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### Abbott Encouraged by Weight Room Numbers

Liberal head football coach Cliff Abbott is the first to admit that participation in the weight room will help all sports at Liberal High School. Liberal's new Bigger, Faster, Stronger weight program will help all of the boys and girls sports at LHS who again finished last in the WAC Cup Standings this season. But almost all high school football coaches will tell you there is a direct correlation between weight room progress and progress on the football field. That's just a part of why Abbott is so upbeat this summer. Last year, there were about 30 boys regularly attending Powerhouse Gym. This year, those numbers have ballooned up to about 80 per day, including a large number of freshmen. Click on the icon to hear Abbott's Sportsguys interview.

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