, Max	SP	1	4	
Romero, JoJo	RP	1	4	
34	217	346	0	0

BoSox Boys	2025 Salary	Keeper Salary	Keep?	Keep Total
Betts, Mookie	2B,OF,SS	140	196	
Casas, Triston	1B	13	18	
Greene, Riley	OF	13	18	
Santander, Anthony	OF	11	15	
Rafaela, Ceddanne	2B,OF,SS	7	10	
Steer, Spencer	1B,OF	7	10	
Jenkins, Walker	OF	5	7	
Adames, Willy	SS	4	7	
Fitzgerald, Tyler	2B,OF,SS	4	7	
Lee, Brooks	2B,3B,SS	4	7	
Mayo, Coby	1B,3B	4	7	
Campbell, Kristian	2B,OF	3	6	
Naylor, Bo	C	1	4	
Simpson, Chandler	OF	1	4	
Jones, Spencer	OF	1	3	
Walcott, Sebastian	SS	1	3	
Wetherholt, JJ	SS	1	3	
Lodolo, Nick	SP	13	18	
Buehler, Walker	SP	7	10	
Holmes, Grant	RP,SP	7	10	
Miller, Bryce	SP	7	10	
Ragans, Cole	SP	7	10	
Lowder, Rhett	SP	4	7	
Singer, Brady	SP	4	7	
Matthews, Quinn	SP	3	5	
Painter, Andrew	SP	3	5	
Schultz, Noah	SP	3	5	
Gasser, Robert	SP	1	4	
Halvorsen, Seth	RP	1	4	
Henriquez, Ronny	RP	1	4	
Maton, Phil	RP	1	4	
Nelson, Ryne	RP,SP	1	4	
Sandlin, David	SP	1	3	
33	284	435	0	0

Buildogs	2025 Salary	Keeper Salary	Keep?	Keep Total
Lindor, Francisco	SS	109	153	
Ramirez, Jose	3B	67	94	
Contreras, Willson	1B,C	15	21	
Happ, Ian	OF	10	14	
Nimmo, Brandon	OF	10	14	
Neto, Zachary	SS	7	10	
Carpenter, Kerry	OF	5	8	
Donovan, Brendan	2B,OF,SS	5	8	
Abreu, Wilyer	OF	4	7	
Norby, Connor	2B,3B	4	7	
Shaw, Matt	3B	3	6	
Durbin, Caleb	2B,3B	1	4	
Hays, Austin	OF	1	4	
O'Hearn, Ryan	1B,OF	1	4	
Polanco, Jorge	2B,3B	1	4	
Ramirez, Agustin	C	1	4	
Miller, Aidan	SS	1	3	
Jansen, Kenley	RP	33	46	
Eovaldi, Nathan	SP	11	15	
Chapman, Aroldis	RP	7	10	
Peplit, Ryan	SP	7	10	
Sanchez, Christopher	SP	7	10	
Megill, Trevor	RP	6	9	
Flaherty, Jack	SP	4	7	
Lopez, Reynaldo	SP	4	7	
Ryan, River	SP	4	7	
Woodruff, Brandon	SP	4	7	
Peterson, David	SP	1	4	
Quintana, Jose	SP	1	4	
Rodriguez, Yariel	RP,SP	1	4	
Schlittler, Cameron	SP	1	4	
Sheehan, Emmet	SP	1	4	
Varland, Louie	RP,SP	1	4	
Vodnik, Victor	RP	1	4	
34	339	521	0	0

Cold Spell	2025 Salary	Keeper Salary	Keep?	Keep Total
Devers, Rafael	1B,3B	49	69	
Acuna Jr., Ronald	OF	48	67	
Bregman, Alex	3B	37	52	
Alvarez, Yordan	OF	28	39	
Buxton, Byron	OF	15	21	
Torkelson, Spencer	1B	15	21	
Ward, Taylor	OF	7	10	
Keith, Colt	1B,2B,3B	6	9	
Edwards, Xavier	2B,SS	4	7	
Langellers, Shea	C	4	7	
Profar, Jurickson	OF	4	7	
Swanson, Dansby	SS	2	5	
Marsee, Jakob	OF	1	4	
Montgomery, Colson	3B,SS	1	4	
Rice, Ben	1B,C	1	4	
De Paula, Josue	OF	1	3	
Cease, Dylan	SP	35	49	
Gallen, Zac	SP	28	39	
Gray, Sonny	SP	24	34	
Greene, Hunter	SP	15	21	
Bednar, David	RP	14	20	
Peralta, Freddy	SP	14	20	
Rodriguez, Grayson	SP	11	15	
Munoz, Andres	RP	10	14	
Crochet, Garrett	SP	4	7	
Francis, Bowden	RP,SP	4	7	
Weaver, Luke	RP	4	7	
Giolto, Lucas	SP	1	4	
Lopez, Jacob	RP,SP	1	4	
Morejon, Adrian	RP	1	4	
Severino, Luis	SP	1	4	
Sousa, Bennett	RP	1	4	
Yesavage, Trey	SP	1	4	
Tiedemann, Ricky	SP	1	3	
34	393	589	0	0

High Heat	2025 Salary	Keeper Salary	Keep?	Keep Total
Ohtani, Shohei	SP,U	48	67	
Chisholm, Jazz	2B,3B,OF	14	20	
Suzuki, Selya	OF	13	18	
Jung, Josh	3B	10	14	
Pasquantino, Vinnie	1B	10	14	
Chourio, Jackson	OF	8	11	
Lowe, Brandon	1B,2B	5	8	
Garcia, Maikel	2B,3B,OF,SS	4	7	
Turang, Brice	2B	4	7	
Soler, Jorge	OF	2	5	
Herrera, Ivan	C	1	4	
Yastrzemski, Mike	OF	1	4	
Valdez, Framber	SP	20	28	
McClanahan, Shane	SP	14	20	
Holmes, Clay	RP,SP	10	14	
Springs, Jeffrey	SP	10	14	
Keller, Mitch	SP	7	10	
Ober, Bailey	SP	7	10	
Olson, Reese	SP	7	10	
Wacha, Michael	SP	7	10	
Kershaw, Clayton	SP	6	9	
Williams, Gavin	SP	6	9	
Gaddis, Hunter	RP	4	7	
Leiter, Jack	SP	4	7	
Darvish, Yu	SP	3	6	
Alvarez, Andrew	RP,SP	1	4	
Kremer, Dean	SP	1	4	
Littell, Zack	SP	1	4	
Lorenzen, Michael	SP	1	4	
Martin, Davis	SP	1	4	
Pomeranz, Drew	RP,SP	1	4	
Soriano, Jose	SP	1	4	
Teng, Kai-Wei	RP,SP	1	4	
33	233	365	0	0

Hunting for RLJ	2025 Salary	Keeper Salary	Keep?	Keep Total
Tatis Jr., Fernando	OF	41	57	
Naylor, Josh	1B	10	14	
Suarez, Eugenio	3B	9	13	
Volpe, Anthony	SS	9	13	
Cowser, Colton	OF	7	10	
Crow-Armstrong, Pete	OF	7	10	
Story, Trevor	SS	7	10	
Doyle, Brenton	OF	4	7	
Basallo, Samuel	C	3	6	
Clement, Ernie	1B,2B,3B,SS	1	4	
Perdomo, Geraldo	SS	1	4	
Teel, Kyle	C	1	4	
Clark, Max	OF	1	3	
Murakami, Munetaka	3B	1	3	
Gore, MacKenzie	SP	11	15	
King, Michael	SP	11	15	
Schwellenbach, Spence	SP	4	7	
Uceta, Edwin	RP	4	7	
Brash, Matt	RP	1	4	
Burns, Chase	SP	1	4	
Garcia, Luis	SP	1	4	
Mahle, Tyler	SP	1	4	
Mattson, Isaac	RP	1	4	
O'Brien, Riley	RP	1	4	
Santillan, Tony	RP	1	4	
Taylor, Grant	RP,SP	1	4	
Tong, Jonah	SP	1	4	
Waldrep, Hurston	SP	1	4	
Warren, Will	SP	1	4	
Jump, Gage	SP	1	3	
Snelling, Robby	SP	1	3	
White, Thomas	SP	1	3	
32	146	255	0	0

Pesky Polecats		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
Judge, Aaron	OF	161	225		
Guerrero Jr., Vladimir	1B,3B	41	57		
Soto, Juan	OF	39	55		
Hernandez, Teoscar	OF	20	28		
Riley, Austin	3B	20	28		
Harris, Michael	OF	10	14		
Diaz, Yandy	1B	7	10		
Duran, Jarren	OF	7	10		
Kirk, Alejandro	C	5	8		
Bogaerts, Xander	2B,SS	4	7		
Correa, Carlos	3B,SS	4	7		
Freeman, Tyler	2B,OF,SS	1	4		
Goodman, Hunter	C,OF	1	4		
Moniak, Mickey	OF	1	4		
Pena, Jeremy	SS	1	4		
Griffin, Konnor	SS	1	3		
Made, Jesus	SS	1	3		
Rodon, Carlos	SP	14	20		
Brown, Hunter	SP	10	14		
deGrom, Jacob	SP	9	13		
Miller, Mason	RP	7	10		
Jax, Griffin	RP,SP	4	7		
Luzardo, Jesus	SP	4	7		
Weathers, Ryan	SP	4	7		
Bieber, Shane	SP	3	6		
Akin, Keegan	RP,SP	1	4		
Ashcraft, Braxton	RP,SP	1	4		
Messick, Parker	SP	1	4		
Newcomb, Sean	RP,SP	1	4		
Pagan, Emilio	RP	1	4		
Perkins, Jack	RP,SP	1	4		
Tolle, Payton	SP	1	4		
Topa, Justin	RP	1	4		
Imai, Tatsuya	SP	1	3		

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Springfield Isotopes		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
McLain, Matt	2B,SS	7	10		
Ozuna, Marcell	DH	7	10		
Paredes, Isaac	1B,3B	7	10		
Westburg, Jordan	2B,3B	7	10		
Bichette, Bo	SS	6	9		
Vientos, Mark	3B	4	7		
Anthony, Roman	OF	3	6		
Rushing, Dalton	1B,C	3	6		
Springer, George	OF	3	6		
Barger, Addison	3B,OF	1	4		
Caglianone, Jac	1B,OF	1	4		
Caissie, Owen	OF	1	4		
Frelick, Sai	OF	1	4		
Lopez, Otto	2B,SS	1	4		
Mayer, Marcelo	2B,3B,SS	1	4		
Navaez, Carlos	C	1	4		
Pages, Andy	OF	1	4		
Stowers, Kyle	OF	1	4		
Glasnow, Tyler	SP	20	28		
Kirby, George	SP	13	18		
Strider, Spencer	SP	10	14		
Boyd, Matthew	SP	4	7		
Garcia, Robert	RP	4	7		
Hoffman, Jeff	RP	4	7		
Smith, Cade	RP	4	7		
Suarez, Ranger	SP	4	7		
Bubic, Kris	RP,SP	1	4		
Henderson, Logan	SP	1	4		
McGreevy, Michael	SP	1	4		
Musgrove, Joe	SP	1	4		
Priester, Quinn	RP,SP	1	4		
Rodriguez, Randy	RP	1	4		
Santana, Dennis	RP	1	4		
Anderson, Kade	SP	1	3		

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Ponson's Waistline		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
Tucker, Kyle	OF	48	67		
Marte, Ketel	2B	42	59		
Altuve, Jose	2B,OF	34	48		
Rodriguez, Julio	OF	15	21		
Alvarez, Francisco	C	10	14		
Carroll, Corbin	OF	10	14		
Henderson, Gunnar	SS	10	14		
Caminero, Junior	3B	7	10		
Diaz, Yainer	1B,C	7	10		
Stott, Bryson	2B,SS	7	10		
Crews, Dylan	OF	6	9		
Langford, Wyatt	OF	6	9		
Edman, Tommy	2B,3B,OF,SS	2	5		
Kurtz, Nick	1B	1	4		
Marte, Noelvi	3B,OF	1	4		
Smith, Cam	3B,OF	1	4		
Gilbert, Logan	SP	15	21		
Ryan, Joe	SP	14	20		
Duran, Jhoan	RP	10	14		
Finnegan, Kyle	RP	10	14		
Perez, Eury	SP	9	13		
Scott, Tanner	RP	7	10		
Imanaga, Shota	SP	6	9		
Skenes, Paul	SP	6	9		
Yamamoto, Yoshinobu	SP	6	9		
Alcantara, Sandy	SP	4	7		
Jones, Jared	SP	4	7		
Ray, Robbie	SP	4	7		
Bradish, Kyle	SP	1	4		
Ferrer, Jose	RP	1	4		
Jimenez, Joe	RP	1	4		
Misiorowski, Jacob	SP	1	4		
Palencia, Daniel	RP	1	4		

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Texas Leaguers		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
Machado, Manny	3B	81	113		
Turner, Trea	SS	74	104		
Alonso, Pete	1B	35	49		
Perez, Salvador	1B,C	27	38		
Raleigh, Cal	C	21	29		
Albies, Ozzie	2B	14	20		
Mullins, Cedric	OF	14	20		
Arraez, Luis	1B,2B	10	14		
Bellinger, Cody	1B,OF	10	14		
Lee, Jung Hoo	OF	6	9		
Aranda, Jonathan	1B	1	4		
Busch, Michael	1B	1	4		
Friedl, TJ	OF	1	4		
McKinstry, Zach	2B,3B,OF,SS	1	4		
Sheets, Gavin	1B,OF	1	4		
Torres, Gleyber	2B	1	4		
Varscho, Daulton	OF	1	4		
Nola, Aaron	SP	51	71		
Abreu, Bryan	RP	7	10		
Bibee, Tanner	SP	7	10		
Lugo, Seth	SP	7	10		
Woo, Bryan	SP	7	10		
Scherzer, Max	SP	4	7		
Bassitt, Chris	SP	1	4		
Berrios, Jose	SP	1	4		
Estrada, Jeremiah	RP	1	4		
Kelly, Merrill	SP	1	4		
Saalfank, Andrew	RP	1	4		
Speier, Gabe	RP	1	4		
Taillon, Jameson	SP	1	4		
Vasil, Mike	RP,SP	1	4		

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Saratoga Spiders		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
Freeman, Freddie	1B	62	87		
Yelich, Christian	OF	49	69		
Smith, Will	C	28	39		
Robert, Luis	OF	22	31		
Schwarber, Kyle	OF	21	29		
Abrams, C.J.	SS	15	21		
Contreras, William	C	10	14		
Hoerner, Nico	2B,SS	10	14		
Kwan, Steven	OF	10	14		
Castellanos, Nick	OF	7	10		
Hoskins, Rhys	1B	7	10		
Chapman, Matt	3B	4	7		
Ramos, Heliot	OF	4	7		
Bazzana, Travis	2B	3	5		
Beavers, Dylan	OF	1	4		
Keaschall, Luke	2B	1	4		
McGonigle, Kevin	SS	1	3		
Fried, Max	SP	47	66		
Fairbanks, Pete	RP	38	53		
Estevez, Carlos	RP	14	20		
Skubal, Tarik	SP	7	10		
Horton, Cade	SP	5	8		
Erceg, Lucas	RP	4	7		
Walker, Ryan	RP	4	7		
Chandler, Bubba	SP	3	6		
Sasaki, Roki	SP	3	6		
Abbott, Andrew	SP	1	4		
Matthews, Zebby	SP	1	4		
May, Dustin	SP	1	4		
Mize, Casey	SP	1	4		
Sproat, Brandon	SP	1	4		
Uribe, Abner	RP	1	4		
Whitlock, Garrett	RP,SP	1	4		

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The Batemans		2025	Keeper	Keep?	Keep
		Salary	Salary		Total
Cruz, Oneil	OF,SS	14	20		
De La Cruz, Elly	SS	9	13		
Wood, James	OF	8	11		
Holliday, Jackson	2B,SS	6	9		
Burleson, Alec	1B,OF	4	7		
Butler, Lawrence	OF	4	7		
Rooker, Brent	OF	4	7		
Adell, Jo	OF	1	4		
Eldridge, Bryce	1B	1	4		
Jackson, Jeremiah	3B,OF,SS	1	4		
Kelly, Carson	C	1	4		
Laureano, Ramon	OF	1	4		
Sosa, Lemyn	1B,2B,3B	1	4		
Triolo, Jared	1B,2B,3B,SS	1	4		
Wilson, Jacob	SS	1	4		
Williams, Devin	RP	20	28		
Webb, Logan	SP	14	20		
Helsley, Ryan	RP	10	14		
Gausman, Kevin	SP	9	13		
Pivetta, Nick	SP	8	11		
Suarez, Robert	RP	7	10		
Armstrong, Shawn	RP,SP	1	4		
Bergert, Ryan	SP	1	4		
Houser, Adrian	RP,SP	1	4		
Javier, Cristian	SP	1	4		
McLean, Nolan	SP	1	4		
Morales, Luis	SP	1	4		
Rogers, Trevor	SP	1	4		
Seymour, Ian	RP,SP	1	4		
Vest, Will	RP	1	4		

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Free Agent Batters		2025 Salary	Keeper Salary
Harper, Bryce	1B	83	116
Olson, Matt	1B	63	88
Seager, Corey	SS	60	84
Trout, Mike	OF	51	71
Martinez, J.D.	DH	25	35
Sernien, Marcus	2B	22	31
Rutschman, Adley	C	20	28
Realmutu, J.T.	C	16	22
Garcia, Adolis	OF	14	20
Reynolds, Bryan	OF	14	20
Bohm, Alec	1B,3B	10	14
Tovar, Ezequiel	SS	10	14
Walker, Jordan	OF	9	13
O'Neill, Tyler	OF	8	11
Arenado, Nolan	3B	7	10
Burger, Jake	1B,3B	7	10
Jones, Nolan	OF	7	10
Kelenic, Jarred	OF	7	10
Lowe, Joshua	OF	7	10
Meadows, Parker	OF	7	10
Morel, Christopher	2B,3B,OF	7	10
Rengifo, Luis	2B,3B,OF	7	10
Thomas, Lane	OF	7	10
Castro, Willi	2B,3B,OF,SS	4	7
Conforto, Michael	OF	4	7
Garcia, Luis	2B	4	7
India, Jonathan	2B,3B,OF	4	7
Jeffers, Ryan	C	4	7
Jung, Jaco	3B	4	7
McCarthy, Jake	OF	4	7
Nootbaar, Lars	OF	4	7
Robles, Victor	OF	4	7
Winn, Masyn	SS	4	7
Wong, Connor	1B,C	4	7
DeLauter, Chase	OF	3	6
Moreno, Gabriel	C	3	6
Stephenson, Tyler	C	3	6
De Los Santos, Deyvison	1B	3	5
Gimenez, Andres	2B,SS	2	5
Goldschmidt, Paul	1B	2	5
Other batters with MLB experience		1	4
Other batters with no MLB games		1	3

Free Agent Pitchers		2025 Salary	Keeper Salary
Sale, Chris	SP	81	113
Hader, Josh	RP	70	98
Iglesias, Raisel	RP	67	94
Snell, Blake	SP	61	85
Diaz, Edwin	RP	55	77
Cole, Gerrit	SP	41	57
Wheeler, Zack	SP	39	55
Romano, Jordan	RP	36	50
Castillo, Luis	SP	33	46
Clase, Emmanuel	RP	28	39
Martin, Chris	RP	24	34
Eflin, Zach	SP	23	32
Burnes, Corbin	SP	20	28
Joyce, Ben	RP	19	27
Baz, Shane	SP	14	20
Crawford, Kutter	SP	14	20
Doval, Camilo	RP	14	20
Puk, A.J.	RP	13	18
Adam, Jason	RP	10	14
Diaz, Alexis	RP	10	14
Phillips, Evan	RP	10	14
Steele, Justin	SP	10	14
Bradley, Taj	SP	9	13
Harrison, Kyle	RP,SP	9	13
Miller, Bobby	SP	9	13
Senga, Kodai	SP	9	13
Civale, Aaron	RP,SP	7	10
Fedde, Erick	RP,SP	7	7
Kikuchi, Yusei	SP	7	10
Plaadt, Brandon	SP	7	10
Jobe, Jackson	RP,SP	6	9
Anderson, Tyler	SP	4	7
Arrighetti, Spencer	SP	4	7
Blanco, Ronel	SP	4	7
Bradford, Cody	SP	4	7
Brown, Ben	RP,SP	4	7
Dana, Caden	SP	4	7
Faucher, Calvin	RP	4	7
Festa, David	SP	4	7
Foley, Jason	RP	4	7
Hendriks, Liam	RP	4	7
Herz, DavidJohn	SP	4	7
Hodge, Porter	RP	4	7
Holton, Tyler	RP,SP	4	7
Houck, Tanner	SP	4	7
Irvin, Jake	SP	4	7
Kerkering, Orion	RP	4	7
Kopech, Michael	RP	4	7
Martinez, Justin	RP	4	5
Martinez, Nick	RP,SP	4	5
Myers, Tobias	RP,SP	4	7
Pallante, Andre	SP	4	7
Rocker, Kumar	SP	4	7
Schmidt, Clarke	SP	4	7
Slaten, Justin	RP	4	7
Stone, Gavin	SP	4	7
Treinen, Blake	RP	4	7
Yates, Kirby	RP	4	7
Cortes, Nestor	SP	3	6
Sugano, Tomoyuki	SP	3	6
Smith, Hagen	SP	3	5
Hart, Kyle	RP,SP	2	5
Strahm, Matt	RP	2	5
Other pitchers with MLB experience		1	4
Other pitchers with no MLB games		1	3